



The Cloak



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



The Lord said:
Let the little
children come
to me...

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Father Lee Hutchson



I was at home this past week and had the opportunity to burn the prairie on some acreage my brother and sister own. Burning a prairie is always an incredible experience, no matter how often you have done so. The radiant heat from flames 3-5 feet tall is strong and of course you and everything you are wearing smells like smoke afterward.



When the fire is out everything is gone. The only thing left is dust and ashes laying on the dirt.



Scripture often uses the image of a refiner's fire to remove the impurities from gold and silver to make them a more complete

version of themselves. As pure as they can be. You do not pay the same price for 25 carat gold as you do for 10 carat gold because one is purer than the other. Scripture applies the refiners fire principle to the testing of our faith when difficult things happen in life. Rather than dwell on anger or disappointment or despair scripture tells us we should see hardships as opportunities to shine brightly with the love and grace of God, that we might become more like Christ. Anyone can do the right thing if it is easy to do and comes at no cost. Yet when we show love and grace in the middle of hardship that is when we grow the most into the image of Christ. "Count it all joy" writes James "when you meet trial of various kinds, for you know the testing of your faith produces character and let character have its full effect, that you may be perfect and complete lacking nothing."

I once knew a woman who was a severe diabetic. She had already had one foot amputated and was about to have her other foot amputated. On a visit she recounted how angry she was and how unfair life was being to her. Yet she told me with her grandchildren living next door she was blessed and rather than being overcome by bitterness she was going to let her love for her grandchildren dominate her life. She wanted them to experience love and grace from her not anger.

In Sundays gospel Thomas is a devastated man. Three years of his life are down the drain. When he heard that others had seen Jesus Thomas just could not believe that Jesus had not died. What grace he received when Jesus revealed himself in the flesh. His faith gave Thomas new life. Thomas wound up dying for his faith

Fr. Lee continued ...
on page 4

What and When ...

May

Our New Journey Group Sunday May 1 at 3 pm
Mother's Day Sunday May 8
Vestry Meeting Tuesday May 10 at 7 pm
Vestry Meeting Tuesday May 10 at 7 pm
ECW Meeting Saturday, May 14 at 9 am (for more detail see page 8)
Men's Breakfast Saturday, May 14 at 9 am @ Nick's Bistro all men welcome to join us
Ice Cream Social Saturday May 14 at 2 pm (for more information see page 5)
EYC Sunday May 15 (for details see page 6)
WE (West End) Quilters Tuesday May 17 at 10:30 am all interested in quilting are welcome
Sunday School Picnic Sunday May 22 after the late service (for more information see page 6)
St. Martin's Project Saturday May 21 at 9:30 am - White Team
Our New Journey Group Sunday May 22 at 3 pm
Ascension Day Thursday May 26
Memorial Day Monday May 30 - Office Closed

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8* & 10 am
Boy Scouts	Monday	7 pm
MOW 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

Weekly Study of Luke

continuing

Tuesday May 3, 10, 17 at 10 am **OR**
Wednesday May 11, 18, 25 at 7 pm

Cloak Deadline **changed!**

Please submit articles/photos
on or before the 15th of May.

Your editor will not be available after the 20th and is
not sure how or when to make the next issue of
The Cloak available.

Fr. Lee continued ... from page 2

refusing to deny his belief that He had seen Jesus raised from the dead. Our gospel on Sunday ends with words "Blessed are those who have not yet seen and yet have come to believe. Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the messiah, the son of God, and that through believing you might have life in his name."

That's why we are here today. In faith we get up and carry on despite hardship. Because we have faith that in the end God wins.



After the prairie burns you would think that nothing could survive. Yet 2 months later the grass grows back greener and hardier than before, thousands of wildflowers that could not sprout because of the thatch bloom as sunlight reaches the ground, insects abound and there space for ground nesting birds The destruction of the flames makes everything a better version of itself.

You will be tested this week. Some will face a severe test, others more a testing on patience. Will you respond in word and deed in a way that shows you believe Jesus was raised from the dead, that you believe that Gods wins

in the end? If you do then our world will be a greener more colorful life-giving world, indeed a better place filled the love and Grace as God intended it to be.

