



The Cloak

St. Martin's - A Christian Church for all people Sharing God's Love, Following Christ, Serving Others



The Children's Surprise for Father Lee's Anniversary Celebration!

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Father Lee Hutchson



Lent

I don't know about you but my world seems to become increasingly busy each year. With so many things going on it is easy to get distracted and bounce from one activity to another without being fully present in any activity.

The season of Lent is a time to focus our minds on the central celebration of the Christian year, Easter. If you and I hope to absorb the full meaning of Easter we need to choose to intentionally focus on the days of Lent. Intentionally work to clear our hearts and minds so we can hear the story of Jesus as he walks towards the cross.

We can intentionally focus by choosing to commit ourselves to be in church each Sunday of Lent. We can also intentionally focus on:

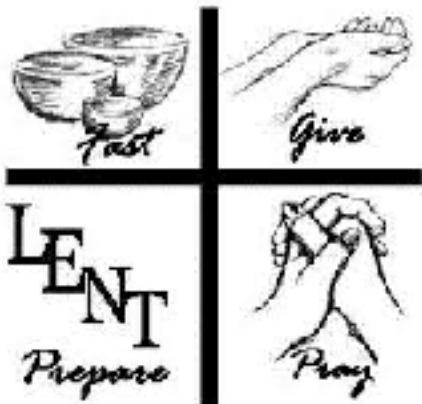
“The observance of a holy Lent” by self-examination, repentance: by prayer, fasting and or self-denial.

The season of Lent begins March 6th with services of Ash Wednesday. Ash Wednesday is 1 of 2 days of the church year when you are called to give up food for the day, Sunrise to Sunset. Nothing focuses one's mind more than going without food. You repeatedly ask yourself why am I doing this. It forces you to reflect on your faith and ask why or why not it is important to you to make a personal sacrifice for that faith.

I would like to encourage you to make an intentional decision this year. Commit to attending one of the services on Ash Wednesday. Come early and reflect on your limited time here on earth and receive Ashes as a reminder of your mortal nature. Also commit to attending the 10 other services on Sunday and Holy Week which lead up to Easter. Reordering your schedule to make your faith a priority will strengthen that faith.

It will make a difference in your attitude to each day.

11 hours of your time beginning March 6th ending on April 21st, your relationship with God deserves that attention!



Fa. Lee

What and When ...

March

EYC

Tuesday March 5 at 5 pm - Pancake Supper
Sunday March 17 at 10 am - Youth Sunday
Sunday March 31 - meeting at 11:30 am

Shrove Tuesday - Pancake Supper

Tuesday March 5 from 5 to 7 pm

Ash Wednesday Services

Wednesday March 6

7:30 am

10 am

7 pm



John C. Wallace Scholarship

deadline to apply: March 7 at 5 pm

see last month's page 9

Men's Breakfast

Saturday March 9 at 8 am

Nick's - 8051 Broad

Call Sid Akens (804-740-5375) if you need a ride
all men welcome!

Small Group Meetings

Tuesday March 12

Tuesday March 26

Wednesday March 27

Wednesday Morning Coffee

March 13 following 10 am service

(this is a change because of Ash Wednesday)

Wednesday Night Discussion Group

continuing Wednesday March 13 and 20 at 7 pm

St. Martin's Project

Saturday March 16 at 9:30 am, Blue Team

Vestry meeting change

Tuesday March 19 at 6:30 pm

(dinner included)

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 & 10 am
Boy Scouts	Monday	7 pm
Meals on Wheels	Tuesday	10:15 am-12 pm
Holy Eucharist	Wednesday*	10 am
*Healing Service every 3rd Wed.		
Cub Scouts	Thursday	6:45 pm-7:45 pm
Sr. Choir Practice	Thursday	7:30 pm
Social Bridge	Friday	10 am-1 pm
Ethiopian Christians	Saturday	6 am

