



The Cloak



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



One of the
flowers from
the Children's
Ukrainian
Relief
Fundraiser

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Father Lee Hutchison



Sabbatical

On August 1st I will be leaving on a Sabbatical for rest and renewal.

While an academic Sabbatical focuses on continued education or some special academic enrichment a Sabbatical for rest and renewal is focused on the root word for Sabbatical which in Hebrew is "shavot" which means to rest.

The Vestry asked me to take some time to rest and recharge after navigating the Covid-19 Pandemic and surgery for prostate cancer.

About 1/2 of my 6 week Sabbatical will be spent hiking in Utah and Colorado. The rest of the time will be reconnecting with extended family. I will return to the office September 12.

While I am gone Sandy will be leading all but 1 of our Sunday worship services and attend to pastoral care. It is a blessing to have her experience here while I am away. Friar John Ogle will be leading Morning Prayer with communion from the Reserved Sacrament on Wednesday.

For general questions or concerns feel free to contact George Crowell our Senior Warden or Rick Gibbs our Junior Warden.

I am blessed and grateful to have this opportunity to recharge and look forward to serving you again in September.



Fr. Lee

The photo to the left and on the front page are both from the garden of the Cloak Editor. The three plants (2 different kind of seeds) were replanted from the fundraiser pot. The smaller sun flowers bloomed earlier.

I hope the parents who read this will tell their children how much joy their work has brought. The fundraiser for the Ukrainian Relief totaled \$300.

What and When ...

July

<p>EYC Mission Trip ends Friday July 1</p>
<p>Independence Day Monday July 4</p>
<p>Men's Breakfast Saturday, July 9 at 9 am @ Nick's Bistro all men welcome to join us</p>
<p>ECW Meeting Saturday, July 9 - cancelled (for more detail see page 7)</p>
<p>Confirmation Class continuing Sunday July 10, 17, 24 and 31 from 1 - 3 pm</p>
<p>Vestry Meeting Tuesday July 12 at 7 pm</p>
<p>VBS Thursday July 14 at 6 - 7:30 pm Friday July 15 at 6 - 7:30 pm Saturday July 16 at 9 - 10:30 am</p>
<p>St. Martin's Project Saturday July 16 at 9:30 am - Red Team</p>
<p>WE (West End) Quilters Tuesday July 19 at 10 am all interested in quilting are welcome</p>
<p>Cloak Deadline Wednesday July 20</p>
<p>Church Growth Committee Meeting Sunday July 24</p>
<p>Men's Annual Squirrels Outing Tuesday July 26 (for details: Cloak 6/22 p.9 or the weekly emails)</p>
<p>Church Outing to the Squirrels Game Sunday July 31 (details TBA later)</p>

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



Words from Rev. Dr. Sandra Levy-Mix

“Anxious? Depressed? Well, try dancing! Or Singing!”¹

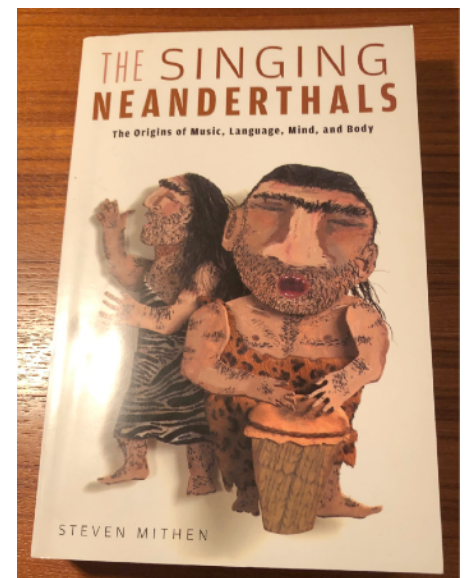
In a New York Times piece dated January 11th, I spotted an article in the Arts section titled “Where Dance is Physical Prayer.” That intrigued me and brought to mind churches where I have been or attended and seen professional dancers perform or even an occasional parishioner waving their arms in the air and moving rhythmically in the pew. Actually that article wasn't really about dancing and prayer except one quote from the artist being featured. She said “I wanted [my performance] to be a physical prayer. It was an attempt at healing.” But her quote resonated with what I have believed for a long time..

