



# The Cloak



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



*The circle of the Advent wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life we find in Christ.*

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# Father Lee Hutchison



David Mix, our diocesan representative, and myself **attended the 227th annual convention via zoom** on Friday and Saturday November 12th and 13th. Below is a summary of the events published by the bishop's office. We will have an opportunity to discuss any of the resolutions at our **annual meeting** on December 5th following our 10 am service. I look forward to seeing you there.

*Fr. Lee*

## 227th Annual Convention (2021) - Summary

More than 390 lay and clerical delegates from across the Diocese gathered online for the 227th Annual Convention of the Diocese of Virginia.

In her pastoral address, the Rt. Rev. Susan Goff illuminated our experience of the last year saying, "We recognize how we have been broken open by the power of the Holy Spirit that moves in us." There is "hope in this brokenness...We are no longer the Church we were before the pandemic. The Church has been changed. Each worship community is changed. We can't go back to the way things were before, because we're already different. Even if we could, we shouldn't go back to when we were comfortable, because God is always calling us to go deeper and wider, to go beyond our comfort zones and into the world that is so in need of God's love."



Bishop Goff described some of the ways in which the churches of the Diocese have gone deeper, wider and even made their ministries stronger in the past year. She noted that, through their virtual worship, some congregations are reaching more people. Two new worship spaces were consecrated this year, the first new consecrations since 2004. In December, the Bishops will have ordained 26 priests and seven deacons since the pandemic began. The Diocese also called our first Missioner for Racial Justice and Healing, the Rev. Dr. J. Lee Hill, Jr.

Bishop Goff reminded us that God is powerfully at work, breaking down old ways and breaking us open. "Who will separate us from the love of Christ?" she quoted from St. Paul's letter to the Romans. "Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us."

The centerpiece of the 227th Convention is Resolution R-10a, which commits the Diocese to create a \$10,000,000 fund for reparations to benefit Black, Indigenous, and peoples of color communities.

The resolution cites that "the Episcopal Church and the Diocese of Virginia have a long history of support for and complicity with chattel slavery, violence against Indigenous peoples and land, segregation and other racist systems." It further acknowledges that the Diocese "is home to numerous church buildings constructed by enslaved people, and many parishes within the Diocese of Virginia are grappling with their history of support for slavery and white supremacy, and their ongoing complicity in racial injustice."

# What and When ...

# December

<p><b>Chrismon Workshop</b> Saturday December 4 at 10 am (see page 7)</p>
<p><b>Pageant Rehearsal</b> Sunday December 5 during Sunday School</p>
<p><b>2nd Advent Sunday</b> <b>Chrismon Gift Giving</b> Sunday December 5 after the late service (see page 7)</p>
<p><b>Annual Meeting</b> Sunday December 5 after the late service</p>
<p><b>Men's Breakfast</b> Saturday, December 11 at 9 am @ Nick's Bistro all men welcome to join us</p>
<p><b>Angel Tree Deadline</b> Sunday December 12</p>
<p><b>3rd Advent Sunday</b> <b>Christmas Pageant and Lessons + Carols</b> Sunday December 12 at late service 10am</p>
<p><b>Christmas Caroling</b> Sunday December 12 at 2 pm</p>
<p><b>EYC Christmas Outing</b> Friday December 17 - TBD</p>
<p><b>St. Martin's Project</b> Saturday December 18 at 9:30 am - Blue Team</p>
<p><b>4th Advent Sunday</b> Sunday December 19 - regular service</p>
<p><b>ECW Christmas Party</b> Sunday December 19 at 2pm (see page 6)</p>
<p><b>Cloak Deadline</b> 20th of each month you can mail something anytime though!</p>
<p><b>Christmas Eve Services</b> 5 pm Family Service with children's sermon and music (no incense) 10:30 pm Caroling - 11 pm Service (with incense)</p>
<p><b>Christmas Day</b> Saturday December 25 - 10 am service without music</p>

## Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8* & 10 am
Boy Scouts	Monday	7 pm
Holy Eucharist	Wednesday*	10 am
Sr. Choir Practice	Thursday	7:30 pm
Social Bridge	Friday	10 am - 1 pm
Compline Service live on Facebook	daily*	8 pm

\* all these are streamed live on FaceBook

## Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 <sup>nd</sup> Tuesday	7 pm
Men's Breakfast	2 <sup>nd</sup> Saturday	9 am
ECW	3 <sup>rd</sup> Tuesday	5:30 pm
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am



Mark the date:

**Epiphany**  
**Feast of Lights**  
**Burning of the Greens**

Friday, January 7 at 7 pm

Father Lee continued ... from page 2

**R-10a** directs the Bishop to create a Reparations Task Force “to identify and propose means by which repair may begin for those areas of our structures, patterns, and common life by which Black, Indigenous, People of Color ...still carry the burden of injustices, exclusions, and biases born out of white supremacy and the legacy of slavery.”

