



# The Cloak



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



For those who  
would like  
a quiet  
meditation

~

Stations of the Cross  
booklets in our  
Memorial Garden

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# Father Lee Hutchison



The Sacrament of Holy Eucharist is the main event in episcopal worship. All of our senses are involved and it is the most interactive part of worship. Local customs on receiving communion may be confusing especially after 3 years of no communion or communion from the mini-chalices. Here are some reminders of our customs at Saint Martins.

We receive communion from the altar rail. Kneel if you are able. To receive the bread, extend your hands palms up resting one hand on top of the other, as St Cyril of Jerusalem wrote in the 4<sup>th</sup> century "Receive Communion by making a throne: one hand under the other, ready to receive our great King". The priest will say the words "the body of Christ" as they place the bread into your hands, to which you respond with the word "Amen". Raise your hands to your mouth or take the bread with your other hand and place it in your mouth.

The wine is administered from a large cup called a chalice. The server will present the chalice to you with the words "the blood of Christ". You respond with the word "Amen". Saying the word Amen is important as it acknowledges that you agree with the words just spoken by the administrator of communion. Take your hand and gently guide the chalice to your lips and take a sip of wine. If you do not want to drink from the chalice you may cross your arms over your chest and the server will pass by. Or you may leave your bread on the palm of your hand and the server will dip (Intinct) your bread into the wine. Then you stick out your tongue and the server will place your wafer onto your tongue. We discourage you from dipping your wafer into the wine yourself as many people wind up with their fingers in the wine.

If you do not wish to receive communion you may still come to the altar rail to receive a blessing. Simply kneel if you are able and cross your hands over your chest and the priest will administer a blessing. We continue offering the mini chalices until our supply runs out. If you prefer a mini chalice a server will offer them from a plate as they pass by along the altar rail, simply reach out and take a chalice. You then take the bread and the wine when the priest or server shares with you the words of administration. Wait until the person beside you has received their communion before you get up and return to your seat.

We believe in the real presence of Christ in the bread and the wine. Participating in communion allows us to receive Jesus into our lives.


*Fr. Lee*

Here is a YouTube video which is showing with humor how we should (or how not) receive the Eucharist:

<https://bustedhalo.com/video/eucharist>

# What and When

March

<b>Book of Acts Bible Study</b> will resume weekly Tuesdays at 10 am Wednesdays at 7 pm
<b>After Wednesday Service social</b> first Wednesday of the month March 1 (see page 13)
<b>John C. Wallace Scholarship</b> Deadline to apply: March 7 by 5 pm
<b>weekly Yoga Stretch</b>  first: Thursday March 9 at 1:30 pm (see page 13)
<b>Men's Breakfast</b> Saturday, March 11 at 10am @ Nick's Bistro note time change! partners/spouses are invited (see page 6)
<b>ECW meeting</b> none this month (see page 6)
<b>Vestry Meeting</b> Tuesday March 14 at 7 pm
<b>St. Martin's Project</b> Saturday March 18 at 9:30 am - Blue Team
<b>Cloak Deadline</b> March 20
<b>WE (West End) Quilters</b> Tuesday March 21 at 10 am all interested in quilting are welcome
<b>EYC and Our New Journey meetings</b> watch the weeklies

## 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	(see calendar)
ECW	TBD	
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am

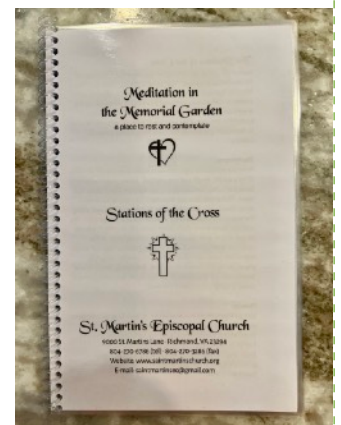
### Meditation

#### at the Stations of the Cross!

Apologies that the booklets were not available for a while.

