



The Cloak



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



ECW
Charity
Project for the
next meeting
is waiting!

Contents:

2 ~ Father Lee's Message
2 ~ Holy Week and Easter Services
3 ~ What and When
4-5 ~ Words from Rev. Dr. Sandi
5 ~ Poem: Old Ladies
6-7 ~ EYC Update
8 ~ ECW meetings
9 ~ From Parish Coordinator
9 ~ Outreach Committee
10+11 ~ Parish Nurse

11 ~ Mem.Service for Marty Fairhead
12 ~ Finance Report
12 ~ It's a girl: Emmy Reid
12 ~ Condolences: Fam. Cynthia Scott
12 ~ Condolences: Fam.M.Robertson
12 ~ Visit to Manor House/Study of Luke
13 ~ Birthdays + Anniversaries
13 ~ Condolences: Fam. Gary Rowley
14 ~ Yellow Pages (something new!)
14 ~ Amazon Smiles / Lamb's Basket

Father Lee Hutchison

You are invited

As covid continues to recede, we want to get our church family together.

We have a wonderful community of faith at St Martins and we want to strengthen our family.

To get reacquainted and strengthen our friendships, in the near future you will be invited to gather in the parish hall in a small group for dessert. Desserts will be prepared by Karen Hood. This time together will give us an opportunity to catch up with each other and to learn what has been going on in our wider church family. We will also update you on the search for a new bishop. The author of the letter to the Hebrews reminds us to not "neglect to meet together as is the habit of some, but encourage one another, and all the more as you see the Day coming". I hope you will make every effort to attend one of our meetings. Meeting will take place the last week of April and first week of May.

I look forward to seeing all of you for great food and conversation.

Until then may we all be blessed as we prepare our hearts and minds to celebrate the resurrection of our Lord.

Fr. Lee

Holy Week and Easter Services

April 11-16

Monday and Tuesday - 8 pm Compline

Wednesday - 10 am Holy Eucharist
8 pm Compline

Maundy Thursday - 7pm Service and stripping of the Altar
"Watch" following the service 9 pm to 5 am Friday

Good Friday - 6 pm - Stations of the Cross
7 pm Good Friday Service with Communion from Reserved Sacrament

Holy Saturday - 8 pm Easter Vigil (incense; bring your bell)
(Champagne Reception following service in the Parish Hall)

Easter Day - 8 am and 10 am Holy Eucharist Services (bring your bell)
(Easter Egg Hunt immediately following 10am service)

What and When ...

April

<p>Baptism Sunday, April 3 at 10 am Service</p>
<p>Weekly Study of Luke continuing Tuesday April 5, 12, 19, 26 at 10 am OR Wednesday April 6, 13, 20, 27 at 7 pm</p>
<p>EYC - Making Palm Crosses Friday April 8 at 7 pm</p>
<p>Men's Breakfast Saturday, April 9 at 9 am @ Nick's Bistro all men welcome to join us</p>
<p>ECW Meeting Saturday, April 9 at 9 am (for more detail see page 8)</p>
<p>Palm Sunday April 10</p>
<p>Vestry Meeting Tuesday April 12 at 7 pm</p>
<p>St. Martin's Project Saturday April 16 at 9:30 am - Red Team</p>
<p>Easter Sunday, April 17 Egg Hunt (sponsored by EYC) after the service</p>
<p>Office Closed Monday after Easter April 18</p>
<p>WE (West End) Quilters Tuesday April 19 at 10:30 am all interested in quilting are welcome</p>
<p>Cloak Deadline 20th of each month you can mail something anytime though!</p>
<p>Memorial Service for Marty Fairhead Saturday, April 23 at 11 am (see page 11)</p>

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8* & 10 am
Boy Scouts	Monday	7 pm
Meals on Wheels	Tuesday	10 am
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 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	9 am
ECW	2 nd Saturday	9 am
St. Martin's Project	3 rd Saturday	9:30 am



For Holy Week and Easter Services
see previous page!

Words from Rev. Dr. Sandra Levy-Mix

“How Then Shall We Live?: Lent is for Listening”

For those of you who were here on the first Sunday of Lent—either in person or virtually—you may remember my “fire and brimstone” sermon about listening to our lives and listening for God’s Word and Spirit to affect how we live our lives. So I urged you and me to listen—as if our lives depended on it. Because. . . in fact. . . it does. But how do you do that, in this busy life we all inhabit? How do you stop long enough to listen to God’s Spirit whispering in our ear—about what needs to stay and what needs to go, in order to give room for God’s time in our lives.