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	8 am
Daughters of the King	3 rd Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6-7:30 pm
Book Club	3 rd Thursday	10:30 am
St. Martin's Project	3 rd Saturday	9:30 am
ECW	4 th Tuesday	5:30 pm
EYC	Alternating Sundays after church	
Prayer Shawl Ministry	quarterly	11:30 am



Cloak Deadline - please, if possible submit by Tuesday March 26 at 8 pm

Why do we Episcopalians ...?

by Father Lee

Changes in Lent

In the Season of Lent we make several changes to our worship service. Because of the penitential nature of the season no flowers are placed around the Altar as we remind ourselves of the sacrifice which Jesus made on our behalf.

The song of praise or “the Gloria” is replaced with the prayer “Lord have mercy upon us” as we ask God to remember his grace towards us.

All crosses are veiled in purple including the large cross above the Altar. Again, to remind us of the potential nature of lent and personal sacrifices of Jesus.

Because we remember the sacrifice and suffering of Jesus in the season of Lent we also omit the word Alleluia.

Alleluia is a shout of joy which means praise to God. In Lent we worship with a subdued joy as we prepare for the abundant joy of celebrating the resurrection of Jesus on Easter Sunday.



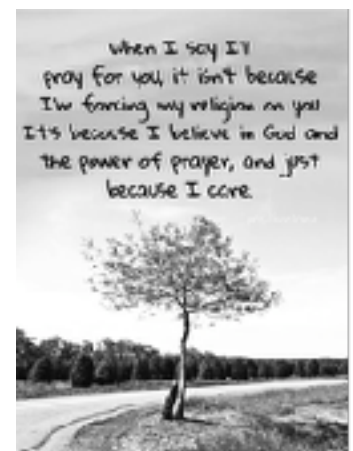
DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com

A teacher in New York was teaching her class about bullying and gave them the following exercise to perform. She had the children take a piece of paper and told them to crumple it up, stomp on it and really mess it up but do not rip it. Then she had them unfold the paper, smooth it out and look at how scared and dirty it was. She then told them to tell it they're sorry. Now even though they said ...they were sorry and tried to fix the paper, she pointed out all the scars they left behind. And that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bullies another child, they may say they're sorry but the scars are there forever. The looks on the faces of the children in the classroom told her the message hit home. Pass it on.

(seen on FaceBook)



The ECW will be holding the next Meeting on Tuesday, March 26. We meet at 5:30 p.m., and everyone brings their own dinner. We will be having an interesting Speaker that evening, so be sure to come for our Meeting in March.

In April we will be having our annual "Paint Night" during our regular Meeting on Tuesday, April 23, and our annual "Tea Party" on Sunday, April 7.

So, put these dates on your calendars, and the details will be coming up soon!

Congratulations!

... to the happy parents William and Holly Thirion.
Their new baby boy was born on February 10, 2019 at 7:49 am.
5 lbs 11 oz and 17 1/2 inches. Mother and baby are doing well,
and so are sister Lilly and brothers Logan and Caleb.



Waylon Walker Thirion

Small Group Meetings!

Saint Martin's has been here 56 years and we want it to be here 56 more. You will be invited via email to attend a small group meeting to hear and discuss where we are as a congregation today and where we hope to be in the future. Meeting dates are Tuesday, March 12; Tuesday, March 26, and Wednesday, March 27. More details to follow.

YO ARE MAKING A DIFFERENCE!

The weekly announcements will tell us what is needed especially this month. Please place your donations in the basket in the hallway.



Amazon Smiles:

1. Go to <https://smile.amazon.com/> or click the box above.
2. Create an amazon account or log in.
3. Go to "Or pick your own charitable organization" and type "**St. Martin's Episcopal Church**" then click Search.
4. Locate "**St. Martin's Episcopal Church**" in Henrico VA.
5. Then start shopping!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases **to St. Martin's!**

We are grateful for your participation!