Bugs liked them too much.

All cleaned up and individually sealed in ziplock freezer bags. There are 3 in the box (see front page) and 2 in the office to use. Please always return to the same place. Thank you!



### March Cloak might be slightly delayed!

Please watch the Weeklies so you don't miss anything.



# Words from Rev. Dr. Sandra Levy-Mix

## “Looking for Paradise”

The name of an old friend, Pico Iyer, appeared in the byline of an op-ed titled “The Trouble With Paradise” in the Sunday, Jan. 15 edition of *The New York Times*. Not actually a personal friend, Iyer is someone who inspired me greatly in a book he published a few years back: *The Art of Stillness: Adventures in Going Nowhere*. I was so taken by that book that I bought multiple copies and gave them to friends. The *Times* article brought back memories of that book and, of course, prompted me to run out and buy his most recent one: *The Half Known Life: In Search of Paradise*. (See lead photo and first three photos below.)

Iyer is a British-born essayist and novelist based in California and Japan. He's the best-selling author of more than a dozen books, and his essays have appeared in more than 250 periodicals worldwide. His writing style is beautiful and inspired. The jacket of his latest book notes that “for almost fifty years Iyer has been roaming the world, mixing a global soul's delight in observing cultures with a pilgrim's readiness to be transformed. In this [latest book], he brings together the outer world and the inner to offer us a surprising, original, often beautiful exploration of how we might come upon paradise in the course of our very real lives.”

One of the longer chapters about halfway through *The Half Known Life* centers on Iyer's visit to the Holy City of Jerusalem. I found it particularly fascinating because I also traveled there a number of years ago and could picture in my mind's eye many of the places Iyer describes. And I too found some of the same jarring experiences as he did — in the place of sacred meaning to the world's greatest monotheistic religions, existing side-by-side with petty squabbling, danger and squalor.

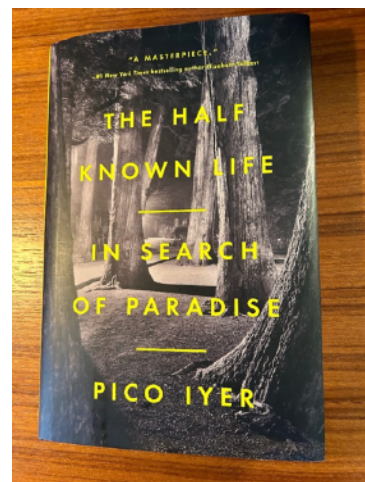
It was about 1988 when I was invited to travel to Tel Aviv and Jerusalem to give a couple of talks about my research and to spend some time seeing the sites and visiting a friend who was on the faculty of *Hebrew University*. I may be a year or so off because it was the time of the *First Intifada* and there was a great deal of unrest in Jerusalem at the time. I vividly remember Israeli soldiers, with rifles drawn, standing every few feet around the walls of the Holy City. My husband and I actually found their presence comforting, making us feel safer walking around inside the walls — like strolling around a prison compound, protected by the guards on watch.

Iyer describes visiting a number of the holy sites that we also visited: the *Via Dolorosa*, where Jesus carried his cross to the place of His execution; the *Garden of Gethsemane* where He prayed to the spared; the *Church of the Holy Sepulchre* where tradition has it that He was buried. And yet again, amid all these holy sites, we also found jarring notes of contradiction. Iyer quotes a guide at one of these sites:

*You see, there's a “status quo contract” governing this church. ... Which lays down in very great detail the precise laws for worship. ... And if the Catholics are meant to be finished with their ceremony at 2:07, and they're still singing at 2:08, when the Armenians start up, you're gonna see a fistfight. The holiest Christian place in the world, and that's what you get.*

He concludes:

*Jerusalem: a riot of paradise overlapping at crooked angles till one was left with the sorrow of six different Christian orders sharing the same space, and lashing out at one another with brooms. (pp. 93-94, 109)*





Bringing us back to his op-ed in the *Times*, Iyer observes: “Jerusalem — as well as any other city of faith that this writer has visited in his long career — is a city of conflict.”

