



# The Cloak



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



Our new  
Mural -  
  
thank you  
to our member  
Grace Wood

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# Father Lee Hutchison



I have had the opportunity to participate on two Zoom calls with our new bishop Mark Stevenson. He has shared with the clergy about the importance of his Faith in Christ as the motivating factor in his ministry. The reason for sharing his faith with others, outreach to the wider community, and working to promote the healing of differences between races is done out of his love for Jesus, and his desire that others would know that same love in their individual lives.

Being able to understand and share our faith is so important that his next hire will be a Director of Faith Formation for the diocese.

Bishop Stevenson's mission priority areas are sharing the faith of Jesus, healing across differences, and honoring and caring for God's creation.

Before coming to Virginia, Bishop Stevenson served 8 years as the Canon to the Ordinary in the Diocese of Louisiana. He was the Director of Episcopal Migration Ministries, aiding in the resettlement of refugees. Most recently, Bishop Stevenson served as a liaison between the Presiding Bishop and other governing bodies in the Episcopal Church.

You may read more about Bishop Stevenson by visiting our diocesan website at <https://www.thediocese.net>.

*Fr. Lee*

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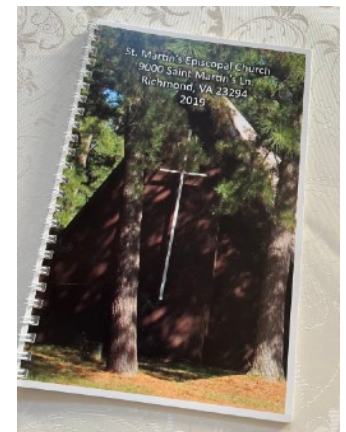
## Data, data, data

The weeklies have been mailed out with MailChimp since a year and a half ago. The Cloak newsletter, labels, the directory etc are mailed/generated from our CW program. The two don't talk to each other. Volunteers are now spending time and effort to sync them.

But we need your help!

Our last Picture Directory was done professionally but a long time ago. We want to do one "in house" and in time for our 60th anniversary party. Soon we are ready to lay a PROOF out in the Parish Hall (it will be announced in the weeklies). Please, help us by proofing your data. If birthdays and anniversaries are missing, please add those. We like to add years (for demographic use) but they will not be published.

The pictures are from this last directory. If you would like to replace it, contact Christa ([kygerman@hotmail.com](mailto:kygerman@hotmail.com)). She would be happy to take one at church of you or you could supply her with one (paper or digital).



Picture Directories would be helpful especially to our new friends to get to know everyone more easily. Thank you!

# What and When

# February

<p><b>Book of Acts Bible Study</b> will resume weekly Tuesdays at 10 am - February 7, 14, 28 Wednesdays at 7 pm - February 1, 8, 15, 22</p>
<p><b>EYC Bowling</b> Sunday right after 10 am service</p>
<p><b>Men's Breakfast</b> Saturday, February 11 at 9 am @ Nick's Bistro all men welcome to join us The combined breakfast with partners was postponed to the March meeting due to conflicting schedules.</p>
<p><b>ECW meeting</b> Saturday February 11 at 9 am (see page 7)</p>
<p><b>EYC meeting</b> Sunday February 12 after service</p>
<p><b>Super Bowl Party</b> Sunday February 12 at 6 pm (see page 5)</p>
<p><b>Vestry Meeting</b> Tuesday February 14 at 7 pm</p>
<p><b>Cloak Deadline</b> Wednesday February 15</p>
<p><b>St. Martin's Project</b> Saturday February 18 at 9:30 am - White Team</p>
<p><b>Our New Journey meeting</b> Sunday February 19 at 3 pm</p>
<p><b>WE (West End) Quilters</b> Tuesday February 21 at 10 am all interested in quilting are welcome</p>
<p><b>Shrove Tuesday Pancake Supper</b> Tuesday February 21 from 5:30 - 7 pm</p>
<p><b>Ash Wednesday</b> February 22</p>
<p><b>John C. Wallace Scholarship</b> Deadline to apply: March 7 by 5 pm (see page 4)</p>

## Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 am* & 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
Ethiopian Christians	Saturday	6 am

\* 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	TBD	
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am

### Cloak Deadline **changed!**

Please submit articles/photos on or before the 15th of February..  
Your editor will not be available after the 24th and is not sure how or when to make the next issue of The Cloak available.