The objective of these reparation grants and loans is to provide direct benefits to BIPOC communities, people, and institutions, with preference for any which may have been specifically harmed by past unjust actions by the Diocese of Virginia, its institutions, or churches.

**Other Resolutions Adopted**

**R1** establishes a Virginia Plan for Covenantal Giving through which all congregations will, by the year 2025, pledge 10% of their plate offerings, pledge payments and regular support to the shared ministries of the Diocese.

**R2, R3 and R5** establish best practices for digital and hybrid meetings of congregational and diocesan governing bodies including vestries.

**R4a** establishes an Impact Fund for Racial Justice and Healing. This investment fund will be used to prioritize opportunities within the Diocese to support racial justice and healing.

**R6** calls on the Diocese, in acknowledgement of a Climate Emergency, to commit to achieving net zero greenhouse gas emissions by 2045.

**R8** requires parishes to provide deacons with access to benefits with Church Pension Group.

**R9a** requests the appointment of an information gathering and discernment team to explore pathways for discernment and formation in Spanish for LatinX/Hispanic communities of the Diocese.

**Additional resolutions include:**

**R-11:** Creation of Additional Assistant Bishop

**R-12:** Trial Use of the "Expanded Revised Common Lectionary Daily Readings"

**R-13a:** Resolution in Support of Shrine Mont Camps

To read the full text of all resolutions, click:

<https://www.thediocese.net/who-we-are/governance/annual-convention/227th-annual-convention-2021-/resolutions/>

# Finance Committee Report

by Garland Harwood

Financial Highlights 2021	end of previous month	MTD October	YTD end of October
Income	\$156,949.83	\$22,901.34	\$179,851.17
Expenses	\$213,876.67	\$23,781.98	\$237,658.65
<b>Gain or Loss</b>	-\$56,926.84	-\$880.64	-\$57,807.48

(the editor needs to apologize for a mistake last month: MTD and YTD were labeled with October but should have been September of course. Sorry)

# EYC Notes - by Sallie Bright

The EYC has been very busy this past month. The BBQ Take Home was very successful. We are extremely grateful for the generosity of St. Martin's. The proceeds will be used for the mission trip in June.

The Bake Sale was also well received. The youth enjoyed Fall Festival Day helping with the activities for our younger children.



This week, the EYC will join the adults in decorating the church. They are looking forward to Advent and their participation in

Lessons and Carols with the Pageant.

Nov. 27

## Old Christmas Memory

"Such a sweet baby," they all said,  
"Of course, he'll sleep all night!  
Bring him along to late-night Church;  
You know he'll be all right."

And so he was, silent and soft,  
through incense, bells and choir,  
through hundreds breathing, whispering;  
shadows and candle-fire.

sounds amplified and echoed, in  
the vaulted Church; he slept.  
The promise of well-meaning friends  
and family, were kept.

then, in the quiet -- Gospel words  
of wonder, hope and danger,  
and "She brought forth her first-born Son  
and laid him in a manger."

Last syllable of "Alleluia!"  
rang sudden, wild and loud!  
The laughter, and my burning cheeks  
told me I'd been too proud!

But God forgives, and may have used  
my sleepy baby boy  
to lift the hearts of those He loves,  
with merry Christmas joy.

- Patsy Anne Bickerstaff





More photos from Saturday November 27: getting the church ready for the Advent time.



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## ECW

Many decisions were made at the November ECW meeting. Ann Robbins voiced that after many years of serving as Co-Presidents she and Jean Rollins were ending their leadership. A lively discussion followed about the future of this group. It is clear that Ann and Jean have done an outstanding job. A BIG THANK-YOU to both! Christa Burr volunteered to accept the responsibility of leadership of ECW for a one-year term beginning in 2022.



## *Christmas Party*

The ECW will again host their Christmas gift exchange and jolly good fun get-together. The party will take place on Sunday afternoon December 19<sup>th</sup> at 2 pm and is as always open to all women in the church. Our special guest for this will be Fr Lee who will again read the fun Christmas story that guides the gift exchange. If you want to participate in this please bring a gift (wrapped) not exceeding \$10. Nibbles will be provided! The party is in place of the December meeting.