Fr. Lee



Good News and Thanks

from Sally:

John Dvorak has been in the hospital for 3 weeks. I am happy to report that he was transported back to health care at Cedarfield last Thursday(4/21). He is still weak but with physical and occupational therapy and he is expected to recover. We really are grateful to our St. Martin's family for their prayers, phone calls, texts, cards, rides to the hospital and grocery shopping. Thank you from the bottom of our hearts.

Riddle: How many Episcopalians does it take to set up a zoom meeting?

Answer: More than these three!!!!

shared by Nancye Greenwood Wed March 9 - (unfortunately didn't make it into the April Cloak , but I think it is timeless)

Shepherd's Meeting & Ice Cream Social - by Nancye Greenwood

As the month of April comes to a close and we enter the month of May, spring and even a touch of summer are in the air! However the best of all has our St Martin's family getting back together in person to worship, serve and grow our fellowship!!

By now, we have begun our small group gatherings which include fellowship, discussions and dessert (baked with love by our own Karen Hood)! Everyone at St Martin's should have received an invitation (email, text, telephone call or voice mail) to attend one of the small group sessions. Our first one was Monday, April 25. Others coming up are Wednesday, April 27; Monday, May 2; Tuesday, May 3; and Wednesday, May 4.

At the first meeting, we really had a good time renewing friendships and catching up with each other. PLEASE, if you have not been able to attend (or if someone was not able to contact you) to attend one of these sessions, COME JOIN ONE OF THESE GROUPS!

Please note that there will be a special **Ice Cream Social** on Saturday May 14 2-4 PM, where we will all gather in fellowship!

Always, remember how special our family here at St Martin's is!!!

Invite a friend or neighbor.



Save the Date!

We will be celebrating our graduates on **Sunday, June 12** following the 10 am service in the parish hall. Our graduates this year are Blake Bailey, proud parents Amy and Kevin and Yohance Irvolino, proud mom Susan. Please inform Kerry Alloway or the office if you have information on more graduates.



Celebrating the Sunday School Season



The last day of Sunday School Cookout will be held on Sunday May 22 after the late Service.

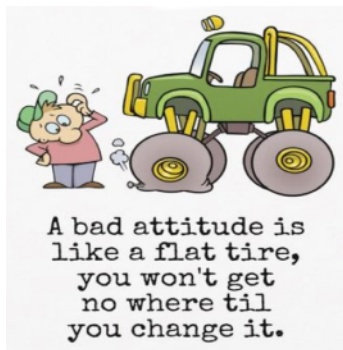
St. Martin's will provide hamburgers, turkey burgers, hotdogs and drinks.

Please bring a side dish or dessert to share.

EYC Update - by Sallie Bright

Thank you to all who donated candy and helped the youth fold Palm Crosses and stuff Easter Eggs. And special thanks to the youth who came at 9:00 a.m. to hide the eggs on Easter Sunday. The youth were on time and hid the eggs quickly to make rehearsal their acolyte parts for Easter service.

The next EYC meeting will be May 15th. We will go to the Trail Tunnel at Afton Mountain for an afternoon hike. We may try to have a parent/youth kickball game after the Sunday School picnic. Please check your email for these upcoming events.



Baptism

Sunday April 3, 2022



We welcome

Noah Graham Allen

son of Skye Parsons-James and Xavier Malachi Allen
Grandson of Cherissa Parsons

Fundraiser for the Ukraine Crisis



On March 27 the Sunday School children and youth group planted seeds. The seeds have germinated and sunflower plants are growing nicely.

The Sunday School children will be offering these potted sunflowers this **Sunday, May 1**.

Donations will be collected to be given to the Ukraine Crisis Relief Fund through the Episcopal Relief and Development. Giving our support to our brothers and sisters in Christ during their time of need.