In fact, for many years, usually in the evening, I would turn on the record player—Forty-fives or LP (that tells you how many years back I'm talking about), radio, or recently pandora on my cell phone or iPad. And I would dance—in my old home's living room, in the living room of my first house in Bloomington, Indiana, or in the apartment we rented when I was in seminary. And in the house we live in now. All these decades stretching over the years—dancing to the beat! Richard Harris’ “MacArthur Park”, The Beatles (“Help”), Gordon Lightfoot (“If you Could Read My Mind”), Neil Diamond's (“Born in America”), and so on. Interestingly, I don't seem to do that any more. Oh David and I will occasionally dance to a good one with rhythm and beat on a Pandora station like Fleetwood Mac—among other stations we do listen to just about every free moment. Sitting for an occasional drive-way moment listening to the end of “Eli's Coming” or “Classical Gas.”

But I do sing or chant. Sing the lyrics that play if I know them or can remember them, and of course chant in St. Martin's--our high Anglo-Catholic church—part of the appeal that drew me. Even at home after saying Eucharist every morning with David or frequently when I'm doing “down time” in the afternoon, having a few quiet moments and searching out the psalm appointed for the day.

In fact, there is some pretty good scientific evidence that music in all its expressive forms is good for body and soul. And apparently there's a loneliness, anxiety, and hostile crisis in our country according to recent publications (Tish Warren in the Op-Ed page of the New York Times (May 2 issue), and Starre Vartin, in the Health section of the Richmond Times Dispatch. Vartin says that “small but growing body of research suggests that dance may provide more mood benefits than other types of cardio exercise. . .— can help reduce anxiety more than . . aerobic exercise [as well as] chronic pain. It was also found to lower depression. . . in one study” So let's turn to what we know about music's evolutionary origin, and its effects on the brain and body.

As I explored in my book Flourishing Life, about two hundred thousand years ago our evolutionary line split off, and our own species, homo sapiens, came onto the scene. Living in great numbers, these ancestors of ours developed the need for a more refined, nuanced communication pattern as tribes grew larger. Our species split off finally from the Neanderthals. And despite the fact that our homo sapiens line developed the ability for abstract reasoning and speech, we still retain that inherent capacity for making music and dance. “Infants are born musicians” Mithen stresses.



Rev. Dr. Sandi continued ...
on next page

Space constraints force me to skip the biological and neuroscience discussion (you can pick up some of that in my blog), But yes! We all got rhythm, folks! And most people do turn to music of one form or another to cope with stress. Remember during the pandemic folks singing from balconies, watching live concerts on social media, and group singing on line? In a 2018 issue of Harvard Heart Letter, the report says that no other stimulus engages our brain so widely as music—auditory, motor movement, attention, memory, emotion. “This global activation happens whether you listen to music, play an instrument, or sing”—even in the car or shower.

Well I guess hopefully I've made my point. If you want to get energized, calmed down, reduce anxiety, lift depression—go ahead and grab a friend and dance to the beat. Or just sing along with your favorite tune. Or join a church choir and always show up at rehearsals. Or . . . you fill in what appeals. I promise you, you'll feel much better in the end. End of the day or end of it all. Promise. . .



We are pleased to announce the birth of Declan Lee Arland, son of Nathan and Jamala Arland, on June 8, 2022, at 7:33pm. Declan weighed 7 pounds, 10.4 ounces and is 19 inches long. Mother and baby are doing well. His photo is posted on the Parish Hall bulletin board.

Jamala (Murray) is a dear friend of Betty Horne and Family. When she lived on this side of town she worshipped at St. Martin's and played softball with the St. Martin's team. Father Lee was the priest at the wedding.

Whine and Cheese

O, what fun! We all joined
In an elegant house
For a week in the sun;
To walk and wade,
Search for starfish and shells,
Watch porpoises pass,
Hungry pelicans dance
On the edge of the waves---
Shop for quaint souvenirs
From the curio shops,
Compare restaurants
By their Key Lime Pie...

O, surprise! What a wind!
What a sky, bleaker gray
Than our mood, or our hair!
Too cold to go out
Through the maniac trees
To the vanishing beach,
And rush back in the rain.
Sitting by the TV
We could see what was new:
A few miles away
Someone else's big house
Was becoming a boat.

Only one thing to do:
Find a grocery store—
Cheese, crackers, fruit, fudge
Welch's sparkling juice,
Then, dressed in our best,
We could party and—whine!
We could whine at the wind,
At the rain, at the cold,
We could whine at the wine
'Cause it's not really wine,
We could laugh, and resolve
To come later, next year.