# Words From the Wardens

*Wow ... Can you believe it has been 60 Years  
coming together to worship and  
Spread God's Good News?*



Well it has, and we (Nancye Greenwood Senior Warden and Rick Gibbs Junior Warden) are excited to have been elected Wardens for this Celebratory Year.

What a JOY it has been to be here and see the wonderful way our outreach has impacted our community. We were both so happy to see our congregation pull together during the many challenges COVID presented. A special Thank You to Father Lee for his consistent and remarkable leadership keeping us together and connected for over a year when we were unable to meet in our church building. We indeed are glad to be back in church and reaching out to our ENTIRE church family inviting them back for Sunday worship. We did add a new facet of worship during this time and that has been our “online” services. Should you be unable to attend in person join the service online. Remember our evening compline services as well. We are so much stronger together!

We hope all of you are as excited as we are to be celebrating 60 years together as a church family. **Let's have some FUN and as our New Bishop, Mark Stevenson said, in some of recent remark's "Let's Give'em Heaven!!**

**May God Bless You Each and Every one!**

**Rick and Nancye** 😊

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## John C. Wallace Scholarship

- shared by Ashley Borders

We are pleased to be able to offer the **2023 John C. Wallace Scholarship** to eligible students again this year! The John C. Wallace Scholarship Fund was established in 2017 by Carolyn Wallace and Ashley Borders to memorialize John, a longtime parishioner of St. Martin's Episcopal Church. The scholarship is intended to support post-secondary educational opportunities for members of St. Martin's Episcopal Church (9000 St. Martin's Lane, Richmond, VA 23294) planning to attend an accredited two- or four-year community college, college or university, or a technical or vocational school in the United States.

Eligibility criteria, and how to apply, can be accessed on the Foundation's [website](#). Students may find the application guide helpful throughout the process. It is available on our [website](#).

All applications and supporting materials must be **submitted online**, and are due on or before **March 7, 2023 by 5:00 pm**.



# 60<sup>th</sup> Anniversary Celebration

The Committee for our celebration has been busy with preliminary ideas, seeking volunteers for various events and overall, trying to LISTEN to our parish family to be able to come together in fellowship!

We are attempting to include events that also involve growing in spreading God's word, and serving our community!

At this point we are about ready to post some sign-up sheets so that everyone will have AN OPPORTUNITY to join in on the fun for executing these events.

Basically, our Celebration Weekend of Oct 13 – 15 will include a MURDER MYSTERY DINNER on Friday, a FAMILY FUN DAY on Saturday and a CELEBRATORY SERVICE/REUNION with a catered lunch on Sunday.

We will also be hosting a Saturday COMMUNITY OUTDOOR MOVIE NIGHT in September, on the night before RALLY DAY. We will be inviting families and friends, including those living nearby in the surrounding condos/apts. It is our hope that we will find folks who will come Sunday to Rally Day and ultimately decide to join our parish family.

There will also be some events throughout the year that we have had in the past but have missed during the pandemic. Watch for information on events such as Super Bowl Party, Fish Fry, Wine Tasting, etc.

We plan to have two fund raising events to help cover the costs of our OUTDOOR COMMUNITY MOVIE NIGHT and our FAMILY FUN DAY. Those fund raisers will be a silent auction at the Fish Fry and BASKET RAFFLES in July.

In closing, please watch the bulletin board for opportunities to JOIN THE FUN in the next couple of weeks!

Nancye and Jean



This photo was taken **September 2014** and



found in a pile in the old chapel room where youth group was working to make it their NEW EYC room this month!

These kids pictured in chapel many years ago are now part of our EYC!

HOW TIME FLIES!!