Continuing along Lenten lines, last week I posted my latest blog on my website (www.sandralevy.net) titled “Relaxation, Mindfulness, and a Visit with the Past”. The “past” that occasioned my reflection was the death of a former colleague, Herbert Benson—a cardiologist who had been on the faculty at Harvard and wrote *The Relaxation Response* in 1975 which was the beginning of the Mind-Body stream of research that has led to today’s meditative practices that are near universal.

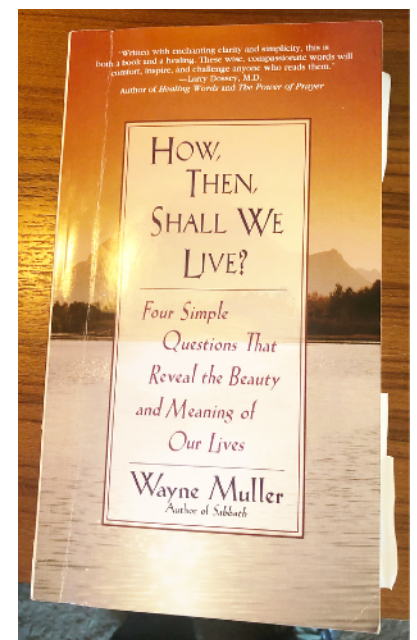
I do send out links to my blogs to family and close friends, and one of those on the list is my step-daughter Judith Levy. Judy is a Federal Judge, and she responded immediately to the blog topic. If there is anyone who leads an overly busy and stressful life, it’s someone who presides on a Federal court bench. Judy lamented the limited time she has to relax and meditate these days and asked my advice on the subject.

I quickly ordered for her a copy of the book I’ve decided to read for Lent titled *How, Then, Shall we Live? :Four Simple Questions That Reveal the Beauty and Meaning of Our lives* by Wayne Muller. The author is an ordained Christian minister of some denomination, but he draws widely from interfaith sources. I’m reading his book during my breakfast table spiritual reading time. And that very morning I received Judy’s email wondering about my own practices and wishing she had more success in relaxing, meditating, and leaving behind some of the stress in her life, I ordered the book for her because of the following quote from that morning’s reading. On Pg 198, Muller quotes a writer by the name of Gary Snyder, who “describes how following even a single breath can refresh and renew our sense of clarity and purpose: Snyder says the following:

In this world of onrushing events the act of meditation—even just a “one-breath” meditation—straightening the back, clearing the mind for a moment—is a refreshing island in the stream. Although the term *meditation* has mystical and religious connotations for many people, it is a simple and plain activity.

Attention: deliberate stillness and silence. . . There is ample testimony that a practice of meditation pursued over months and years brings some degree of self-understanding, serenity, focus, and self-confidence to the person who stays with it.

And then Muller ends this section with the following observation: “To live a day, to care for a single day, is to shape a life. Each day is an opportunity to choose



where to place our care. What shall we do today? What simple acts of remembrance will we use to punctuate our time and enrich our walk upon the earth this single day?"

Curious about Muller, I googled his name and what I found had a sidebar that I really liked. So let's end with this thought: "Much of spiritual practice is just this: cutting away what must be cut, and letting remain what must remain. Knowing what to cut—this is wisdom. Being clear and strong enough to make the cut when it is time for things to go—this is courage. Together, the practices of wisdom and courage enable us, day by day and task by task, to gradually simplify our life."

Thoughts for Lent, folks. Thoughts for Lent.



Old Ladies

Old ladies, the Rememberers, hold lifetimes in their laps;
They knit the strands of memory in shawls of history;
Fit uncles, aunts, great-grandfathers in context of a time
With Presidents and Governors, singers and movie-stars,
And never drop a stitch, from century to century.

They knew someone who was a child when plumbing was installed,
And someone who was thrilled to have electric lights at home.
They bake, again, the Christmas cake that came from distant lands
With Grandmas four times Great; with eager hands and wooden spoons;
They sing, to babies, songs they loved to hear their mothers sing.