Annual Meeting

February 10 following the service

Unfortunately, no photos are available. It was an informative meeting and Annual Report Booklets were given out. If you had to miss the meeting, those reports are still available in the office. The meal following and social time was also very much enjoyed!

2019 Vestry Nominees



Three new Vestry members are elected to a term of three years at every Annual Meeting. This year's members on the ballot were Steve Alloway, Craig Watt and N'neka Logan.

The congregation thanked the three outgoing Vestry members Linda Fairtile, Betty Horne and Sandra Goolsby.

Steve Alloway

I returned to St. Martin's just over five years ago after a long absence. My history with St. Martin's goes back to the beginning when services were held across the street at J.R. Tucker High School. I still have some memories of seeing our church being built across the street from the school. I was confirmed at service on November 15, 1964 and still have the Prayer Book I was presented with. As a young teenager I served as an acolyte for a few years and still have fond memories of the friendships made during that time. As time went by, I drifted away from the church but thanks to my brother and his family I found my way home and couldn't be more thankful for the warm welcome I received as I renew my faith. I feel it's time I begin to give back to St. Martin's and would like to take on more responsibilities in addition to my usher duties. Being a member of the Vestry will give an additional opportunity to serve.



Craig Watt

I was born in Washington, D.C., in 1943. I spent my childhood and youth in Detroit, Michigan. I pursued my medical career in the Detroit area until Christine and I moved to Richmond in 2013, at which time I retired. I am a life-long Episcopalian. We have two adult children: daughter Catriona, who lives with her husband and son in Edinburgh, Scotland; and son Ian, who lives in Henrico with his wife, daughter, and twin boys.



N'neka Logan

St. Martin's has been my church home for more than 30 years. I was confirmed and married in the church. Over the years, I have served as an acolyte and a member of the junior choir and youth group. I have also served on various committees including the Endowment Committee and the John Wallace Scholarship Committee. I currently serve as a teller.



Outreach Committee

by Jean Rollins

The Outreach Committee will once again sponsor a drive to help the women and children staying at Safe Harbor, which is a domestic violence shelter located in the West End of Henrico County. On Sunday, March 10th a list of supplies that are needed will be posted in front of the basket which will be located in the hallway until Sunday, April 7th. Please help support these families who are in such a crisis situation.

The Outreach Committee is starting a new tradition with welcoming new babies to St. Martin's. There are three gift baskets in the back of the parish hall where parishioners can add gifts to the baskets. Gift ideas are: bibs, booties, socks, tee shirts, sleepers, baby wipes, baby shampoo, baby wash, burp cloths, pacifiers, small toys and books. Waylon Walker Thirion has arrived on February 10 and Baby (Jenkins) Baughan is due in March. The gifts to both will be delivered on April 3. Baby Romano is due in July and the gifts will be delivered on July 3. It is such a joy to welcome these babies, and all are invited to share in filling the baskets.



Book Club

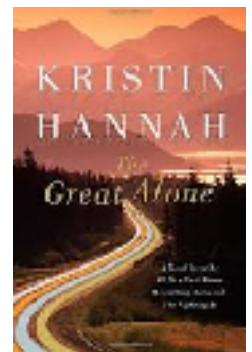
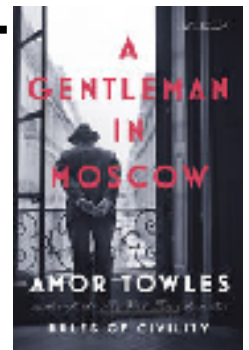
by Pat Rourk

Anyone wishing to join the bookclub please feel free to join anytime. We meet the 3rd Thursday at 10:30 in the Parish hall. This is a good way to meet new people if you are new to St. Martins. As we age, this is a good way to keep our minds active and learning new things, and making new friends.

The book for March: "A Gentleman in Moscow" by Amor Towles

The book for April: "The Great Alone" by Kristin Hannah

Food for thought: Nothing Happens unless we Dream. (Carl Sandburg)
Look forward to seeing you.



