



The Cloak



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



First Sign of Spring in the Memorial Garden

Contents:

- | | |
|-------------------------------------|---------------------------------------|
| 2 ~ Father Lee's Message | 9 ~ Poem: Air and Space Museum |
| 3 ~ What and When / Cloak deadline | 9 ~ Cub Scout Pinewood Derby |
| 4 ~ Holy Week & Easter Schedule | 10 ~ Super Bowl Party |
| 4 ~ Cartoon / Lamb's Basket | 11 ~ EYC update (Bowling) |
| 5 ~ ECW update | 12 ~ St Martin's Annual Meeting |
| 5 ~ Out of the Mouths of Children | 13 ~ Annual Mtg. New Vestry Nominees |
| 6-8 ~ Parish Nurse | 14-16 ~ Shrove Tuesday Pancake Supper |
| 8 ~ Book Club / Boy Scout Troop 777 | 17 ~ Birthdays + Anniversaries |

Father Lee Hutchison



Lent

A common tradition in our Episcopal Church is to give up something we appreciate for Lent. Often it is some kind of food.

By giving up something for Lent we demonstrate to our self that we have control over those things our body desires.

Giving up something for Lent also reminds us of what Jesus gave up on the cross. Jesus gave up life with family and friends and put his calling from God first.

We give something up for Lent because it makes Easter all the more joyful. Joyful not just in our minds but in our bodies as well as we partake of that good thing we had denied ourselves.

Our faith is a full contact sport. We worship God with our whole body.

We sing with our voices, hear with our ears and get down on our knees to pray. We smell the incense with our noses and feel the body of Christ in the bread we hold in our hands and the wine we taste with our tongue.

Our faith is not simply lived in our minds, it's experienced in our body.

If you chose not to give up something in Lent, it's not to late. Begin today and let your body join your mind in worship this Lent as together we prepare to celebrate Easter.



Fr. Lee

Lenten Reading Books: Reading books are provided on the information desk in the Parish Hallway. If you would like to do a digital reflection, visit: www.meetingjesusinjohn.org

What and When ...

March

<p>Wednesday Night Bible study continues March 7, 14, 21 at 7 pm</p>
<p>Men's Breakfast Saturday March 10 at 8 am - Nick's - 8051 Broad (close to Harbor Freight and Hancock Fabric) all St. Martin's men are always invited bring a friend or neighbor along too Call Sid Akens (804-740-5375) if you need a ride</p>
<p>Daylight savings time don't forget to change your clock</p>
<p>EYC Sunday March 11 from 11:30 am to 2 pm - Youth Sunday Fri March 23 fr 6 to 9 pm - Folding Palms+Stuffing Eggs</p>
<p>Easter Flowers Deadline to order Sunday March 11</p>
<p>Spring Clean-Up Saturday March 17 starting at 8:30 am</p>
<p>St. Martin's Project Saturday March 17 at 9:30 am, Blue Team</p>
<p>Acolyte Practice for the newer acolytes or those wanting a refresher Sundays March 18 and 25 after 10 am services</p>
<p>ECW meeting (date change - reg. mtg. in Holy Week) Tuesday March 20 at 5:30 pm</p>
<p>EYC request for donations of candy to stuff the Easter eggs. Please no chocolate or anything that may melt. Deadline Friday March 23</p>
<p>Palm Sunday March 25 see Holy Week schedule next page!</p>

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 & 10 am
Boy Scouts	Monday	7 pm
Women's Bible Study	selected Mondays	10-12 am
Meals on Wheels	Tuesday	10:15 am-12 pm
Holy Eucharist	Wednesday*	10 am
*Healing Service every 3rd Wed.		
Cub Scouts	Thursday	6:45 pm-7:45 pm
Sr. Choir Practice	Thursday	7:30 pm
Social Bridge	Friday	10 am-1 pm
Ethiopian Christians	Saturday	6 am