A super bowl party will be held on February 12th at 6pm.

Sign up on the bulletin board near the Parish Hall.

Donations will be accepted.

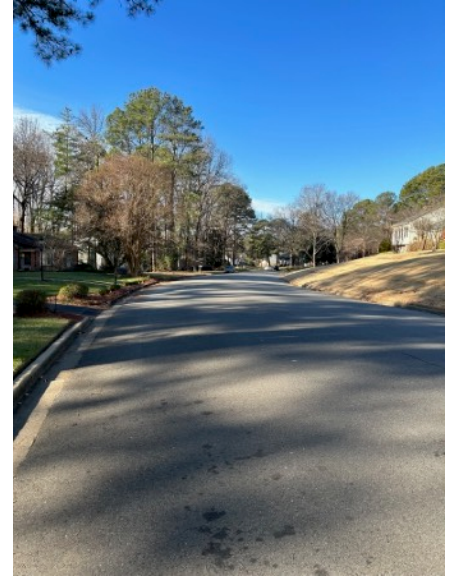
Don't miss this fun and fellowship!



# Words from Rev. Dr. Sandra Levy-Mix

## “The Spirituality of Walking—Awesome Experience Anyone?”

Well you who know my habits, know that a daily walk or two is really a must-do activity. So David and I take at least one walk—usually around the neighborhood or near-by park—a day (see photo taken on a recent walk on a beautiful day in our neighborhood). Which brings me to “The Transcendent Power of Walking,” a piece in the *New York Times* last September 18, 2022, by Francis Sanzaro. That author talks about working to overcome what he terms “concepts” or those filters that do aid us in navigating our world and figuring out what’s going on out there, but that also tend to come between us and our raw experience of nature and place right before us. In fact, our bodies can help us in that regard, because brain researchers study what they term “automaticity” as we stroll. That is, our nervous system coordinates our movements without having to think and plan our next moves.



This writer’s point is that if we can just reduce our busy brain’s conceptual thinking, we can “leverage the gift of walking to stop thinking and start doing. . . paying attention to the stuff of place, the place itself.” And the place itself comes to life.

Well maybe it’s time to turn to the topic of Awe—“a feeling of being in the presence of something vast that transcends your understanding of the world” says Dacer Keltner, a psychologist at the University of California, Berkeley.

In a piece that also appeared in the *New York Times*’ Wellness section (January 3, 2023) titled “delving Into the Science of Awe”, the author Hope Reese quoted Keltner’s research that suggests that awe has great health benefits that include calming down our nervous system and triggering the release of oxytocin, the “love” hormone that promotes trust and bonding. Keltner reports that the experience of awe activates clusters of neurons in the spinal cord that regulate certain bodily functions, slowing our heart rate, and deepening breathing. Apparently awe also has psychological benefits. He says “many of us have a critical voice in our head, telling us we’re not smart, beautiful or rich enough”. Awe seems to quiet this negative self-talk tendency.

So apparently the experience of awe is good for your brain and good for your psyche, and therefore, that pure feeling of being in the presence of something vast and beyond defining conceptually—but knowing it when it comes over you and you feel it—would be good to develop and cultivate in your life. Someone interviewed said “It was like, ‘Oh, I can just take a breath and look around.” In fact, Reese has a few suggestions to practice and cultivate the feeling of awe in your own life.

First, Reese suggests focusing on the “moral beauty” of others. Just the simple act of witnessing the goodness of others can create the feeling of awe. What comes to mind as I write this is the kindness and goodness of the Buffalo Bills football player who was injured in a recent NFL game televised a week or so back. Damar Hamlin had established a foundation to help poor kids in his old neighborhood in Pittsburgh. After he was injured, millions of dollars poured in to help those same kids. Likely motivated by an awe response to Hamer’s generosity and goodness.

Second, practice “mindfulness” or meditation, contemplation, reflection, or

Rev. Dr. Sandi continued ...  
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at any rate, slowing down, breathing deeply—primes us for awe.