At Kashmir, Iyer finds temporary bliss sitting on a houseboat. He writes, “I was truly in Heaven — so long as I forgot that, minutes across the water, army roadblocks and encampments spoke for the more than half a million soldiers trying to maintain peace in a bitterly contested territory claimed for more than 70 years now by both India and Pakistan.” While visiting **Varanasi**, the holy city of Hinduism, and standing in the **Ganges** river, Iyer found himself standing amid a chaos of flames, reducing dead bodies to ash around the clock: “Naked ascetics, smeared in ash, were expressing their contempt for simple notions of right and wrong by living in graveyards and drinking from skulls. The holy waters the faithful were gratefully imbibing contained hundreds of times the maximum level of coliform bacteria the **World Health Organization** has deemed unsafe for drinking.”

Well after that, Iyer ends his op-ed recitation describing the jarring angles in all the places of holiness around the world that turn out to be less than paradise when experienced. He concludes: “If paradise is anywhere, I was coming to see, it couldn't be anywhere but where I stood.” And so goes the human condition. What we see this day, what we experience spread out before us in our lives, is all the paradise we're going to get here on earth. The good, the bad, the ugly — but hoping and longing for paradise nevertheless.

And you know something? There may in fact be ways to enhance aspects of paradise in our own daily lives. “Making Paradise” where we stand. Two examples come to mind, the last one found in a very unlikely place.

In the September 2022 *Times* article, *The Ripple Effect of Random Kindness* (see fourth photo below), Catherine Pearson writes that new findings show that folks who show random acts of kindness tend to underestimate how much the recipient appreciates them: “People tend to think that what they are giving — like handing out a cupcake — is kind of little ... inconsequential. ... But recipients are less likely to think along those lines. They consider the gesture to be significantly more meaningful because they are also thinking about the fact that someone did something nice for them.” It also seems that those who dispense an act of kindness benefit from the gesture: “No small act goes unnoticed. ... It will help our own heart too. Maybe even more than the recipients.”

The last example I want to share — of a little bit of paradise on unlikely ground — takes place in a prison. In a recent issue of *The Christian Century*, Isaac Villegas wrote an article titled *A Prison Cell Transfigured*. (See fifth photo below.) Villegas was teaching a class to inmates in a North Carolina prison and noticed beautiful, colorful flowers gracing the walkways in that otherwise grim place. He got to know the gardener, an inmate who had convinced the prison administration to let him plant the seeds that had blown in from outside the prison walls. Villegas says this was one of this inmate's tactics for surviving incarceration: “Do the time; don't let the time do you.” And so this inmate transformed a piece of his everyday existence into a symbol for life beyond captivity — plants and flowers plotting a transfiguration.

Let me end with Villegas' final thought: “We believe that God still dazzles us with wonder, with the warmth of human care, earthly life transfigured with heaven. ... We offer each other signs of hope, like the gardener I met in prison. We gather what we can find — seeds of faith, hope, and love — and cultivate our lives as plots for transfiguration.”

A bit of Paradise experienced right here. Right where we stand.

Her latest blog reprinted with her permission  
from the website [www.sandralevy.net](http://www.sandralevy.net)



Together!

The ECW meeting on February 11 was a gathering in the Parish Hall. Attendees brought their own breakfast and after some social time different topics were discussed. Christa brought up the usefulness of an always charged cordless hand vacuum and all agreed to donate this to the church. Kim Shook volunteered to research this purchase.

The need of a better trashcan for large events in the Parish Hall was also discussed. No March meeting was scheduled as it would fall on the same day/time as the Men's Breakfast and as mentioned in another article, spouses are invited to that this time.

Betty Horne, as treasurer, reported that \$482 had been gathered for St. Martin's United Thank Offering (UTO) and have been sent off.