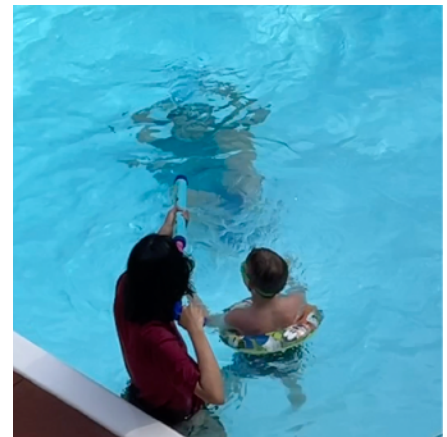
- Patsy Anne Bickerstaff

EYC Update - by Sallie Bright

Many thanks to Jim and Nancy Greenwood for hosting the end of the year pool party. And to Karen and Layne Hood for providing a delicious dinner of tacos. We had beautiful weather to enjoy the pool and fellowship.

Best wishes to Blake Bailey and Yohance Elon who graduated this year. We will miss them at EYC. Thank you Blake and Yohance for supporting our fund raisers and Bible study with Father Lee all these years.

The EYC mission trip to Blue Knob, PA is the week of June 26th. Thanks to our family at St. Martin's who have made this trip possible. We look forward to starting our program on Rally Day in September.



The 14th Bishop of Virginia

was elected June 4, 2022

Photos taken and provided by our Jr Warden Rick Gibbs.
Thank you!



The Rev. Canon E.
Mark Stevenson



Canon to the Presiding Bishop for Ministry



ECW

I apologize that the May meeting had to be cancelled. Nothing urgent was on the agenda and I was not sure whether I would be able to come back into the US (because of covid tests and airline restrictions). It was decided with an unanimous email vote.

Unfortunately another vote had to be taken this month too. No ECW meeting in July. If you would like to be on the pre-notification email for the August program or voting, please contact Christa kygerman@hotmail.com

- Christa Burr

Happiness ... is being allowed to ring the church bell (Sunday June 26). Rick Gibbs sure knows how to make some boys happy (and grandma too).



Sunday June 12



Congratulations to our Graduates

Blake Scott Bailey graduates from Glen Allen High School on June 14, 2022. While there he played for the football team, was a member of the wind ensemble, played in the jazz band and marched with the marching band in a parade at Walt Disney World. He was also a member of Rho Kappa, the National Social Studies Honor Society.

He also played rugby for the Richmond Strikers for four years. His team was nationally ranked in the top 25 this year and they came in second in the state tournament. He traveled with his coach and several teammates to Ireland this spring and played against several of Ireland's teams.

He plays the drums in a rock band he started a couple years ago with some friends from high school.

While a member of St. Martin's church he has volunteered with Vacation Bible School, helped make lunches with the St. Martin's Project, been a member of the EYC, and gone on many service trips.

Blake will be attending VCU in the fall and is planning on majoring in history. Blake is the son of Kevin and Amy Bailey and the grandson of Joanne Stebick.



Yohance Tervolino

Hello, my name is Yohance, and for the past 17 years I've been a member of Saint Martin's. I will be attending Lenoir-Rhyne University in Hickory, NC and my major is in Psychology.

Some things I enjoy doing in my free time are playing music, skateboarding around my neighborhood, and reading. I've served as an acolyte at Saint Martin's for seven years and have been serving on mission trips for six years.

For the time I have spent at Saint Martin's I have loved every minute and I know that I will continue in my faith.

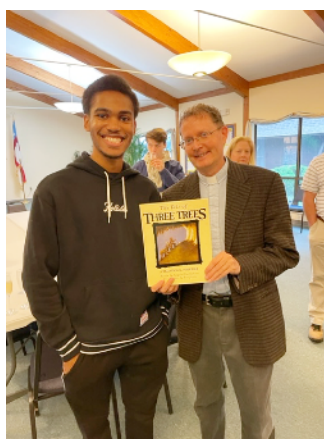


Kevin Howdyshell graduated with a Master of Public Safety from the University of Virginia this past May. He previously earned a Graduate Certificate from UVA.

Graduation Celebration Sunday June 12



While it rained outside we celebrated our graduates. But don't worry, the glasses were symbolically filled with ginger ale.
Congratulations to the parents too!





Parish Nurse by Betty Horne

July is Healthy Vision month

Your eye is one of the most valuable assets in the human body because of its ability to see and appreciate all that is around us. Approximately 80% of what we learn comes through our eyes. It is considered to be the second most complex organ, second only to the brain. It's function is similar to that of a camera. There are many cells each with specific function that takes the object seen and allows the eye to focus on the smallest detail. It is important to take proper care of your eyes to maintain healthy vision. The following are some tips to maintain eye health.