Finally, be open to new experience. For example, choose that unfamiliar path to walk on because awe can spring from novelty. Even choosing a different restaurant, or an unfamiliar path in the woods, check out a new route or listen to music that is unfamiliar to you can apparently trigger awe.

Well, being a creature of habit, I'm working on that last route to awe. But apparently that healthy experience of openness to the world around us, welcoming wonder and awe whether we are standing in a grocery line or walking our neighborhood route, is just there for the practice. So let's make 2023 an Awesome time as we embrace the gift of every day that we are given in this world we live in. Here's to life and to living it as best we can day by day as we travel our journey together.

For a fuller discussion of this topic, please see the blog page on my website. [www.sandralevy.net](http://www.sandralevy.net)

## ECW Update

by Kim Shook

In January the ECW met at Christa Burr's home. We shared a lovely breakfast that Christa had prepared and enjoyed a "tour" of the meaningful and varied nativity scenes that the Burr's have collected over the years. We then settled down for a business meeting to discuss the future of the ECW at St. Martin's.



There were so many ideas and suggestions that it was decided that we needed to meet in February after giving ourselves some time to mull over and come up with more concrete suggestions. We all felt that rather than a fixed monthly meeting it might be better for members to come up with fun or educational (or both!) events and present them to the group for consideration. This meeting will be Saturday, February 11<sup>th</sup> at 9AM in the Parish Hall. Bring your breakfast and help us determine the future of this wonderful group.

## Finance Committee Report

by Garland Harwood

The End of Year report will be in the next Cloak issue.

Found on Facebook:

It is so true. So often we are in a situation where we are supposed to judge, but we are only told one side of the story.

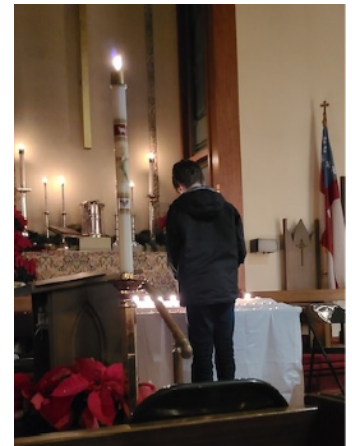
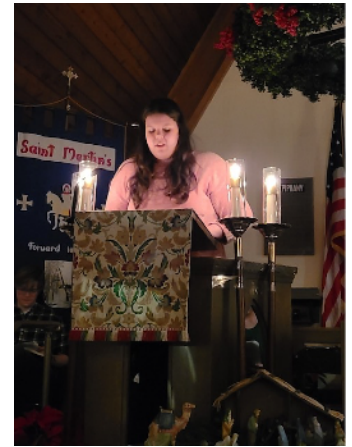
Be careful when judging!

Thought for the day - Social Media never shows the whole picture. Perfection is an illusion





# Feast of Lights - Burning of the Greens Friday January 6 at 7 pm



Thank you to our YOUTH to do this meaningful service.





# EYC Update - by Sallie Bright

Congratulations to the youth for an outstanding Feast of Lights Service. Thank you youth and parents who stayed afterwards to take down all of the decorations in the Sanctuary. It went quickly and everyone had plenty of time to enjoy the bonfire, s'mores, wassail, and cookies.

The youth and parents helped in moving everything out of the youth room January 22nd. The youth will help paint and move the furniture back in the room in the near future.

On February 5, the youth will go bowling right after the 10:00 a.m. service. If the youth room has been painted by February 12th, a regular EYC meeting will be held otherwise the youth will be painting or moving furniture.

February 21st is the Pancake Supper which will be from 5:30-7:00 p.m. This is a major fund raiser for their mission trip in June. All donations are welcomed.

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## Baptism Sunday January 8

We welcome

### Owen Scott Rowley

son of Lauren and Rob  
and grandson of Kerry and Scott Alloway





# Parish Nurse by Betty Horne

## February is Heart Health month

The week of 2/13-2/20 is dedicated to Heart Failure.