In the future meetings will be scheduled as fitting for the program or meeting. In the planning are Christa leading a class on glass etching and the ECW preparing for and running a table at the Crossridge Holiday Bazaar. Ideas for things to sell included crafts which we could make during meetings this spring and summer. The group is very open for any suggestions and ideas.

Stay tuned and watch for special events!

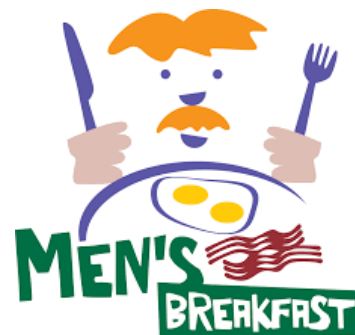
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## Men's Breakfast

The monthly meeting will take place as always on the second Saturday, March 11.

Location: Nick's Bistro, 8051 W Broad St a, Henrico, VA 23294

**Special event:** Spouses are invited! **Special time:** 10 am



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## A new Picture Directory is in the works!

This one is done "in house" ... less hassle for all. Our last Picture Directory was done professionally but a long time ago. It will be done in time for our 60th anniversary party. We would like to make a simpler version available soon for our new friends. It is so helpful to get to know people easier.

One PROOF had already been laid out for 2 Sundays. Please, help us by proofing your data. If you would like to replace your previous photo or there never was one, please contact Christa ([kygerman@hotmail.com](mailto:kygerman@hotmail.com)). She can take one for you or just email or text one to her.

Special note to parents of children who have graduated and are out of the house: We would like their college addresses and emails so they still feel part of their church family. If your youth would like to receive church news, we would like their email addresses too.

**Thank you for your help!**

# Get to know your brothers and sisters in Christ

Vicky and Dennis Pinner are long-time members. This is Vicky's story. Do you know that she writes the lovely birthday cards and anniversaries?

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

**A:** I am not a cradle Episcopalian. In fact, I did not think I would ever become an Episcopalian. I was raised a Southern Baptist, but our minister went to a Presbyterian seminary. I spent 2 summers working at Ridgecrest Conference Center where I got to know “real” Southern Baptists, and I realized that I was not one of them. After I married Dennis (married for almost 46 years), I started attending Episcopal churches. But I still did not think I would become an Episcopalian. At the time, I just didn't understand the service. Then after both daughters were born, baptized and confirmed in the Episcopal Church and attending confirmation classes with them, I decided I was ready. Coming to our church is like coming home.



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

**A:** I was born and raised in Richmond and the Richmond area (Goochland County). I graduated from Goochland High School, and swore when I left, I was not coming back. After teaching all over the place: Alleghany County, Goose Creek, SC, Sussex County, and subbing on the outskirts of Philadelphia, I decided in 1980 to come back to Goochland, and taught there for 26 years.

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

**A:** Dennis and I were searching for churches. Dennis loved the Episcopal Church, but I loved church in general.....all churches. I had always been involved with churches from when I was young through college. We attended a Presbyterian church in our search, and the minister came to see us. After listening to us both, he said in all honesty that Dennis should find an Episcopal church, and since I seemed to blend in anywhere, that I should go with him. In 1980, we decided to visit St. Martin's. Fr. Frisby was the priest, and we had gotten messed up on times (daylight to standard time I think). Anyway, we got there in time for the end of church, and Fr. Frisby held “special church” for us. From there, I was in love! Even when we went through “issues” and left the church, St. Martin's has always taken us back with open arms and without hesitation—kind of like the Prodigal family.

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

**A:** Everyone knows about our family and hobbies....equines! What you may not know is that when I was a small girl, I longed for horses.....I watched the Saturday shows, FURY, MY FRIEND FLICKA. I read every horse book in our library. I could not have them. Horses were unaffordable! I prayed even then. No horses. I am convinced that then was not in God's plan. He meant for me to teach for 31 years which I did. By then, I had about given up on my dream of horses. I didn't ride---nor do I ride today. But the last day of teaching, someone asked me what I would like to do. I said, “I want to muck stalls somewhere.”