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	8 am
Daughters of the King	3 rd Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6-7:30 pm
Book Club	3 rd Thursday	10:30 am
St. Martin's Project	3 rd Saturday	9:30 am
ECW	4 th Tuesday	5:30 pm
EYC	selected Fridays (see calendar)	6-9 pm
Prayer Shawl Ministry	quarterly	11:45 am



Cloak Deadline - please, if possible submit by Sunday March 25 at 8 pm

Holy Week & Easter Schedule - March 26 to April 1

Monday and Tuesday - 7 pm Evening Prayer

Wednesday 10 am Holy Eucharist
7 pm Evening Prayer

Maundy Thursday – 7pm Service and stripping of the Altar
“Watch” following the service 8 pm to Midnight

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

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

Easter Day – 8 am and 10 am Holy Eucharist Services
(Easter Egg Hunt immediately following 10am service)



Seen on FaceBook (of all places)!



YOU ARE MAKING 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

ECW update!

- by Sally Dvorak

Although November 3 seems a long time away, it will be here before we know it. That is the date of our 2018 Holiday Market and we need your help. If you have any ideas for craft items please share them with Christa Burr or any active member of the ECW. Six women enjoyed attending the first Sunday afternoon workshop when they worked on various crafts, including coasters, angels and card holders.

The February meeting, when The Rev. Dr. Sandra Levy-Achtemeier will present A Life Story: My Spiritual Journey, will take place after the deadline for the March "Cloak". Look for photos and a report of this program in the April edition.

The March meeting will be on Tuesday March 20 (please note change of date due to Holy Week) at 5.30pm. Fellowship will follow the business meeting.

Please bring your dinner.

If anyone needs a ride to any ECW events please call Kim Shook at [804 387 8493](tel:8043878493).

HAND SANITIZERS

The ECW is providing bottles of hand sanitizer, one unscented and one lavender or one lemon, for each pew during this especially virulent flu season. For your protection, and the protection of those around you, please sanitize your hands frequently.



Workshop on Sunday afternoon February 18 was enjoyed by six ladies. You could hear a lot of chatter and laughter. Date of next workshop not known at time of Cloak printing. Please, look for the announcement in the weeklies so you don't miss it.



Out of the Mouths of Children

Sunday February 25 - Children's sermon

Father Lee starts the children's sermon always with the question "does anybody have one thing that happened this week they want to share?"

Answers like:

- I went to a birthday party yesterday
- I got an A on my science test
- **my Mommy has two babies in her tummy**

You have never heard a roaring laughter like that in church before ... and clapping and congratulations!



Parish Nurse by Betty Horne

Flu Season

This year's flu season is already the most widespread on record since health officials began keeping track 13 years ago, and has already caused the most hospitalization in a decade federal health officials have said. During the fourth week of January, flu resulted in the deaths of another 16 children, bringing the total pediatric deaths so far this season to at least 63 as of 2/16/18.

Officials say this season has been unusual because flu has slammed virtually the entire continental United States at the same time, and that intensity has continued for several consecutive weeks.

Here are some answers to frequently asked questions:

Q: What's going on with the flu this season?

This flu season started early, and the entire country is experiencing widespread and intense flu activity. The data show there's been a very rapid increase in the numbers of people going to see their doctors or health-care providers, affecting hospitals, schools and workplaces. In California, hospitalization rates are four times higher than what they were in 2014-2015; in Oregon and Minnesota, hospitalization rates are double what they were back then.

Q: Is there something particularly bad about this year's flu strains?

This season, the predominant strain is also the nastiest, H3N2, which causes the worst

outbreaks of the two influenza A viruses and two types of influenza B viruses that circulate among people and are responsible for seasonal flu epidemics each year. Seasons when H3N2 strain dominates are associated with more hospitalizations, more deaths and more illnesses. The very young, the elderly and people with certain chronic health conditions are hardest hit, experts say.