**Heart Failure** is the inability of the heart to effectively pump enough blood and oxygen to the various organs and tissue in your body. It is a serious condition and left untreated can cause a host of uncomfortable and debilitating symptoms. Approximately 6.2 million adults in the US have heart failure at a cost of well over \$31 billion in health care costs, medicines and missed work. The good news is, that it can be managed with medication, surgery, keeping your healthcare providers appointments and following their instructions.

**Signs and symptoms** of heart failure include:

- Shortness of breath
- Difficulty breathing while lying down
- Cough or wheezing with activity
- Fatigue easily
- Weight gain with swelling in the feet, ankles, legs or abdomen (edema)
- Fluid build up in your lungs (pulmonary edema)
- Dizziness or lightheadedness
- Trouble thinking clearly or mental confusion

**Risk factors** - primarily high blood pressure or Coronary Heart disease and include:

- High cholesterol
- Overweight
- Type 2 diabetes
- Smoking



- Excessive alcohol
- Sedentary lifestyle
- Sleep apnea
- Previous heart attack - causing damage to the heart muscle
- Diseases of the heart muscle e.g. cardiomyopathy - weakened muscle
- Abnormal heart rhythms
- Congenital heart defects
- Infection of the heart or valves
- Metabolic syndrome



**Treatment/Management**

Early diagnosis and management can improve quality of life for people suffering from heart failure

- Take your medication as prescribed - to strengthen the heart and get rid of water and excess fluid in the body
- Low sodium diet - remove the salt shaker from your table
- Heart healthy diet - monitor cholesterol levels
- Monitor your weight - report excessive or sudden weight gain to your doctor
- You may be asked to limit the amount of fluids you drink
- Work with your provider to make changes in your lifestyle



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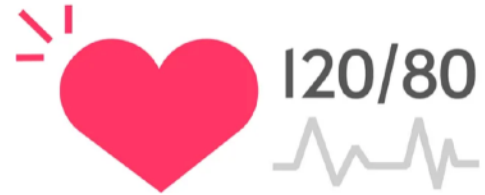
- If you smoke - stop
- Limit or avoid alcohol intake
- Your provider may recommend weight loss
- Check your blood pressure daily
- Keep a record of your symptoms, weight, BP to discuss with your doctor
- Daily physical exercise as approved by your doctor
- Adequate rest

- Insertion of a cardiac pacemaker to help with your heart rhythm
- Internal Cardiac Defibrillator can deliver a shock if it detects a lethal heart rhythm
- Left ventricular assist device LVAD - decreases the workload of the left ventricle
- Heart Transplant

*Be sure to keep your family and your providers informed of any changes in your health. Be healthy, Be well.*

**Surgery or the use of other cardiac devices** may be necessary to improve your heart function. The following may be recommended:

- Heart valve replacement



## Experience

I have crawled, climbed, walked, flown and danced;  
have sewn, baked, painted, hammered, written;  
seen sunrise, sunset, sunburned desert, sunflowers, newborn sons;  
breathed scents of gardenia, dog, fresh-baked bread, hospitals;  
touched cactus, velvet, ice, fire, hands hard and soft;  
tasted maple sugar, medicine, butter, lips, and tears;  
listened to birdsong, thunder, symphonies, machines, katydids, words.

I have been surprised, delighted, angry, anxious, eager, relieved;  
have laughed, feared, failed, won, wondered, worshipped;  
have dreamed, read, watched and learned; spoken and sung;  
lost rubies, pearls, diamonds; found angels, heroes, and friends.

When my flesh is dust and ashes, may it seep  
through earth, roots, stem - to flower, nectar,  
honey, on a child's tongue. May God embrace  
this stumbling, fumbling spirit with His grace.

May all those who remember, know  
I have been blessed. I have loved.

- Patsy Anne Bickerstaff

## Condolences!

to the family and friends of

**Patsy Bickerstaff**

who died

Wednesday, January 11, 2023

The family received friends  
from 2 to 4 p.m. on Wednesday,  
January 25, 2023 at Bliley's, 8510  
Staples Mill Road.

Services were held at 12 p.m. on  
Thursday, January 26, 2023  
at St. Martin's Episcopal Church.