Get to Know continued ....  
on next page



I found an equine rescue that was practically meeting in my back yard. I joined and hoped that they would at least let me pet a muzzle or two. I got to do more than that, and then we got a call;

"Did I want to see some wild horses?" Of course, I did, and the next thing I knew, I was the barn manager of 8 mustang mares and their 2 foals. I found I had a knack for gentling. Eventually, we ended up adopting one of them, permanently fostering three more, and finding a farm to house this menagerie. We then added two donkeys. God knew I could not have taught with this in my life, and so, it was His answer to my prayer but in His perfect timing. In addition to having our dream farm, Dennis and I have been blessed with two wonderful daughters with happy lives of their own and two of the best grandchildren ever who live nearby. Life cannot be much better than this!

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## Notes about Music

by Linda Fairtile



I have long admired the poetry of Patsy Bickerstaff. I was introduced to it the way most St. Martinites probably were: through her many contributions to *The Cloak*. Her evocative language -- whether marveling at God's creation, contemplating Christ's sacrifice, or reflecting on life's joys and sorrows -- never fails to move me, sometimes to tears. Years ago I found her book, *Mrs. Noah's Journal*, on Amazon, and promptly ordered a copy. It came in handy when the ECW held a poetry evening and asked participants to bring a favorite poem to read. My choice was "Mrs. Noah Meets the Groundhog," Patsy's ode to a creature who, though seemingly useless, nonetheless reminds us that we are all "jewels on God's fingers." I was a little nervous reading a poem in its author's presence, but Patsy was gracious and, I believe, appreciated my choice.

To celebrate St. Martin's 50<sup>th</sup> anniversary, I had written a motet for the choir based on some verses from 2 Timothy. A few years later, I decided to compose something appropriate for my favorite church holiday, Maundy Thursday. I got up the courage to approach Patsy about writing a text for me, and I was thrilled that she accepted. In no time, she sent me a wonderful poem, "The Lord Commands," and the melody practically wrote itself:

The Lord commands, prepare the feast of freedom;  
Welcome the loving gifts the gentle give.  
Kneel at the feet of those to whom I send you;  
Serve all with love, as you have seen me live.

The Lord commands, lay down your shame and weakness;  
Stand up and pray; take strength in all I am.  
Believe in me, let not your heart be troubled.  
I am the Bread, the Blood, I am the Lamb.

The St. Martin's choir sang "The Lord Commands" on Maundy Thursday in 2016. Since then, unfortunately, we've lost several members, and we now lack the forces -- especially men -- needed to perform this piece. Patsy and I talked about future collaborations, and I was hoping to work with her on a motet for the church's 60<sup>th</sup> anniversary. While Patsy is greatly missed by her family, friends, and fellow parishioners, I also regret that we won't be blessed with more of her poetry.



The focus is all towards the TV screen.

One sided tables! Quarter times were monitored. Prices were won.



Super Bowl continued ....  
on next page



Super Bowl continued ... from previous page



Many thanks to Rick Gibbs for spearheading and arranging this event.

A most delicious BBQ with all the trimmings was provided. Hard-working Kristin & Glenn Gibson stayed the longest and cleaned up since most had to leave after half-time.

Thank you to all who participated and enjoyed this event for the donations which will be used for the Youth Mission Trip.



## Finance Committee Report

by Garland Harwood

The Episcopal Church calendar has special seasons and days that highlight the life and teachings of Christ. Four important ones are Lent, Easter, Advent and Christmas and our special pledge envelopes offer the opportunity to make a designated donation to celebrate these events.



These funds are set aside from other monies used to pay the expenses of running the Church and are specifically used to support our outreach missions. Lent, Easter, and Advent offerings are used to fund various Outreach Projects like St. Martin's Project and other mostly local charities & non-profits that the Outreach Committee chooses to support. Christmas donations go into Father Lee's Discretionary Fund which in essence becomes a different form of Outreach directed by him.