Baptism

His eyes grow big with wonder, and some fear.
Who are these strangers? What is this new place?
What are they singing? Not the Angels' song
He used to hear in Heaven, clear and sweet--
But sometimes quavering, imperfect, frail;
Still, in the language that his mother sings.
She carries him – so safe and warm—and walks.
He stares around, to find some face he knows.
At last, he recognizes other smiles
And whispers, gentle touches. Drowsy now,
His wide eyes flutter, close, and he can dream
The loving face of Jesus, lifting him,
Kissing his little forehead, clasping hands
And walking him through water. "You are Mine!"
Some miracle has happened! Oh, what joy!
He wakes, smiles, laughs; the strangers clap their hands.
He wants to tell his mother, but she knows;
Her precious little Christian – born again!

- Patsy Anne Bickerstaff



ECW

- by Christa Burr

The next meeting will be on May 14 at 9 am to enjoy breakfast time together. Please bring your own or something to share if you want to. Coffee is as always available in the Parish Hall.

I want to thank everybody who came to the last meeting April 9 and helped to make our donation to "Jill's Blankets".



The breakfast time was lovely. We got to know each other again. The friendships at St Martin's have always been special.

Eight (8) blankets for the cancer patients are completed and four (4) more need some knotting. I hope we can finish them at the May meeting.

If we have time, we will play a game.



All women and mature teenage daughters of St. Martin's are invited. No reservation needed this time. If you have any questions though or would like transportation please feel free to contact Christa kygerman@hotmail.com

Hope to see you!

From the Parish Coordinator

- Kathy Theado

Whew! Easter Season is upon us and the reflection of Holy Week and the exuberance of Easter Sunday are now past. As we continue to celebrate the joy of Easter Season, I encourage you to check out the most recent Christian Formation & Discipleship newsletter from the Virginia Theological Seminary Center for Lifelong Learning. It contains a wealth of wonderful resources for Pentecost which falls on June 5.



The link to the April newsletter can be found here:
<https://mailchi.mp/vts/cfapril2022?e=88a79f9416>

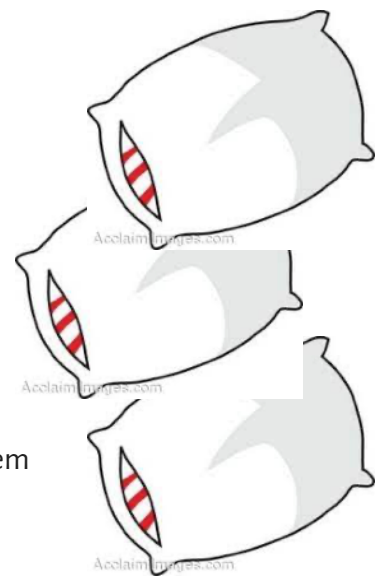


Announcement:

Lost & Found: There are several pairs of eyeglasses and a key (on a Portsmouth, VA keyring) in the church office.

Outreach Committee - by Jean Rollins

For the second year, the Outreach Committee is co-ordinating pillows to be given to the four shelters that we work with during the year. Please bring in brand-new pillows and pillow cases and leave them on the benches in the Parrish Hall. The last time that we did this, the volunteers at the shelters were so excited about receiving them, as they are constantly in need of new pillows and pillowcases, as they have residents coming in and out on a regular basis. St. Martin's Project will be delivering them on Saturday, May 21st, so be sure to have them at the church by then. Thanks!



Finance Committee Report

by Garland Harwood

Financial Highlights 2022	end of previous month	MTD March	YTD end of March
Income	\$61,315.22	\$13,092.19	\$74,407.41
Expenses	\$40,379.59	\$20,052.22	\$60,431.81
Gain or Loss	\$20,935.63	-\$6,960.03	\$13,975.60



Parish Nurse by Betty Horne

May is Older Americans month

In 1963 only 17 million living Americans reached their 65th birthday. Many lived in poverty with few programs to meet their needs. In April 1963 President J.F. Kennedy met with the National Counsel of Senior Citizens and delegated May as Senior Citizens month. The name has since changed to Older Americans Month. Since then Older Americans Month (OAM) is celebrated across the country through ceremonies, events, fairs and other activities. Every May the Administration for Community Living (ACL) leads the nation's observance of OAM. The theme for 2022 is Age My Way. The focus will be on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.