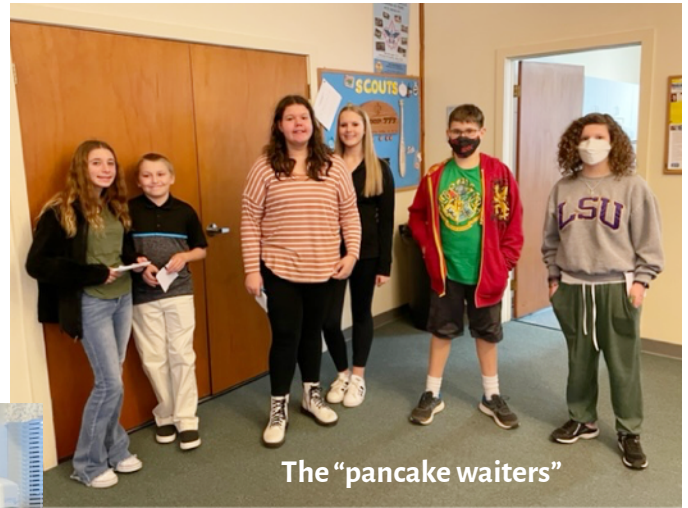
They know the names of ancestors who bravely went to war
With muskets or B-29's; and which ones came back home,
One with a missing arm; another with a pretty bride,
And all with great sad hearts for comrades never seen again,
And needless death and devastation they could not forget.

Old ladies share their fears, and how they solved the crisis times,
And knit each other's worries into prayers and good advice.
They teach, and learn, and love, and when their finished shawls are passed
To other generations, sons and daughters have a gift
They never understood they had been holding all along.

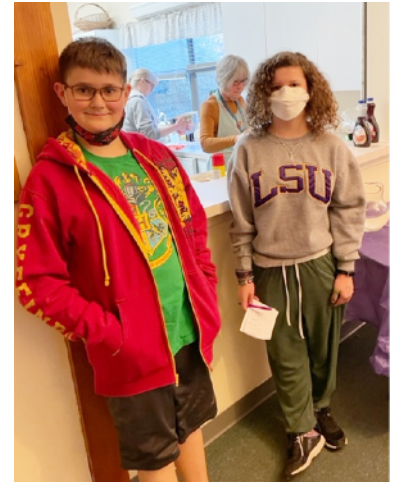
- Patsy Anne Bickerstaff

EYC Update - by Sallie Bright

Thank you to all who supported the Shrove Tuesday Pancake Supper on March 1. Your generosity has greatly helped us in planning for our Mission Trip in June. The youth had a good time waiting tables. For most of them, it was their first time. Many thanks to the kitchen - Karen, Layne, Charlotte, Jim, and Carrilyn.



EYC update continued... from previous page



We were finally able to go outside church for a youth event. We went bowling - Father Lee, Karlee Rankin, Susan Iervolino, and Karen and Layne Hood joined in on the fun. The youth enjoyed the activity and food - but most of all, enjoyed the friendships.



April will be a busy month. On April 8th, we will be folding Palm Crosses for Palm Sunday and stuffing plastic Easter Eggs for the Easter Egg Hunt.

On Easter morning we will meet at 9:00 a.m. to hide the eggs for the Easter Egg Hunt following church.



Meeting!

ECW - by Ann Robbins

The February meeting took place at the home of Christa Burr on February 12 at 9 am. A very delicious breakfast was served.

Attending: Barbara Campeau, Kathy Dyer, Kim Shook, Jean Rollins, Marci Jerina, Betty Horne, Pat Akens, Christa Burr, Annette Woolwine, Ann Robbins, and Christa's neighbor Mackie Rite.

Christa presented several ideas for future programs: a lovely painted plate and a group trip to Shrine Mont for the Tri-Diocesan Fall Retreat which will include a presentation by Bishop Susan Goff. She apologized that the program for the following month was not finalized at this meeting.

The group enjoyed a game of "name the photograph of famous and infamous people" that Christa had developed.

Pat Akens was the lucky door prize winner.

The **April meeting** will also finally be in-person again.

When: Saturday April 9 at 9 am

Where: Church Parish Hall

What: A light breakfast will be provided
(... feel free if you would like to bring something potluck style)

Program: We will make 'Jill's Blankets'

We want to help support this organization who gives these blankets to cancer patients who get very, very cold when they get their treatments/infusions. There is no sewing involved. Anybody who can make a knot (left over right, right over left) will be a huge help. It will be nice getting something important accomplished and chat with friends while doing it.

All women and mature teenage daughters of St. Martin's are invited.