Please plan to join in the ECW events for 2022 beginning with the Christmas party. For future dates please watch the weeklies and bulletins.



The drawing for the Advent Calendar Raffle was held on Sunday November 28, the first Sunday of Advent. Sally Dvorak was the happy winner with husband John and visiting son witnessing the lucky event.

# A Chrismon Tradition

Every year Chrismons are offered to all the children at St. Martin's. This year it is on the Second Sunday of Advent. The Burr household is usually busy with this during Lent and by Easter they are hopefully ready. Cards have been mailed to the children and we hope they will come on December 5 and claim their gift. As the cards say: if you can not come this day, please let Christa know in advance and it will be reserved. Otherwise leftovers will be given away.

We would love to give one to each of our friends in this congregation but of course that is not possible. That would be too many to make. And because tastes are different not everyone might like them which is o.k. too. Every year there are some leftovers and probably this year too.

If you love the Chrismons and would like to have one for your tree, please contact Christa: [kygerman@hotmail.com](mailto:kygerman@hotmail.com) She has also some to sell if you want to give them away as gifts. If you see her, she might have some in her car's trunk (they might still be there from the CR bazaar).

## Years past:

2008	6point Star of David	2015	Crown
2009	Fish	2016	Cup & Bread
2010	Butterfly	2017	Alpha & Omega
2011	Descending Dove	2018	Anchor
2012	Angel	2019	6point Creator's Star
2013	Shell	2020	Noah's Ark & Rainbow
2014	Bottony Cross	2021	Dove of Peace (3D)



wishes from our house  
to yours!



I chose the Dove of Peace for this year because after Noah's Ark last year it seemed so fitting. And with everything going on in the world right now it seemed especially appropriate.

**The dove with the olive branch** is seen as a symbol for peace today as it was for the early Christians. We can see it depicted in the Roman and other catacombs. The olive branch was even used as a symbol of peace as early as the 5th century BC.

*"He waited seven more days and again sent out the dove from the ark. When the dove returned to him in the evening, there in its beak was a freshly plucked olive leaf! Then Noah knew that the water had receded from the earth."*

(Genesis 8:11)

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## Chrismon Workshop - Saturday December 4 at 10 am

All who want to learn how to make this year's ornament (and maybe teach their children at home later) are welcome. Please let Christa know this week so she has enough material. We learn by making the ornament with the larger beads for the Church Christmas tree.

After the workshop we will add the new ornaments to the tree in the Sanctuary!

# Outreach Committee - by Jean Rollins

The Outreach Committee is once again sponsoring the Prison Fellowship Angel Tree Program. There is a Christmas tree with tags on it in the Parrish Hall. Please take one of these tags which has a child's name, age, and a "wish for Christmas" on it. Then purchase the gift (around \$25.00 - \$30.00) and then bring it back to the church and place it underneath the tree. Be sure it is wrapped! The deadline is Sunday, December 12th. Thanks so much for helping these children whose parent is incarcerated and who is not able to see his/her children on Christmas Day.



We have just completed another Outreach Project for St.

Martin's, thanks to all of our generous members. We were able to deliver a nice load of food items suitable for Thanksgiving dinner for our neighbors served by the Lamb's Basket.

The total weight was 181 pounds which included a good assortment of things needed for a nice meal. We appreciate all the effort everyone made to assist with this and we are certain that all those served by the food pantry appreciate it, as well.

Hope everyone had a wonderful Thanksgiving with friends and family!

A **Thanksgiving Tree** was up in the Parish Hall. Children and adults alike picked a leaf, wrote on it and placed it on the tree for all to see to share what they were thankful for.



**St. Martin's Christmas Pageant**  
**Sunday, December 12, 2021**



Pageant rehearsal will be held Sunday, December 5 during Sunday School. Every child is invited to participate. Please let us know if your children or grandchildren will be participating. For more information please contact Fr. Lee or Kathy in the Church office.



The **Sunday School children** made cards for our homebound members. The children worked hard and enjoyed making the cards. We all hope that everyone has a blessed Thanksgiving and takes the time to be thankful for all of God's blessings, especially children and the joy they bring to us all.

- Kerry Alloway



## Advent wreath Workshop Saturday November 27



Workshops are fun times. Not as many participants as in other years but Senior Warden Rick Gibbs is proud of his first ever wreath made by himself. James is there for moral support.

After having decorated the tree in the church, Addy, Vaiden and Millie decided that they would like to make one too and joined us. Talented!