Goals for this year's campaign will include discussions on how planning, participation, accessibility and making connections all play a role in aging in place - emphasizing that what each person needs and prefers is unique.

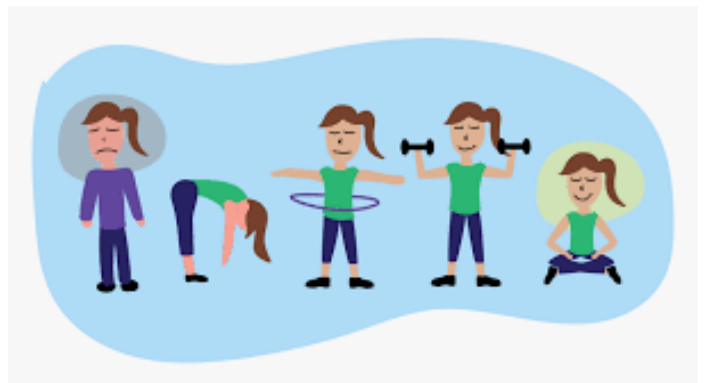
The following are some tips to help keep you healthy as you grow older.

1. Take care of your skin

- Wear sunscreen and protective clothing when outside.
- Get annual skin cancer screenings.
- Use gentle products on your skin in your daily routine.
- Stay hydrated.

2.Exercise – this helps lower risk of diseases e.g. heart disease and cancer, helps with mobility and bone health, lowers stress and improves sleep.

- Two and a half to five hours a week of moderate exercise.
- Up to two and a half hours a week of higher intensity exercise such as aerobics or a combination of the two (walking, swimming, dancing, cycling).
- Participate in group exercise activities. Stay physically active.
- Muscle strengthening that involve all major muscle groups two or more days a week (weights or resistance bands).
- Balance training.



3. Healthy diet

- Fresh fruits and vegetables.
- Lean protein - fish, beans.
- At least 3 ounces of whole-grain cereals, bread, rice or pasta every day.
- Low fat dairy - milk, yogurt or cheese rich in Vitamin D.

- Unsaturated fats and oils such as olive oil.
- Avoid processed foods and refined sugars.



4. Maintain a positive outlook

- Spend times with family and friends - a strong social network can improve mental and physical well-being and longevity.
- Pets have been known to lower stress and blood pressure. reduce loneliness and improve the mood.
- Accept your age - maintaining a positive attitude about aging can help to prolong life and help with better recovery from a disability. Embracing your age is key.
- Do things you enjoy. Spend time in nature, learn a new hobby or volunteer. Take vacations.

5. Lower your stress level - stress has a negative affect on the body such as premature aging, wrinkles and higher risk of heart disease.

- Engage in relaxation techniques such as meditation yoga and deep.
- Have a friend you can talk to.

6. Decrease alcohol use and quit smoking

- There are resources available to help you quit smoking
- Limiting 1 drink per day for women and 2 drinks per day for men. (CDC guidelines for alcohol consumption).

7. Get enough sleep - adults over 18 years should aim for 7-8 hours of sleep each night.

- This is important for physical and mental health. Also important for skin health
- Lowers the risk of heart disease and stroke
- Reduces stress and depression
- Lowers the risk of obesity
- Reduces inflammation
- Improves ability to focus and concentrate.

8. Practice Mindfulness - Mindfulness is about acceptance and living in the moment by focusing on the present. Practicing mindfulness has many health benefits that can help you age better - meditation, yoga, tai chi, coloring.

- Improved focus
- Better memory
- Lower stress
- Improved emotional reaction
- Relationship satisfaction
- Increase immune functioning

9. Drink plenty of water - improves your energy level and brain function. It helps keep you regular, keeps skin healthier and reduces signs of aging. How much you drink should depend on:

- Thirst
- Activity level
- How often you urinate and move your bowels
- How much you perspire
- Your gender



You can speak with your healthcare provider if you have any questions about how much water you should drink.