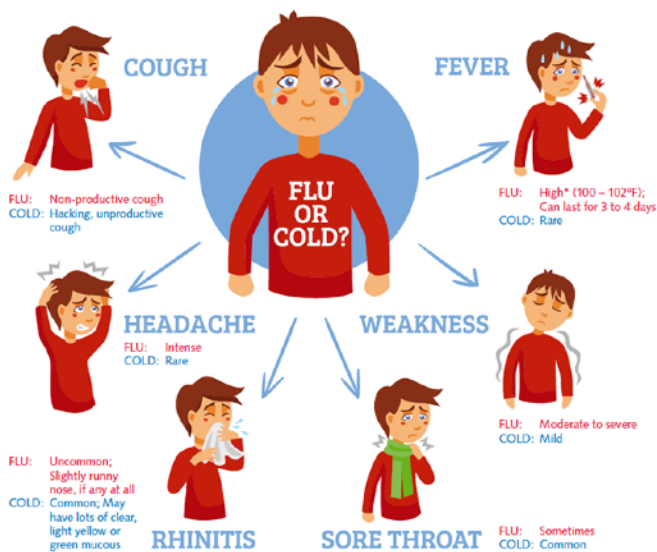
As top CDC flu expert Daniel Jernigan said: “Of the viruses we hate, we hate H3N2 more than the other ones.” This strain, which has been around for 50 years, is able to change more quickly to get around the human body's immune system than the other viruses targeted in this year's seasonal flu vaccine.



Q: Are there any differences in flu symptoms this season?

No. Flu symptoms vary from person to person. In general, people who have the flu often feel some or all of these symptoms, according to the CDC:

- Fever or feeling feverish/chills (not everyone with flu will have fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea, although this is more common in children than adults



Most people who get the flu get better in several days to less than two weeks. But some people can develop serious complications. Young children, adults ages 65 years and older, pregnant women, and people with certain chronic medical conditions are among those groups of people who are at high risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

In general, flu vaccines tend to work better against influenza B and influenza A (H1N1) viruses and offer lower protection against influenza A (H3N2) viruses.

Q: How long will this flu season last, and when will it peak?

Typically in Virginia, the flu season peaks about February and last till the end of March. This season's flu symptoms is expected to extend into May.

Q: What flu symptoms should parents watch for in their children?

Parents should bring their children to see the doctor early if the children aren't drinking, are really lethargic, have pain in a specific place in their chest or are having difficulty breathing after normal activity, such as going upstairs. Also, if they are getting better and suddenly get worse, bring them in to the hospital right away, because this could be a sign of a secondary bacterial infection. Kids brought in late don't do as well.

Q: Should I still get a flu shot?

Yes. Experts say there are other strains of flu that are showing up and are a major cause of disease. Influenza B viruses, which this year's vaccine also covers, are already showing up and tend to emerge later in the season. One of the other influenza viruses, H1N1, is appearing in states that have already had lots of H3N2 activity.



Q: What treatment is available for the flu?

Antiviral drugs such as Tamiflu can lessen the symptoms and shorten the duration of illness. Most people who get the flu have mild illness and don't need antiviral drugs. But people who are very sick or people with flu symptoms who are at high risk for serious complications should be treated as soon as possible with antiviral drugs. If you or your children are sick, stay home from work or school to avoid spreading it to others.

Q: If someone has already had the flu this season, are they at risk for getting it again?

While it's likely that a person would be protected from illness caused by the virus that first made them sick, there are four different flu viruses that are circulating this season, according to the CDC. They advise you to take preventive measures to protect yourself, including vaccination if you haven't already received your vaccine.

Q: How long do flu germs stay active?

They can live on surfaces for 1-2 days. Q: What can I do to avoid getting sick?

- Get the flu vaccine
- Wash your hands frequently and thoroughly, scrubbing for 20 seconds
- Keep antibacterial wipes handy and use on commonly used areas, such as door and faucet handles, light switches remote controls etc.
- You may want to separate personal items such as toothbrushes from the others.
- Having someone who is ill sleep in a separate room. If this is not possible wash sheets, pillow cases frequently.



Fight The Flu



• Dispose of your used tissues properly.

Please stay healthy through this flu season.