# Parish Nurse by Betty Horne

## Parkinson's Disease

**Parkinson's Disease** is a chronic and progressive movement disorder that initially causes tremors in one hand, stiffness or slowing of movement. It can cause the muscles to tighten and become rigid, making it difficult to walk or do other daily activities. Patients may develop memory loss and dementia. There are more than 200,000 new cases each year in the US. There is no known cure for this disorder, but treatments can help manage symptoms. It usually

occurs in people 50 years or older with the average age of 60 years. It is more common in males. Michael J. Fox was 30 years old when he was diagnosed with Parkinson's disease. When it occurs in someone younger than 50, it is called early-onset Parkinson's disease.



### Causes

- The exact cause of Parkinson's disease is not known. It occurs when there is decrease production or death of the dopamine secreting neurons in the brain. Dopamine is necessary for the brain to coordinate muscle movements.
- It is unclear what triggers this disorder and is believed that genetics may play a role, particularly in early-onset Parkinson's disease. The environment is another theory.
- Certain medications, toxins or other diseases can produce Parkinson's like symptoms. This is known as secondary Parkinson's and may be reversible.

### Diagnosis

- The diagnosis is usually based on a thorough physical and medical history including family history to see if there are other family members have Parkinson's.
- There will be a neurological exam observing changes in gait, handwriting, facial expressions, difficulty getting up from a chair, walking etc. Often the changes are mild or subtle and may often go unnoticed.
- A CT scan or MRI or other imaging of the brain may identify other problems or rule out other diseases

**Symptoms** often begin on one side of the body and usually get worse on the same side even after both sides are affected. They include:

- Tremors that affect arms, legs, hands, face and jaw
- Slow, stiff walking
- Trouble maintaining balance, gait
- Problems with coordination
- Stiffness in the arms, legs and torso
- Changes in handwriting
- Speech difficulty



As the symptoms worsen, they may include:

- Depression
- Constipation or other gastrointestinal problems

Parish Nurse continued ...  
on next page

Parish Nurse continued ... from previous page

- Urinary problems
- Depression
- Trouble chewing and swallowing food
- Memory loss
- Hallucinations
- Dementia
- Weight loss

### Treatment

There is no cure for Parkinson's Disease. Treatments can help control symptoms.

- Medicines prescribed help to offset the loss of dopamine in the brain and manage symptoms successfully.
- Deep brain stimulation may be used. Electrical impulses sent into the brain to help control tremors and twitching movements.
- Surgery is another option but used less often now that deep brain stimulation is available. Surgery involves destroying small areas of the brain causing the symptoms

### Complications

As the disease progresses, in addition to the physical symptoms, there are problems with cognitive function.

These include:

- Forgetfulness
- Trouble concentrating
- Problem solving
- Understanding abstract concepts
- Profound memory loss, forgetfulness
- Difficulty maintaining relationships
- Speaking or communicating with others
- Dementia
- Inability to care for yourself

The following measures may help if you live with or care for someone with Parkinson's

- A regular exercise routine can help keep muscles flexible and mobile. It releases natural brain chemicals that can improve brain chemistry
- Physical therapy in addition to occupational and speech therapy can help with the ability to care for self and communicate with others.
- For additional information about Parkinson's disease, information about treatment or support, contact the **American Parkinson Disease Association**.

*As the season of Advent approaches, may your hearts be filled with Love, Joy, Peace and Hope as we celebrate the birth of Jesus. Merry Christmas and Best Wishes for the new year.*

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## Did you know .... ?

St. Martin's has a Blessings Box . You can't miss seeing it when you walk from the parking lot towards the church building.

A BIG Thank You to Layne and Karen Hood who built it and monitor it.

And thank you to all those who also add things. Make sure food items are not perishable and not out of date, please!