Please let Christa know that you intent to attend **by Thursday 4/7 at 4 pm** kygerman@hotmail.com



From the Parish Coordinator

- Kathy Theado

Office Musings on a Spring Day

It's the beginning of Spring. The sun is shining, I have the church office window open, and the birds serenade me as I work. The rush of Holy Week and Easter are just around the bend. But for now, I am reveling in warmer weather and the promise that both Spring and Easter bring us: rebirth, new life, joy and hope.

"Happy Easter..
May the renewal of life
At Easter bring new
Blessings of love, hope,
Peace, good health &
Happiness to you and
Your loved ones..
Embrace the renewal of life." –Babz



Outreach Committee

- by Jean Rollins

The Outreach Committee thanks everyone who has given food to the Lamb's Basket. It is amazing how much food is donated each week. The staff at the Lamb's Basket is always so appreciative and says that so many people are helped by this food. Clients are able to pick up food twice per month. Each year clients are required to bring their driver's license or other government issued photo identification card to verify that they are residents of Henrico County.

Before 2002 many Lakeside area churches had small food pantries. More and more people were asking for food. Pastor Eric Moehring, with Christ Lutheran Church, decided to contact the surrounding churches to form a large pantry. After two years of planning and a generous grant from Overbook Presbyterian Church, Lamb's Basket opened in 2002. The name is an acronym for **L**akeside **A**rea **M**inistries **B**oard. Clients are referred by area churches and other organizations.



In our weekly announcements a list is included of the Lamb's Basket needs during that week. Our baskets are located under the table in the hallway. Feel free to drop food there at any time. We try to deliver the food to the Lamb's Basket each month. Our parishioners have been wonderful in giving to this Ministry. Thank you so much!



Parish Nurse by Betty Horne

April is stress awareness month

To say that the last 2 years were stressful would probably be an understatement! Covid, Covid, Covid. Some of you had to set up home offices, struggle to find childcare as schools were not open for on-site learning, working with your kids doing virtual learning, masking, sanitizing, not to mention the shortage of toilet paper, paper towel and cleaning supplies! Social distancing and isolation have also added to stress levels and anxiety. At times it seems we were on a roller coaster ride or in a long dark tunnel with no light in sight.



It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress. Stress can affect your body, thoughts, feelings, and behavior. Being able to recognize common symptoms of stress can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity, and diabetes.

Stress can lead to:

- Feeling of fear, anxiety, sadness, anger, frustration,
- Changes in appetite, energy, interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or having nightmares
- Headaches, body aches, stomach problems and skin issues
- Worsening of chronic health and mental health conditions
- Increase use of tobacco, alcohol or drugs

In addition there is so much on the news about the unprovoked war and conflict in Ukraine with images of devastation and displaced people including children adding to stress levels. Incivility and conflict, particularly in the workplace has added to stress levels. As stress levels increase, productivity suffers. When people are stressed, their ability to objectively deal with emotionally charged situations decreases and all of this can fuel existing conflict and lead to even more stress.



Coping with stress

- Avoid continuously watching, reading or listening to the news.
- Consider limiting news to just a couple times a day
- Take breaks from social media-this can also be a source of distressing news
- Try disconnecting from phone, computer or TV screens for a while

Take care of your body by:

- Taking deep breaths, stretching, meditating
- Eat healthy balanced meals
- Exercise regularly
- Get plenty of rest
- Limit alcohol, tobacco or drugs
- Follow up with your vaccines or scheduled health screenings per your provider
- Take time to do activities you enjoy
- Connect with people you trust about your concerns and how you are feeling
- Connecting with your church on line, social media or by phone may provide some comfort

By taking care of yourself, you are better able to take care of others. Stay connected with friends and family and others for whom it may be difficult to leave home during times of social distancing. This may help them feel less isolated.

Let's not forget that there have also been so many remarkable acts of kindness, selflessness and service seen throughout the pandemic.

If you are struggling to cope there is help available. Your healthcare provider should know if stress interferes with your ability to take care of your daily activities.

Stress may also cause thoughts of suicide. If you or someone you know have such thoughts get immediate help.

- call 911 or
- [National Suicide Prevention Lifeline:](#)
1-800-273-TALK ([8255](#))
- [Disaster Distress Helpline:](#) CALL or TEXT
1-800-985-5990 (press 2 for Spanish).
- [Get Help in a Crisis](#)
- Free and confidential crisis resources can also help you or a loved one connect with a skilled, trained counselor in your area.

Stay well as we look forward to spring and Easter services in church once more!