10. Dental care - decreases your risk for gum disease, ages your smile and decreases your risk of heart disease and stroke.

- Practice proper oral care - brushing at least twice a day, floss daily and use a mouth rinse.
- See your dentist regularly - can spot signs of infection, cancer and other illnesses

11. See your healthcare provider regularly

How often depends on your health, family history, lifestyle, and your age.

- Keep our scheduled appointments

Parish Nurse continued ... from previous page

- Problems can be identified early and dealt with before they worsen
- Your provider can schedule your routine screenings tests.
- See your provider anytime you have concerning symptoms.

Help is available

Though aging is inevitable, some people find it difficult to deal with the changes that come with getting older. If you're worried about your health, are having trouble feeling positive about aging, or worry that you're not aging well it's important to reach out for help. Talk to someone you trust, such as a family member or close friend. Professional help is also available through a doctor or a counselor.

In conclusion

Aging gracefully is more about being healthy and happy. Maintain a healthy lifestyle, surround yourself with people you love, and do things that bring you joy. It's natural to worry about the challenges that aging can bring, so don't hesitate to speak to someone about your concerns.

Sources:

EvidenceTrusted Source
National Institute on Aging

Condolences!

to the family and friends of

John Bailey Feeney

brother-in-law of Brenda Rahn,
who died
Tuesday, March 22, 2022

Condolences!

to Sally Dvorak on the death of her sister

Jane Fuell

who passed away on Thursday, March 24, 2022
in England.



We are pleased to announce the birth of Owen Scott Rowley on Friday, April 1, 2022 at 2:14 a.m. Owen weighed 6 pounds, 14 ounces and is 20 inches long.

Congratulations to Parents Lauren and Rob Rowley and grandparents Kerry and Scott Alloway.

Palm Sunday

April 10

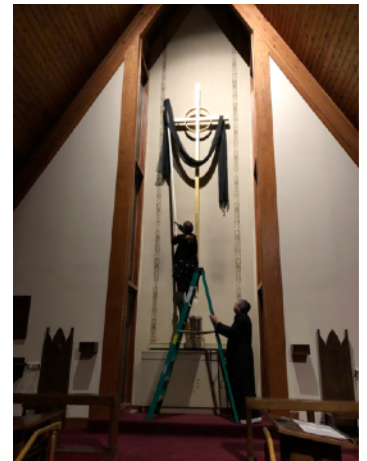


Maundy Thursday

April 14 - 7pm Service and stripping of the Altar

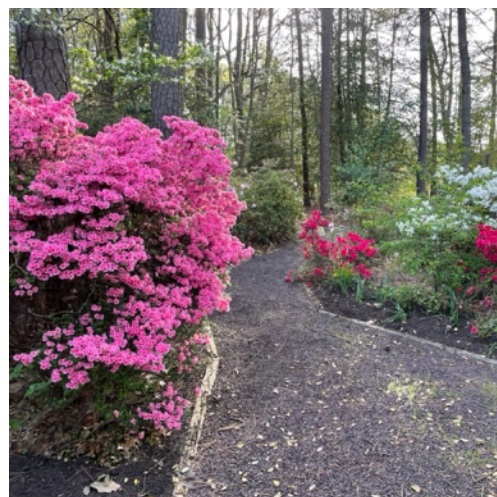
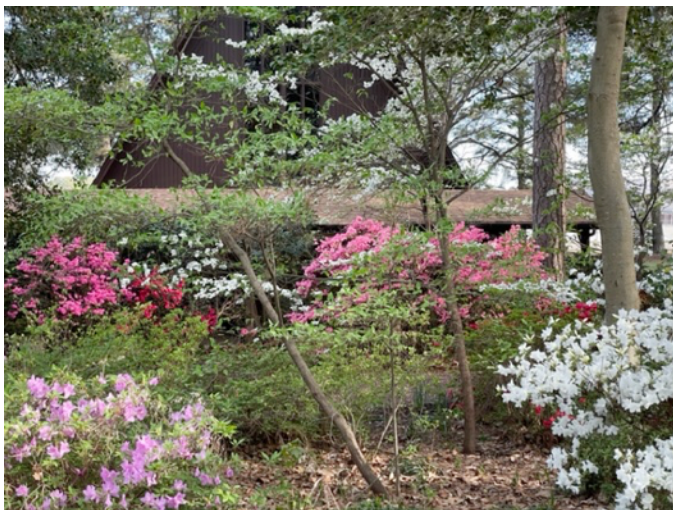
Holy Week, starting on Palm Sunday, is a step-by-step reliving of the most important events leading to our salvation. And the Maundy Thursday Service is a very moving service with the stripping of the altar at the end.