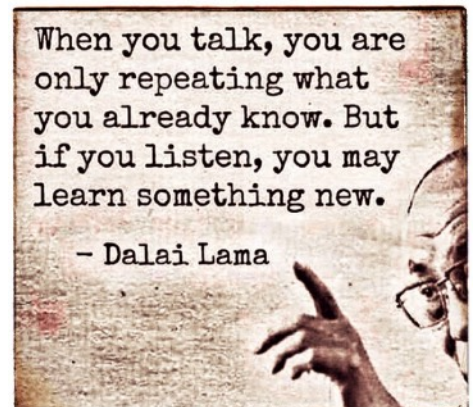




\*  
 12/01 Lorelei Cooper  
 12/01 James Logan  
 12/02 Jennifer Cooper  
 12/03 Victoria Hughson  
 12/03 Errol Stephens  
 12/04 Alex Woolwine  
 12/05 Katie Bright  
 12/06 Marie Atkins  
 12/07 (Roanna) N'neka Logan  
 12/07 Joe Lamb  
 12/10 Nasira Horne  
 12/10 Ria Springer  
 12/12 John Dvorak  
 12/15 Carter Hood  
 12/16 Krestin Gibson  
 12/17 Kevin Bailey  
 12/17 Beverly Stone  
 12/17 Mayra Roberts  
 12/18 Scott Goodman  
 12/19 Austin Newcomb  
 12/20 Sean Reid  
 12/20 Robert Melia  
 12/25 Merielle Horne  
 12/25 Carl Newcomb  
 12/26 Christa Burr  
 \*

\*  
 01/04 Tony Romano  
 01/05 Jamie Sichi  
 01/07 Dorothy Brenner  
 01/07 Patsy Bickerstaff  
 01/08 Andrew Rieber  
 01/08 Carol Roseme  
 01/09 Martha Murphy  
 01/10 Greg Echevarria  
 01/11 Betsy Crowell  
 01/12 Madison Britton  
 01/17 Bob Kirby  
 01/18 Cynthia Scott  
 01/22 Thomas Verlander  
 01/24 Jill Grumbine  
 01/27 James Sykes  
 01/27 Addison Sykes  
 01/27 Jessica Shook  
 01/28 Merry Beth Hall  
 01/29 Millie Lindsey  
 01/30 Taylor Hood  
 01/31 Sharon Lindsey  
 \*

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 12/01/1990 Jim & Victoria Hughson  
 12/15/2013 Bob Kirby & Ria Springer  
 12/21/2018 Sandy Levy & David Mix  
 12/21/1965 Ruth & James Barrett  
 12/22 Jenny & Jim Richardson  
 12/22 Darrell & Melinda Jenkins  
 \*  
 \*  
 - none in January -  
 \*



**If you know of somebody not on these lists (including yourself) please let the office know.**

**Condolences!**

Our hearts go out to the family of  
**Rosemary Simmons**  
 who died  
 Tuesday October 19, 2021.  
 A celebration of her life, for family only, was held at Bliley's.

# St. Martin's Yellow Pages

This area is where you can post your service or product to let your fellow St. Martinites know how you can help them, and you can give those who post here your support.



## OCEANFRONT BEACH HOUSE FOR RENT

Perfect for a couple or family of 4.

Located directly on the beach in Hatteras Village, NC.  
Contact Bob or Max Barritt (h) 270-3862 or (c) 512-4586

### 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!

If you are not yet taking advantage of the **Amazon Smiles** offer for another charity, please consider to do it now to benefit St. Martin's. It's easy .... see above!  
Every little bit helps!



### Dering's Cleaning Service

openings for House Cleaning or Pet Sitting

call Leslie Dering at 804-239-5865  
or email [LDering07@yahoo.com](mailto:LDering07@yahoo.com)



### YOU MAKE A DIFFERENCE!

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



**LAMB's Basket**

"...I was hungry and you fed me"  
Matthew 25:35

## ST. MARTIN'S STAFF

**Rector:** The Rev. Lee A. Hutchson  
**Priest Associate:** Rev. Dr. Sandra Levy-Mix  
**Organist & Choirmaster:** David R. Hopkins  
**Parish Coordinator:** Kathy Theado  
**Head of Nursery:**

## CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)  
E-mail: [saintmartinsec@gmail.com](mailto:saintmartinsec@gmail.com)  
Website: <https://saintmartinchurch.org>

## Office Hours

Monday to Friday 9am-1pm

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

## VESTRY

2021	2022	2023
Steve Alloway	David Mix	George Crowell
N'neka Logan	Dianne O'Kelley Lamb	Rick Gibbs
Craig Watt	Susan Teachey	Jean Rollins

**Senior Warden:** Rick Gibbs  
**Junior Warden:** David Mix

**Register:**  
**Treasurer:** Darrell Jenkins  
**Assistant Treasurer:** Mike Fiasco  
**Cloak Editor:** Christa Burr



## St. Martin's Episcopal Church

9000 St. Martins Lane · Richmond, VA 23294  
804-270-6786 (tel) · 804-270-3286 (fax)  
Website: <https://saintmartinchurch.org>  
E-mail: [saintmartinsec@gmail.com](mailto:saintmartinsec@gmail.com)

To submit articles or ideas for The Cloak, email:  
[smartinscloak@gmail.com](mailto:smartinscloak@gmail.com)