The memorial service for **Marty Fairhead**,
mother of Kim Shook,
will be held on April 23 at 11 am.
A luncheon reception in the Parish Hall will follow.



The Shook Family is extending an invitation to everyone in the St. Martin's Family. Marty loved her church family and even in her last days recalled fond memories.
Please, come and celebrate her life!

Finance Committee Report

by Garland Harwood

Financial Highlights 2022	end of previous month	MTD February	YTD end of February
Income	\$38,183.13	\$23,132.09	\$61,315.22
Expenses	\$18,275.34	\$22,104.25	\$40,379.59
Gain or Loss	\$19,907.79	\$1,027.84	\$20,935.63



We are pleased to announce the birth of Emmalynn Harper (Emmy) Reid on Wednesday March 23, 2022 at 10:09 am. Emmy weighed 6 pounds and is 18 inches long. Mother and baby are doing well.

Condolences!

to the family and friends of

Cynthia O. Scott

beloved mother of Alveta Lewis and Patricia Belk,, who died

Saturday, January 29, 2022 in Brooklyn, NY.

A celebration of life was held on Friday, February 11, 2022 at The Church of St. Luke and St. Matthew, Brooklyn.

Condolences!

to the family and friends of

Marilyn Robertson

beloved mother of Wendy Robertson Coles, who died

Saturday, February 19, 2022

Thank you to Kerry Alloway for visiting our members Joanne Stebick, Julie Crews, Pat Rourk and Lois Gibbs at the Manor



photo left: on the first day of the new bible study (of the book of Luke) participants found it very interesting. The bonus: if you find you can't attend on your regular day either Tuesday or Wednesday, you can always plan on attending the other day.



*
 04/01 Pat Akens
 04/02 Tiffany Clements
 04/02 Rosemary Simmons
 04/03 Danielle Brenner
 04/03 Lois Gibbs
 04/05 Trudy Britton
 04/07 Megan Greenwood
 04/07 Moboluwaji Akinfolajimi
 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 Grace Wood
 04/15 Vicki Pinner
 04/16 Sally Dvorak
 04/17 Sallie Bright
 04/22 Tristan Howdyshell
 04/23 Tyler Newcomb
 04/24 Jim Richardson
 04/26 Susan Teachey
 04/27 Joyce Ragland
 04/27 Zahara Iervolino
 04/28 Richard Rollins
 04/28 Brenda Rahn
 04/28 Russell Campeau
 04/30 A. P. Hall
 *

*
 05/07 Cynthia Cramer
 05/07 Carl McAllister
 05/08 Charlotte Lai
 05/09 Beth Miller
 05/09 Mike Miller
 05/14 Phyllis Berkle
 05/15 Lucas Verlander
 05/16 Bland Wade
 05/17 Harrison Alloway
 05/19 Ben Verlander
 05/21 Judith Wade
 05/21 Titilayo Akinfolajimi
 05/21 Shannon Weaver
 05/21 Stephen Harlow
 05/23 Julie Crews
 05/24 Keith Borders
 05/24 Delbert Lovell
 05/27 Kerry Alloway
 05/29 Steve Row
 05/31 Jim Hughson
 *

*
 04/12/1980 Scott & Kerry Alloway
 04/25/1992 Scott & Mary Goodman
 *
 *
 05/01/ Wayne & Alison Potter
 05/15/2009 Layne & Karen Hood
 05/15/1974 Christine & Craig Watt
 05/19/2001 N'neka & James Logan
 05/21/1988 Bland & Judith Wade
 05/21/1994 Carl & Vicki Newcomb
 05/28/ Jim & Nancy Greenwood
 05/28/2011 Megan & Bo Greenwood
 *



Condolences!

Our hearts go out to Rob Rowley and family
 on the death of his father

Gary Robert Rowley, Sr.
 who died
 Sunday, March 6, 2022.

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

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



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

Do you need ideas what you could bring for the Lamb's Basket?

You can find the answer for most needed items in most of St. Martin's weeklies.

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
Website: <https://saintmartinchurch.org>

Office Hours

Monday to Friday 9am-1pm

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

VESTRY

2022	2023	2024
David Mix	George Crowell	Nancy Greenwood
Dianne O'Kelley Lamb	Rick Gibbs	Mike Shook
Susan Teachey	Jean Rollins	Betty Horne

Senior Warden: George Crowell

Junior Warden: Rick Gibbs

Clerk:

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

To submit articles or ideas for The Cloak, email:
smartinscloak@gmail.com