The season of Lent is approaching and should you wish to make a donation simply put it in your Special Offering envelope or just write Lent Offering on the memo line of your check.

Thanks for your generosity and ongoing support of St. Martins!

Financial Highlights	end of 2022
Income	\$239,188.59
Expenses	\$239,013.82
<b>Gain or Loss</b>	<b>\$174.77</b>

Financial Highlights 2023	MTD January	YTD end of January
Income	\$32,078.40	\$32,078.40
Expenses	\$20,643.44	\$20,643.44
<b>Gain or Loss</b>	<b>\$11,434.96</b>	<b>\$11,434.96</b>



# Pancake Supper

Shove Tuesday February 21



Pancakes continued ....  
on next page



Pancakes continued ...  
from previous page

Shrove Tuesday - the last day before Lent. Thanks to our Youth for doing such a great job  
of serving and to the cooks. Lovely social time with lovely food.





# Yoga Stretch

- sponsored by the Outreach Committee

A new class, Yoga Stretch, will be offered to all Parishioners and friends of St. Martin's on **Thursdays at 1:30 p.m.** The first class will start on **Thursday, March 9th**, but you can come any Thursday. Just call Janet Nugent at (804) 508-2156 and let her know that you are coming. A \$3.00 fee per class will be donated to St. Martin's.



Jane Nugent is a certified fitness professional and holds certifications in YMCA Group Exercise, Aquatic Exercise and SilverSneakers programs.

Class formats Janet has taught are: Gentle Strength and Conditioning, SilverSneakers Classic, Cardio Circuit and Yoga Stretch, Barre classes, Women on Weights, Strength and Balance classes as well as Tai Chi classes.

Men and Women are welcome. If you have any questions, please contact Jean Rollins (804-767-0404).

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## St. Martin's Project

The White Team was almost done when the Editor happened to come by on Saturday February 18 to take photos. 130 lunchbags?



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## First Wednesday every month

On February 1 the light refreshments after the 10 o'clock service was started again.

The social time was enjoyed by all participants.

Next Wednesday morning social will be on March 1.







# Parish Nurse by Betty Horne

## March is National Kidney month

Chronic kidney disease (CKD) affects about 26 million Americans and millions of others are at risk. It is important to detect this condition early to help prevent the progression of the disease to kidney failure.

Your kidneys are important for filtering wastes and excess fluids from your blood and are removed in your urine. As your kidney starts to fail dangerous levels of fluid, electrolytes, and waste products accumulate in your body.

People with diabetes, hypertension or family history of kidney disease are most likely to develop the disease. Other at risk people includes African Americans, Hispanics, Pacific Islanders, Native Americans and seniors are at increased risk for kidney disease.



As the disease progresses, the patient often develops other medical issues including heart disease. Heart disease is the major cause of death for all

people with CKD. It is important to follow up with your doctor for your annual physicals as some of the early signs can be identified and studies done to detect and diagnose kidney disease. Hypertension (high blood pressure) can cause CKD and CKD can cause hypertension.

There are three simple tests that can detect CKD. They are blood pressure, serum creatinine and urine

albumin (protein). Persistent protein in the urine (proteinuria) usually indicates the presence of CKD. Glomerular filtration rate (GFR) is the best estimate of kidney function.