Interment followed in  
Westhampton Memorial Park.

Patsy has faithfully submitted one of  
her wonderful poems for each of our  
Cloak issues, which will be truly missed.

The poem on the left was read at her  
funeral service and touched many  
hearts. Patsy will be dearly missed.



\*  
 02/01 Scott Alloway  
 02/06 Elaine Jacobson  
 02/09 Thomas Anthony  
 02/09 Chris Baughan  
 02/10 Annette S. Woolwine  
 02/10 Waylon Thirion  
 02/13 Dennis Pinner  
 02/13 Wesley Fiasco  
 02/14 Frank Lamb  
 02/16 Darrell Jenkins  
 02/17 Mariella Ponce  
 02/21 Susan Iervolino  
 02/26 Anne Shirey  
 02/26 Stephanie Machalinski  
 02/27 Nicole Baroody  
 02/27 Brianna Bailey  
 \*

\*  
 03/02 James Barrett  
 03/07 Pat Rourk  
 03/08 Ginny Munoz  
 03/12 Debbie Grumbine  
 03/12 Noah Romano  
 03/16 Taylor Adams  
 03/21 Noah Clements  
 03/22 Mary Goodman  
 03/22 Sharon Ragland  
 03/23 Jim Greenwood  
 03/23 Caroline Baughan  
 03/23 Emmalynn Reid  
 03/25 Ann Watts  
 03/26 Colin Clements  
 03/27 Sharon Alloway  
 03/28 Craig Watt  
 03/29 Ivy Miller  
 03/29 Amberlyn Ponce  
 03/31 Jamie Greenwood  
 \*

\*  
 02/14/1987 Carl & Sandra McAllister  
 02/14 Bill & Anne Shirey  
 \*  
 \*  
 03/01/ Moboluwaji & Titilayo Akinfolajimi  
 03/17/1974 Richard & Jean Rollins  
 03/20/1982 Kim & Mike Shook  
 03/21/ Greg & Vicky Echevarria  
 \*

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

**from the editor:**

Once in a while you find in the Cloak a **“Get to know your brothers and sisters in Christ”**.

At a recent funeral of a person I liked and respected I was surprised how much I didn't know about that person and how much I had missed knowing. Being the editor is quite a busy job and contacting all of you personally is not really possible. So I am asking here: Please do not be shy and let us all know about you.

Please email to [stmartinscloak@gmail.com](mailto:stmartinscloak@gmail.com). I will include submissions in the order I have received them. Many thanks in advance!

Here are the 4 questions which you might find helpful:

**Q: Are you a cradle Episcopalian?**

A:

**Q: Have you always lived in the Richmond area?**

A:

**Q: How did you find St. Martin's?**

A:

**Q: What would you like your church friends to know about you, your family, your occupation, hobbies etc?**

A:

# 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



## Dering's Cleaning Service

openings for House Cleaning or Pet Sitting

call Leslie Dering at 804-239-5865

or email [LDerino7@yahoo.com](mailto:LDerino7@yahoo.com)



Did you see this in the last WEEKLIES?  
Every little bit helps!

**The Lamb's Basket** is in need of the following items:

- canned soups
- canned potatoes
- canned fruits - all kinds
- canned mixed vegetables
- canned peas
- canned carrots
- canned pet food
- paper shopping bags with handles

## 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:**  
**Head of Nursery:**

## CHURCH OFFICE

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

## Office Hours

Monday to Friday 9 am-1 pm  
(it is advised to call before you come)

**Trustee Emeritus:** Robert I. Kirby,  
**Trustees:** Kerry Alloway, Garland Harwood  
& Jim Greenwood

## VESTRY

2023	2024	2025
George Crowell	Nancye Greenwood	Leslie Dering
Rick Gibbs	Mike Shook	Linda Fairtile
Jean Rollins	Betty Horne	Jim Moss

**Senior Warden:** Nancye Greenwood  
**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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[smartinscloak@gmail.com](mailto:smartinscloak@gmail.com)