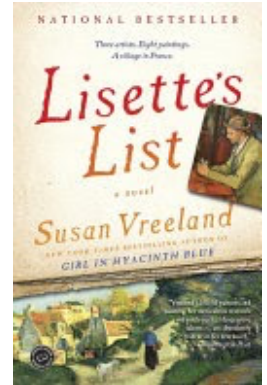
Book Club

- by Pat Rourke

Feel free to join our group any month. We meet the third Thursday in the Parish Hall at 10:30. We will be meeting through June. We take a break July and August as most people are on vacation, and this gives you a chance to pick your favorite books to read on vacation. We will meet again in September.

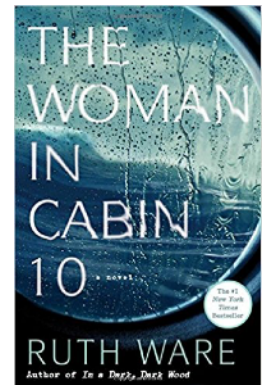
The book for March:

"Lisette's List" by Susan Vreeland.



The book for April:

"The Woman in Cabin 10" by Ruth Ware



Food for Thought:

- The University of Wisconsin uses the latest MRI brain imaging technology has shown that meditation naturally and beneficially increases the neural mass (gray matter) of the brain by harnessing the brains "neuroplastic" potential.
- Every person can, if they desire, become the sculpture of their own brain. (Santiago Ramon Y Cajal)

Brunswick Stew Sale: Boy Scout Troop 777

was again cooking and selling Brunswick Stew to raise funds for troop activities. On Saturday, February 7 at noon in the church parking lot.

Andrew Wood was one of the "chefs".



Air and Space Museum

Children run – have your photo taken.
Climb ramps from gliders, to fragile birds,
to images and scraps of silk balloons –
manikins in uniforms, in boots and goggles,
heroes and heroines – the first, the fastest,
the bravest – all those unafraid
to follow wonder, joy, pride, courage, duty
off the earth, into unsteady air,
to prove a point, make a trail, win a battle,
teach a lesson,
reach touch the face of God.
The giant hanging from the ceiling
displays its sobering name –”Enola Gay:”
old women remember pilot fathers,
using the word: B-29
families remember stories
of grandparents escaping, coming at last
to the end of a war;
young men hesitate a moment;
everyone offers a prayer – Never again—
O please, Heavenly Father, never again!
Children scramble to the capsule. explore the funny little house
that flew beyond the air, beyond
clouds, light, gravity –
to the moon, and returned.
Why don't they do it any more?
You pick up the photo – you are all dressed for space.

- Patsy Anne Bickerstaff



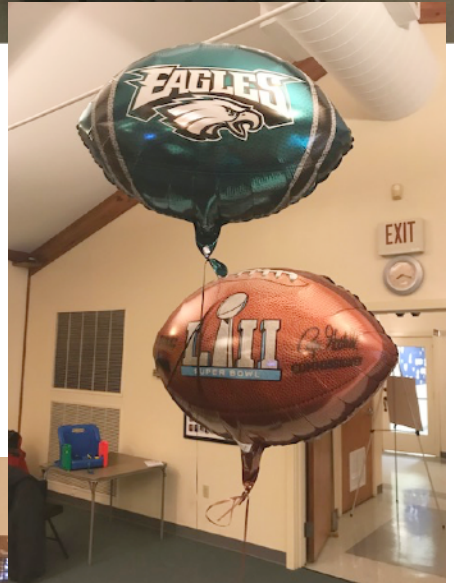
Cub Scout Pinewood Derby

in the church parish hall.



Super Bowl Party

Sunday February 4



EYC update

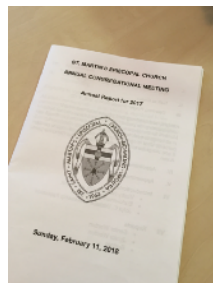


Bowling on
Saturday
February 10



St Martin's Annual Meeting

February 11



2018 Vestry Nominees



Christa Burr: I was born and raised in Germany.

Growing up there I thought there were only two denominations: Catholic and “Evangelisch” (Lutheran in the USA). My parents were the latter but not very “church going” even though they would encourage my sister and me.