### What are the symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

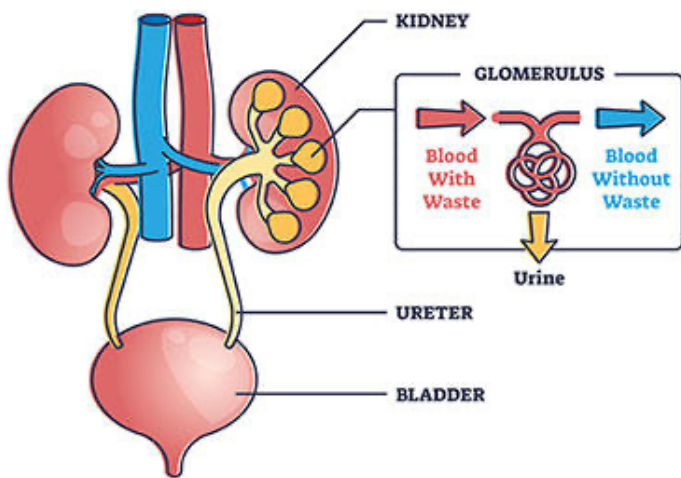
- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have nausea, vomiting
- have shortness of breath if fluid accumulates in the lungs
- have chest pain if fluid accumulates around the heart
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

Kidney disease can occur at any age. However, some people are more likely than others to develop kidney disease. You may have an increased risk for kidney disease if you:

- have diabetes
- have high blood pressure
- have a family history of chronic kidney disease
- are older

Parish Nurse continued ...  
on next page

- belong to a population group that has a high rate of diabetes or high blood pressure such as African Americans, Hispanic Americans, Asian, Pacific Islanders, and American Indians.



### How do your kidneys help maintain health?

In addition to removing wastes and fluid from your body, your kidneys perform these other important jobs:

- Regulate your body water and other chemicals in your blood such as sodium, potassium, phosphorus and calcium
- Remove drugs and toxins introduced into your body
- Release hormones into your blood to help your body:
  1. regulate blood pressure
  2. make red blood cells
  3. promote strong bones.

Chronic Kidney Disease usually will progress to Kidney Failure. The kidney is no longer able to function as it should. The only two options left are Dialysis or Kidney Transplant.

**Hemodialysis** is a way of cleaning wastes and extra fluids from the blood using a machine.

In Hemodialysis, blood goes through a tube from the body to a dialyzer. The dialyzer is the machine's filter. Inside the dialyzer, wastes and extra fluids are removed from the blood. Then the clean blood travels through another tube and back into the body.

**Peritoneal Dialysis** or PD is a way of cleaning wastes and extra fluid from the blood. It uses a special fluid called dialysate (dye-uh-lie-sate) and the lining of your belly.

This lining is thin and acts as a filter. It lets some things through and keeps others out.

For PD, special dialysate fluid is drained into the lining of your belly through a soft flexible tube (called a catheter). While the dialysate is inside your belly, it pulls waste and extra fluid through the lining and out of your blood.

When the dialysate has taken out as much waste and extra fluid as it can, you drain it from your belly. This gets rid of the waste and extra fluid.

**Kidney transplant** is done by implanting a healthy kidney and ureter from a donor into your body. The new kidney will help take over the job of your failing or diseased kidneys.

This process requires a referral from your nephrologist (kidney doctor) to a transplant center. You will be evaluated to see whether you are a candidate. This is followed by many tests to be sure you are well enough to receive a kidney.

Often you are placed on a waiting list for an available kidney, often from a deceased donor.

There are other forms of kidney donation, which shortens your time on the wait list. Many forms of living kidney donations are being used now.

For example, you may have a relative or friend who has been tested and is a match for you, donate to you.

Another example used is if your family or friend turns out not to be a good match, they can donate their kidney to the waiting list. This kidney will then go to the recipient it best matches and you will be moved close to the top of the list.

It is important to maintain your health as much as you can as you:

- Schedule and keep your annual physical appointments.
- Report any unusual symptoms to your doctor.
- Eat a balanced diet, limiting fats, salt and sugar
- Eat plenty of fresh fruits and vegetables.



canned vegetables to strengthen your arms and increase your heart rate.  
•Do all you can to stay healthy

- Exercise such as walking daily for at least 15 minutes then increasing time/distance.
- If you are confined to a wheelchair you can use weights such as

The National Foundation (NKF) is the major voluntary health organization dedicated to preventing kidney disease, improving the health and well being of individuals and families affected by kidney disease and increasing availability of all organs for transplantation. The NKF achieves life-saving results today through the contributions of a generous public

including participation in NKF signature initiatives such as the Kidney Cars Vehicle Donation program, Kidney Walk and NKF Golf Classic.