Finance Report

Financial Highlights end of January 2019	MTD	YTD
Income	\$19,685.65	\$19,685.65
Expenses	\$19,126.96	\$19,126.96
Gain or Loss	\$558.69	\$558.69



Parish Nurse by Betty Horne

March is colorectal cancer month

Colon cancer is cancer of the large intestine, which is the final segment of your digestive tract. It equally affects both men and women. It is also one of the most easily preventable cancers. Most cases of colon cancer begin as small, polyps which are usually not cancerous. These can easily be removed before they become cancerous. Polyps often produce few, if any, symptoms. Your doctor may recommend regular screening to help prevent or detect potential problems by identifying and removing polyps early before they turn into cancer.

The digestive tract/system is a group of organs that allows us to eat and use the food we eat to fuel our bodies. Healthy eating is essential for our overall health. Eating a low calorie, high fiber diet which includes fruits and vegetables is important to a healthy colon and rectum.

Risk factors include:

- Men and women age 50 and older
- Family or personal history of colorectal cancer or polyps
- History of inflammatory bowel disease, ulcerative colitis or Crohn's disease
- People who use tobacco, are obese and sedentary.
-

Symptoms

There may not be any symptoms to begin with. Later there may be:

- Rectal bleeding—blood in or on the stool
- Change in bowel habits, stools that are narrower than usual

- Constipation or diarrhea
- Vomiting
- Stomach discomfort such as bloating, cramps, frequent gas pains
- Unexplained weight loss

Prevention

- Get regular screening test—usually recommended at age 50
- Maintain a healthy weight and exercise regularly
- Eat diet rich in fruits, vegetables and whole grains
- Choose a diet high in vegetable fiber, low in fat and moderate to low in red meat
- If you smoke, quit! Refrain from excessive alcohol

Some of the screening used for early detection include;

- a colonoscopy every 10 years or as recommended by your gastroenterologist
- a fecal occult blood test every year followed by a colonoscopy if something abnormal is found
- a flexible sigmoidoscopy every 5 years in combination with fecal occult blood testing

The most common treatment of colorectal cancer is surgery. Chemotherapy and or radiation therapy is used when the cancer has spread.

Be healthy, eat healthy and follow up with your doctors appointments!



Super Bowl Party!

Sunday February 3 at 6 pm

Taco Bar and Salad Bar were be provided
and participants brought a side dish



Some are serious about the game. Some not
so much. All had fun.



Super Bowl ...
continued on next page

Was Nebraska
playing?
Just kidding!



Surprise! Surprise!

On Friday evening February 22 the congregation surprised **Father Lee** with a party to celebrate his 15 years with us.

It was a glorious celebration full of love and gratefulness.

Celebrating Father Lee's 15 years with us and hoping for many more!

Parish Hall was decorated for the anniversary and photos of a younger Lee were laying on the tables.



Celebration

"What do you make of him? He looks so young to me."

"The people where he's lived all think so *differently*."

"How long until we meet his family? They must be people who can make a working team, and trust."

"He seems intelligent; besides, I like his smile."

"Can we 'old folks' convince him to stick around awhile?"

"How can we help? His vision is so high and wide it seems there's room for everyone to fit inside."

He came to know our souls before he knew our names – our questions, answers, offers, skills at arts and games.;

Asked everyone's suggestions for "sprucing up the place," with bright new walls; with joy, technology, and grace;

Restored traditions, making room to build and grow, with "sign-up sheets" to carol, cook, play ball or mow;

How well we learned to give – our treasure, time and labor; How well he teaches: "Love your God, and love your neighbor."

He opens doors – to pilgrims, friar, fellow priest; to Scouts, pancakes and fish fries, blessings for brides and beasts.

A new hymn in the choir-loft, a new face in the crowd;

A new rose on the altar – (Forgive us if we're proud!)