We came to the USA in 1975, have lived in Fort Lee NJ, St Louis MO, in Marshall County KY and Paducah KY. Our first church home in the USA was a Lutheran church in St Louis. When we moved to Kentucky we first spent several years at a Lutheran Church and later to an Episcopal church where James of course felt at home but I fell totally in love with the traditions. I find Episcopal services with the lay-readers, intercessors, acolytes, and the bringing of the gospel into the middle of the people very meaningful.

We moved to VA when James retired in 2008. On our visit to St Martin's we were warmly welcomed and this quickly became our new church home. We love St Martin's and try to do our part to spread the good news about Jesus.

At St. Martin's I have been Assistant Treasurer for several years, Treasurer for the ECW and am currently editor of The Cloak. At a previous church I have served on a vestry and was also entrusted to be on a search committee. I have also worked as church staff taking care of finances and memberships. Care of membership and newcomers has always been of great importance to me because I feel a person setting foot into our church is looking for something e.g. friendship and wanting to get closer to God. We have to make sure that we connect with them and reach out in friendship and support.

Garland Harwood: I began attending St. Martin's in 1993 when I married my wife Janice Carpi, prior to that I had been a lifelong member of St. Matthews. While attending St. Martin's I have served on the Vestry before and have served as Senior and Junior Wardens. I am currently chairman of the Finance Committee and a Trustee of the Church.

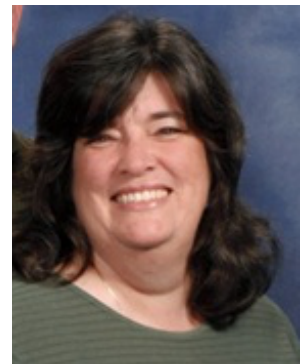
Janice and I have 3 children; Anne Lansing and grandchildren Brock and Avery, Sarah Sleeman, husband Allen and grandsons Henry & Noah, and Garland Harwood and wife Becky expecting our 5th grandchild in April.

I am retired after a 45 year career with Reynolds Metals Co. and Steel Services. I enjoy golf, fishing, and travel as hobbies and look forward to doing more of all 3 as well as spending time with our growing family in the coming years.

Kim Fiasco: My grandfather was the first priest of our church so I feel it's safe to say, St. Martin's is in my blood. I was baptized and confirmed here. I served as an acolyte for 10 years until graduating high school. I joined the Navy right after graduation and though I was present only intermittently as I served 20 years, I always came home to St. Martin's and maintained my membership here for my entire life. I moved back to the area in 2011 with my husband Mike and daughter Mikayla. I have been an active member singing in the choir and serving as a hostess.

Three new Vestry members are elected to a term of three years at every Annual Meeting. This year's members on the ballot were Christa Burr, Garland Harwood and Kim Fiasco.

The congregation thanked the three outgoing Vestry members Steve Alloway, Sean Cooper and Barbara Campeau.



More EYC update



Our youth did a wonderful job again taking orders and serving at the tables.

Thank you to the supportive adults.



Shrove Tuesday Pancake Supper February 13



Pancake Supper continued ... from previous page



Thanks for supporting the Youth Mission Trip!

Pancake Supper continued ... from previous page



Thanks for supporting
the Youth Mission Trip!





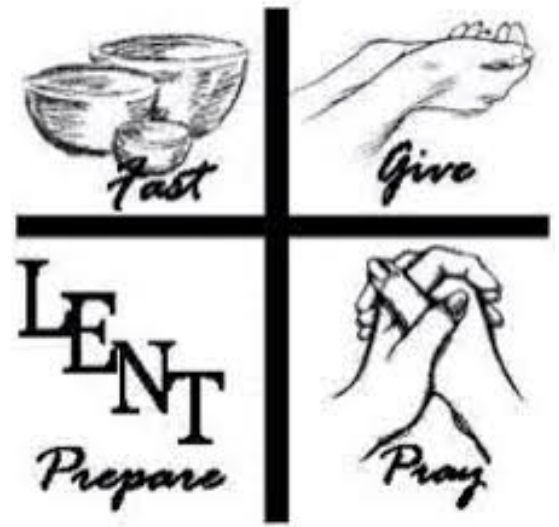
If you know of somebody not on these lists (including yourself) please let the office know. If we don't know ...