We can't say often enough THANK YOU to the members of the Altar Guild who work silently in the background. Have you ever wondered how the hanging over the high cross is being changed?



Stations of the Cross

on April 15 - Good Friday at 6 pm



For the Stations of the Cross on Good Friday each participant used a special booklet. But at any day of the year you can use an individual version booklet which you can find in the white box on a tree.



Walking the Stations of the Cross in your own private time can be a very moving experience.

The booklets are sealed in a plastic bag to protect them from "wildlife" (a potential invasion of earwigs).



Good Friday

on April 15 - 7 pm Service with Communion from Reserved Sacrament

On Good Friday Service we think of all Jesus went through for us, a very moving service when the large rough wooden cross which is brought in. (photos screenshots from FB live video)



The congregation was invited for the veneration, to pray/kneel at the foot of the cross.



Holy Saturday

April 16 - 8 pm Service with incense and ringing of the bells



The service starts with the lighting of the fire.

The Lighting of the Paschal Candle.



The light of Christ.
People: Thanks be to God.

A St. Martin tradition:

The Champagne Reception following service in the Parish Hall with chocolate covered strawberries, chocolate covered marshmallows and chocolate covered pretzel sticks.



Easter Day

8 am and 10 am Holy Eucharist Services (with bells)
(Easter Egg Hunt immediately followed 10am service)



Many felt that this was the most uplifting service in the last two years. Surely tears of happiness were in some eyes when the service started with a great procession.

The Altar steps were also full with children for the children's sermon.



Thank you to all who served not only Easter Day but all during Holy Week and all during the year and make it so special to worship the Lord, our God.



May the hunt begin!





*
 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
 *

*
 06/03 Carrilynn Sykes
 06/05 Betty Hall
 06/08 Lauren Murphy
 06/08 Julie Hall
 06/08 Glenn Gibson
 06/09 Melinda Jenkins
 06/10 Cindy Adams
 06/13 Jenny Richardson
 06/14 Caroline Echevarria
 06/15 Sally Tucker
 06/15 Janice Carpi
 06/15 Lillian Thirion
 06/17 Barbara Campeau
 06/17 Max Barritt
 06/18 Gregory Echevarria
 06/19 Ian Watt
 06/21 Garland Harwood
 06/21 Maddie Alloway
 06/22 Natalie Watt
 06/24 Henry Scott
 06/27 Sean Cooper
 06/29 Kim Fiasco
 *

*
 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
 05/28/1977 Jim & Nancy Greenwood
 05/28/2011 Megan & Bo Greenwood
 *
 *
 06/02/2007 Glenn & Erin Sprouse
 06/06/2015 Joe & Dianne Lamb
 06/06/2009 Beth & Mike Miller
 06/11/1977 Dennis & Vicki Pinner
 06/12/1976 Mary & Jim Moss
 06/24/2000 Kyle & Anne Stephenson
 06/26/1976 Stephen & Jody Harlow
 *

I WANTED TO GO JOGGING
 BUT PROVERBS 28:1 SAYS
 "THE WICKED RUN WHEN
 NO ONE IS CHASING THEM"
 SO THERE'S THAT.

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

Condolences!

to the family and friends of

Jean Machalinski

mother of Melissa, Stephanie, and Bert,
 who died

Wednesday, April 13, 2022

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://saintmartinschurch.org>

Office Hours

Monday to Friday 9 am-1 pm

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

VESTRY

2022	2023	2024
David Mix	George Crowell	Nancye 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

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