## from the editor:

Did you enjoy the "***Get to know your brothers and sisters in Christ***" in this issue as much as I did?

Please, consider sending us your story!

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:

## Condolences!

to the family and friends of

**Merry Beth Hall**

Wife of Allen Hall,  
sister-in-law of Julie Hall  
and Aunt to Katie Hall  
She died Sunday, February 19, 2023

Memorial service to be held at 10 am, Saturday,  
February 25 at Wesley United Methodist Church,  
711 Spring St. SE, Vienna, VA.



Beauties to enjoy in the  
Memorial Garden.





\*  
 03/01 John Atkins  
 03/02 James Barrett  
 03/07 Pat Rourk  
 03/08 Ginny Munoz  
 03/12 Debbie Grumbine  
 03/12 Noah Romano  
 03/16 Taylor Adams  
 03/17 Bill White  
 03/21 Noah Clements  
 03/22 Mary Goodman  
 03/22 Sharon Ragland  
 03/23 Caroline Baughan  
 03/23 Jim Greenwood  
 03/23 Emmalynn Reid  
 03/25 Ann Watts  
 03/26 Colin Clements  
 03/27 Sharon Alloway  
 03/28 Craig Watt  
 03/29 Amberlyn Ponce  
 03/29 Ivy Miller  
 03/31 Jamie Greenwood  
 \*

\*  
 04/01 Pat Akens  
 04/01 Owen Rowley  
 04/02 Tiffany Clements  
 04/05 Trudy Britton  
 04/07 Megan Greenwood  
 04/07 Moboluwaji Akinfolajimi  
 04/08 Samantha Romano  
 04/10 Dean Bracaloni  
 04/10 Michele Hutchson  
 04/11 Lance Hartman  
 04/12 Olivia Alloway  
 04/12 Esme Borders  
 04/13 Eniola Akinfolajimi  
 04/14 Grace Wood  
 04/15 Vicki Pinner  
 04/15 Karlee Rankine  
 04/16 Sally Dvorak  
 04/17 Sallie Bright  
 04/17 Wilson Ponce  
 04/22 Tristan Howdyshell  
 04/23 Tyler Newcomb  
 04/24 Jim Richardson  
 04/26 Susan Teachey  
 04/27 Zahara Iervolino  
 04/28 Richard Rollins  
 04/28 Brenda Rahn  
 04/28 Russell Campeau  
 04/29 Stacey Hartman  
 \*

\*  
 03/01/ Moboluwaji & Titilayo Akinfolajimi  
 03/17/1974 Richard & Jean Rollins  
 03/20/1982 Kim & Mike Shook  
 03/21/ Greg & Vicky Echevarria  
 \*  
 \*  
 04/12/1980 Scott & Kerry Alloway  
 04/25/1992 Scott & Mary Goodman  
 \*

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

Every Member and Friend of St. Martin's is important. If you have not given us your birth dates and wedding dates, please email them to [stmartinscloak@gmail.com](mailto:stmartinscloak@gmail.com).

We would like to say a prayer for you too on your special day. We like to know the year too but it is for demographic purposes only. Birth years are sometimes published but for children only.

# 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



Did you see this in the WEEKLIES (again)?  
Still needed. 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



## Dering's Cleaning Service

openings for House Cleaning or Pet Sitting

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



## YOU MAKE A DIFFERENCE!

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



**LAMB's Basket**

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

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  
**Monastic Associate:** John Ogle  
**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

9000 St. Martins Lane · Richmond, VA 23294

804-270-6786 (tel) · 804-270-3286 (fax)

Website: <https://saintmartinschurch.org>

E-mail: [saintmartinsec@gmail.com](mailto:saintmartinsec@gmail.com)

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