- * 03/01 John Atkins
- 03/01 Joyce Wellford
- 03/02 James Barrett
- 03/02 Holden Watt
- 03/02 Carter Watt
- 03/07 Pat Rourk
- 03/07 William Hapgood
- 03/08 Ginny Munoz
- 03/10 Abishek Samuel
- 03/12 Debbie Grumbine
- 03/12 Noah Romano
- 03/15 Harvey Lawrence
- 03/16 Barbara Smith
- 03/16 Taylor Adams
- 03/20 Nan Scott
- 03/21 Noah Clements
- 03/22 Sharon Ragland
- 03/22 Mary Goodman
- 03/23 Jim Greenwood
- 03/25 Ann Watts
- 03/26 Colin Clements
- 03/27 Sharon Alloway
- 03/28 Craig Watt
- 03/28 Khai Fisher
- 03/29 Ivy Miller
- 03/31 Jamie Greenwood
- 03/31 Sherry Wilson

- * 04/01 Pat Akens
- 04/02 Tiffany Clements
- 04/02 Rosemary Simmons
- 04/03 Lois Gibbs
- 04/05 Trudy Britton
- 04/07 Megan Greenwood
- 04/07 Moboluwaji Akinfolajimi
- 04/08 Samantha Romano
- 04/10 Dean Bracaloni
- 04/10 Michele Hutchson
- 04/12 Olivia Alloway
- 04/12 Esme Borders
- 04/13 Eniola Akinfolajimi
- 04/14 Noah Sleeman
- 04/14 Grace Wood
- 04/15 Vicki Pinner
- 04/16 Sally Dvorak
- 04/17 Sallie Bright
- 04/17 Sandy Mann
- 04/21 Margarete McIntosh
- 04/22 Tristan Howdysell
- 04/23 Tyler Newcomb
- 04/24 Jim Richardson
- 04/26 Susan Teachey
- 04/27 Joyce Ragland
- 04/27 Zahara Asianna Iervolino
- 04/28 Richard Rollins
- 04/28 Brenda Rahn
- 04/28 Russell Campeau
- 04/29 Allen Sleeman
- 04/30 A. P. Hall

- * 03/01 Moboluwaji & Titilayo Akinfolajimi
- 03/13/2010 Molly & James Bristol
- 03/17/1974 Jean & Richard Rollins
- 03/20/1984 Kim & Mike Shook
- 03/21 Greg & Vicky Echevarria
- * *
- 04/12/1980 Scott & Kerry Alloway
- 04/14/2012 Sally & (John) Jack Beck
- 04/25/1992 Scott & Mary Goodman
- * *



ST. MARTIN'S STAFF

Rector: The Very Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Achtemeier
Monastic Associate: Friar John Ogle, SF
Organist & Choirmaster: Jackie Bitler
Administrative Assistant: Sherry Wilson
Head of Nursery: Nicolette Philippi

CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)

E-mail: saintmartinsec@gmail.com

Website: www.saintmartinschurch.org

Office Hours

Monday–Friday 9am–1pm

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

VESTRY

2018	2019	2020
Linda Fairtile	Nancye Greenwood	Christa Burr
Betty Horne	George Crowell	Garland Harwood
Sandra Goolsby	Rick Gibbs	Kim Fiasco

Senior Warden: Rick Gibbs
Junior Warden: Garland Harwood
Treasurer: Darrell Jenkins
Register: Nan Scott

Assistant Treasurer: Mike Fiasco
Editor: Christa Burr



St. Martin's Episcopal Church

9000 St. Martins Lane · Richmond, VA 23294

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

Website: www.saintmartinschurch.org

E-mail: saintmartinsec@gmail.com

To submit articles or ideas for The Cloak, email:

stmartinscloak@gmail.com