Protecting your eye

Protect your eyes by **wearing protective gear** when engaging in activities such as;

- playing sports, bike riding, swimming, fencing and other sports that endanger your sight
- working with chemicals at work, in a lab or gardening
- mowing the lawn, working with machinery

Eat healthy - eat a well balanced diet to include fruits, leafy green vegetables, (don't forget your carrots), fish, such as salmon and tuna.



Wear your glasses as prescribed. Keep them free of smudges, scratches or streaks

Wear your sunglasses as they can protect you from the harmful UVA and UVB rays of the sun.

Rest your eyes - If you spend much of your time working on a computer or similar mobile device or watching TV, it is important to rest your eyes. Your eyes can tire.

If you smoke QUIT

Exercise is important to maintain a healthy body weight. Weight gain can contribute to Diabetes and other diseases that can affect your vision.

If you notice **changes in your vision**, it is important that you report to your physician. Prompt attention can avert serious problems.

Speaking with your family about any issues you may be experiencing may reveal a family history of vision issues.



Eye First aid (act fast and get help immediately)

- If you get sand or dust in your eyes, do not rub. Wash with water.
- If you get hit in the eye gently place a cold compress to reduce swelling. You will need to promptly follow up with medical care to evaluate any additional injuries.

Parish Nurse continued ... from previous page

- If you get any chemical splash in the eye (school lab, battery acid etc.), wash your eye thoroughly with water for at least 10 minutes. Have someone take you for medical care immediately.
- If you have a penetrating injury to the eye, do not attempt to remove it. cover with a loose bandage without any additional pressure, and have someone take you for medical help immediately.

Everyone should wear protective eyewear. If you wear prescription glasses, most protective eyewear can be made to match your prescription. For best protection use eyewear made of strong polycarbonate. Choose eyewear specially made for your sport. Make sure it fits comfortably.

If you are concerned about cost for eyecare the following may be able to help:

- Your Primary care Physician - may refer you for low cost eye care.
- Your eye doctor. Ask if there are programs you may qualify for.
- Community health centers - some centers may offer free or low cost care. This tool may be helpful [find a community health center](#)
- Local colleges or universities. Most have an optometry or ophthalmology program that may offer low cost care.
- Your local pharmacy may offer discounts on medicines or medicine delivery.

Be safe this summer. Take good care of your eyes to maintain healthy vision.

From the Parish Coordinator

- Kathy Theado

One Year Later

I'm continually astonished at how quickly life accelerates and flashes by. I have reached the **one-year mile marker** as the Parish Coordinator at St. Martin's! I began working at St. Martin's in June of 2021 just as I was in the frenzy of planning my Mother's 80th Birthday Party. It was during the lull of Covid when we all thought it would be in the rear-view mirror (HA!). If nothing else we've all learned to be much more adaptable than we ever anticipated. I appreciate everyone's kindness and generosity towards me as I learned your names (I'm terrible at names), church culture, and the yearly ebb and flow of St. Martin's events.

I look forward to the next year and more, that hopefully follow, as we settle into familiar routines and patterns and move forward into ministry.



VBS

St. Martin's will be hosting VBS on Thursday, July 14 and Friday, July 15 from 6:00 p.m. to 7:30 p.m.; and Saturday, July 16 from 9:00 a.m. to 10:30 a.m. The theme for 2022 is **Bread, Baptism, and Blessings** and will include instruction and hands on activities. For more information, please contact Fr. Lee or the Church Office.

Church Office Hours

There has been a slight change in the office hours. Kathy will be in the office Mondays from 11:00 a.m. to 3:00 p.m. and Tuesdays – Fridays from 9:00 a.m. to 1:00 p.m.

Office
Hours

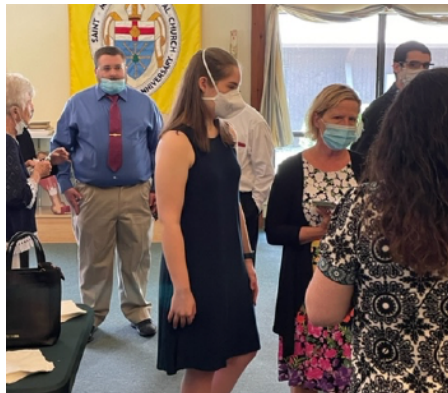
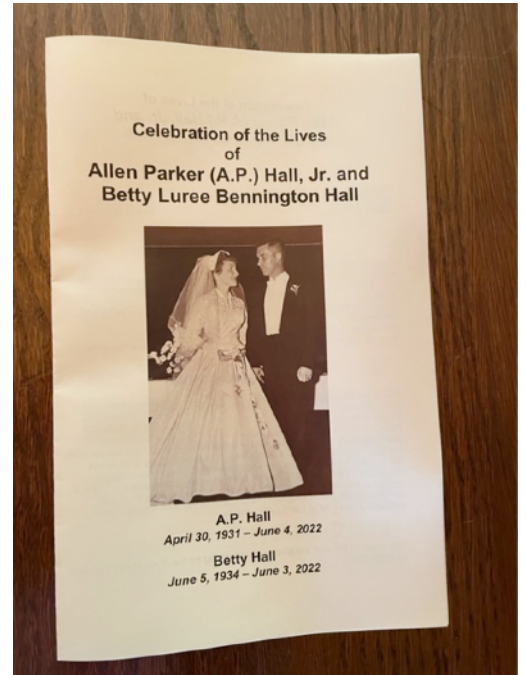
Condolences!