How many years! The road ahead still hard and long; Our *Chaplain* is bearing the Cloak that makes us strong.

- Patsy Anne Bickerstaff

Our own Patsy Bickerstaff wrote the above poem specially for this occasion.



Surprise guests son Andrew and Sister Ann in hiding.



The arrival! It was a surprise until he saw the full parking lot. Something was "strange".





Fr. Lee's 15 years ... continued from previous page





A game was prepared:
who is the real Father Lee?
several questions were answered by all.
Was the right answer 1 or 2?







If you know of
somebody not on
these lists (including
yourself) please let
the office know.
If we don't know ...



*

03/01 John Atkins
03/01 Joyce Wellford
03/02 James Barrett
03/02 Holden Watt
03/02 Carter Watt
03/07 Pat Rourk
03/07 William Hapgood
03/08 Ginny Munoz
03/10 Abishek Samuel
03/12 Debbie Grumbine
03/12 Noah Romano
03/16 Barbara Smith
03/16 Taylor Adams
03/20 Nan Scott
03/21 Noah Clements
03/22 Sharon Ragland
03/22 Mary Goodman
03/23 Jim Greenwood
03/25 Ann Watts
03/26 Colin Clements
03/27 Sharon Alloway
03/28 Craig Watt
03/28 Khai Fisher
03/29 Ivy Miller
03/31 Jamie Greenwood
03/31 Sherry Wilson

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*

04/01 Pat Akens
04/02 Tiffany Clements
04/02 Rosemary Simmons
04/03 Lois Gibbs
04/05 Trudy Britton
04/07 Moboluwaji Akinfolajimi
04/07 Megan Greenwood
04/08 Samantha Romano
04/10 Dean Bracaloni
04/10 Michele Hutchson
04/12 Olivia Alloway
04/12 Esme Borders
04/13 Eniola Akinfolajimi
04/14 Brenda Orlando
04/14 Noah Sleeman
04/14 Grace Wood
04/15 Vicki Pinner
04/16 Sally Dvorak
04/17 Sallie Bright
04/17 Sandy Mann
04/22 Tristan Howdyshell
04/23 Tyler Newcomb
04/24 Jim Richardson
04/26 Susan Teachey
04/27 Joyce Ragland
04/27 Zahara A. Iervolino
04/28 Richard Rollins
04/28 Brenda Rahn
04/28 Russell Campeau
04/29 Allen Sleeman
04/30 A. P. Hall

*

*

03/01 Moboluwaji & Titilayo Akinfolajimi
03/13/2010 Molly & James Bristol
03/17/1974 Jean & Richard Rollins
03/20/1984 Kim & Mike Shook
03/21 Greg & Vicky Echevarria
*
*
04/12/1980 Scott & Kerry Alloway
04/14/2012 Sally & (John) Jack Beck
04/25/1992 Scott & Mary Goodman
*

Condolences!

to the Family of
Elizabeth Carson Greear

April 29, 1948 - February 1, 2019
She was the cousin of Garland Harwood

ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Achtemeier
Organist & Choirmaster: David R. Hopkins
Administrative Assistant: Sherry Wilson
Sunday School Coordinator: Robin Biehler
Head of Nursery: Nicolette Philippi

CHURCH OFFICE

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Office Hours

Monday–Friday 9 am–1 pm

Trustee Emeritus: Robert I. Kirby
Trustees: Kerry Alloway, A. P. Hall, Jr.
& Garland Harwood

VESTRY

2019	2020	2021
Nancye Greenwood	Christa Burr	Steve Alloway
George Crowell	Garland Harwood	N'neka Logan
Rick Gibbs	Kim Fiasco	Craig Watt

Senior Warden: Rick Gibbs
Junior Warden: Garland Harwood

Register: Nan Scott
Treasurer: Darrell Jenkins
Assistant Treasurer: Mike Fiasco
Editor: Christa Burr



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