to the family and friends of

Betty and A.P. Hall

parents of Julie and Allen and grandparents of Katie. Betty passed away on Friday, June 3, and A.P. passed away on Saturday, June 4, 2022.

Betty and A.P. Hall were members of the St. Martin's congregation since the beginning. Their love and service to the church and others was an example to us all. They are dearly missed. Their lives were celebrated at St. Martin's on Friday June 10.



Celebration of Life for Jean Machalinski on Saturday June 11



Finance Committee Report

by Garland Harwood

Financial Highlights 2022	end of previous month	MTD May	YTD end of May
Income	\$95,308.57	\$18,915.02	\$114,223.59
Expenses	\$81,187.18	\$18,718.40	\$99,905.58
Gain or Loss	\$14,121.39	\$196.62	\$14,318.01

Interesting info:

From **Amazon Smiles** the church received \$105.85 YTD. The **Kroger Rewards** total for March 1 - May 31, 2022 were \$56.57 and 12 households participated. Thank you to everyone who has designated St. Martin's for rewards from these two companies.

If you have not signed up yet but would like to do so, click on the logos in the **weekly** emails.



Youth Mission Trip Send-off Sunday June 26



Can't get on the road hungry! (Thanks, Rick, for the photos.)

Prayers for a safe trip for our youth and leaders.





*
 07/01 Ellery Bradley
 07/01 Natalie Romano
 07/06 Rob Rowley
 07/08 Ashley Borders
 07/09 Kim Shook
 07/10 Jack Greenwood
 07/11 Jim Moss
 07/12 Jackie Bitler
 07/13 Yohance Elon Iervolino
 07/22 Alison Potter
 07/23 Leslie Dering
 07/25 William Sykes
 *

*
 08/02 Bill Chowning
 08/03 Maya Atkins
 08/05 Jay Sykes
 08/06 Jacob Henderson
 08/07 Kyle Stephenson
 08/10 Jeremy Atkins
 08/11 Evelyn Watt
 08/11 Adrienne Stephens
 08/11 Maggie Witt
 08/11 Glenn Sprouse
 08/12 Ruth Barrett
 08/13 Adam Marcus
 08/14 Mike Shook
 08/14 Kyle Stephenson
 08/15 Barbara Lockridge
 08/15 Taylor Murphy
 08/16 Martha Hall
 08/16 Andrew Wood
 08/18 Andrew Bright
 08/18 Jaiden Logan
 08/20 Jean Rollins
 08/23 Layne Hood
 08/26 Virginia Tucker
 08/27 Jonathan Horne
 08/27 Tatiana Horne
 08/29 Sandy Goolsby
 08/29 Sloan Verlander
 08/30 Sid Akens
 08/30 William Thirion
 08/31 Todd Areson
 *

*
 07/03/2018 Garland Harwood & Janice Carpi
 07/04/1968 Sharon & James Ragland
 07/07/2006 Sean & Jennifer Cooper
 07/08/2004 George & Betsy Crowell
 07/10/1996 Allen & Merry Beth Hall
 07/12/2008 Tony & Samantha Romano
 07/17 Krestin & Glenn Gibson
 07/20/2019 Ben & Sloan Verlander
 07/22/1995 Kevin & Amy Bailey
 *
 *
 08/01 Barbara & Russell Campeau
 08/07/1993 Errol & Adrienne Stephens
 08/07 Natalie & Ian Watt
 08/11/2007 Jay & Carrilynn Sykes
 08/19/2012 Sharon & Harrison Alloway
 08/28/1987 Bob & Max Barritt
 *

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



This is Father Lee's answer to whether he had received the Father's Day memo.

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

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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



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