

The Cloak

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



The Cast of St. Martin's Dinner Theater Murder Mystery

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Father Lee Hutchson

Our annual meeting is quickly approaching. At our annual meeting we elect new members to the vestry, and the endowment committee. We also receive a financial update and a report about our church's activities over the past year. If you are looking for a way to serve your church consider serving on the vestry.



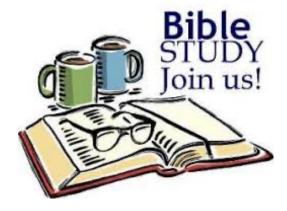
Vestry members are legal representatives and agents of a parish. They share leadership with the rector. The vestry adapts a budget each year and oversees the maintenance of the church building and grounds.

At Saint Martins the vestry meets once a month for about an hour to stay updated on the congregation finances as well as church social and spiritual activities.

At the annual meeting we will also elect a member to the endowment committee. Members of the endowment committee meet twice a year. They oversee the distribution of funds from money which is invested in mutual funds. Part of the money is managed by the diocese. Half of the proceeds are used for church projects and half is used for outreach. If you would like a larger voice in the life of our church, please consider serving on one of these committees. Our annual meeting this year will be December 3rd.

I will be out of the office November 2-4 attending the annual convention for our diocese. It has been an eventful year with the election of a new bishop. I look forward sharing news from the convention at our annual meeting.

Fr. Lee



Don't miss it!

Bible Study - Essential 100

Continuing weekly: Tuesdays at 10 am Wednesdays at 7 pm

Bible sections to read beforehand announced every week in the midweek email.

Reading list also available on the table in the Narthex.

What and When



After Wednesday Service social

First Wednesday of the month November 1 come and gather with us for a light brunch

Bridge Calendar adjustment

November 2 and 9

Deadline: Operation Christmas Child

Sunday November 5

Feast Day of Saint Martin

Saturday November 11

ECW meeting/workshop

Saturday November 11 at 9 am at the church (see page 12)

Men's Breakfast

Saturday, November 11 at 9 am @ Nick's Bistro all men welcome to join us

WE (West End) Quilters

Tuesday November 14 at 10 am (note date change!) all interested in quilting are welcome

Fr Lee gone

November 14-17

ECW at CR Bazaar

Friday November 17 from noon til 5 pm (for details see page 12)

EYC Movie Night

Friday November 17 at 6 pm

St. Martin's Project

Saturday November 18 at 9:30 am - White Team

Wednesday Service incl. Thanksgiving Celebration

November 22 at 10 am



Thanksgiving Day

Thursday November 23



Deadline: Coats and Jackets collection

Thursday November 30

Regular Weekly or Monthly Events are usually not listed in the left column.

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
Bible Study	Tuesday	10 am or
	Wednesday	7pm
Holy Eucharist	Wednesday*	10 am
Yoga Stretch	Thursday	1pm *New*
Sr. Choir Practice	Thursday	7:30 pm
Ethiopian Christians	Saturday	6am
Compline Service -live on Facebook	daily*	8pm

all these are streamed live on FaceBook

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7pm
Midweek Service social	1st Wednesday	after 10 am service
Men's Breakfast	2 nd Saturday	9am
ECW	TBD	
St. Martin's Project	3 rd Saturday	9:30 am

Note from the Editor:

Please note that the Cloak email has changed. The email is always listed on the last page of this publication.

cloak@saintmartinschurch.org

Cloak Deadline

Friday November 20

Words from the Wardens

With this version of the Cloak, we lead into Thanksgiving! A time to verbalize and be thankful for all blessings that the good Lord bestows upon our St Martins family!

As we look back on the last couple of months, we have felt the Joy of renewing friendships and the good times of 60th anniversary celebrations. We have also experienced sadness and anxiety in illnesses amongst some of our family members. Also, recently we are experiencing the loss and grieving of family members who have been in our family a long time. Most recently we witnessed a very special family Baptism! Through all, we have been blessed that God answers our prayers and gives us the strength and Grace to get through EACH NEW DAY.



Thank you Lord for your Hope and Love we feel each day from our Savior Jesus Christ!

Nancye and Rick

Save the Day!

Mark your Calendar!

EYC (and others) - Greening of the Church

Saturday December 2

Advent wreath / Centerpiece Workshop

Saturday December 2 at 10 am

First Sunday of Advent

Sunday December 3

Chrismon Workshop Sunday December 3 at 3 pm

St. Martin's Annual MeetingSunday December 3

(for details watch the weeklies closer to the date and the November Cloak)

St. Martin's Project

- Saturday October 21 - St. Martin's Project Red Team





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Words from Rev. Dr. Sandra Tevy-Mix

"Redemption is Always Possible"

I have been accused occasionally of being a "softie!" Trusting folks, being naive and not street smart, seeing the best in others. (In my defense, I'd say that's not too bad for a clergy person!) And I could go on.

But to the point here: I do firmly believe that for most of those currently locked up, redemption and transformation is more than possible. And interestingly, I have run into a few articles in both the secular press, as well as church publications that make the same point. The one described here and reviewed in an article in *The New York Times* (September 7, 2023) titled "Finding Clarity and Inspiration in Writing While Incarcerated" (see lead photo)

describes a writing program run by a former prosecutor, a recovering alcoholic and one who has battled depression and anxiety most of his life, a guy named Nate Johnson. Several times a month, Johnson visits jails in the Minneapolis area and instructs gatherings of inmates in what's referred to as "free writing." Here's how it works: He hands out paper and pencil, and then he gives a simple prompt word like "hard times" or "this city."

Immediately after hearing a simple prompt, inmates were told to write furiously, without interruption, for five minutes. The prose didn't have to make sense. It needn't be good. The only goal was to turn the sequence of thoughts generated by each prompt into a string of sentences without stopping to think... After each burst of writing, the inmates took turns reading their compositions out loud.



Tapping into what he has come to see as an extraordinary pool of literary talent brimming with insights about the criminal justice system.

For many of the incarcerated who have participated in the "Free Writing" therapy sessions, not only have the sessions improved morale and increased a sense of comradeship, but increased their own sense of self-worth and insight into their former lives and hope for the future. One of the participants is quoted as saying "I want people to understand that I am a person. That I have feelings. That I have a family. I am a person, a human being, like you."

Well you get the point. This and other such programs that I describe in my latest blog found at www.sandralevy.net show that transformation is always possible. By God's grace. . .by God. Transformation, and redemption is always possible. For former prisoners. . . .for you and for me. Yes?

For the full text of this writing, please see my website: http://www.sandralevy.net.

Blessings of the Animals!

October 1 at 3 pm

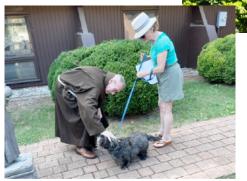
















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Getting ready ...

- photos from October 3



announcing the celebrations

> working on the new play ground



"Yoga Stretch" is back! -Jean Rollins

Janet Nugent has again agreed to have classes on Thursdays at 1:00 p.m. at St. Martin's Church. The classes have started on October 19th. Janet has taught yoga for a number of years and is now teaching water aerobics at the YMCA. She is very knowledgeable and is fun to work with. This is a very gentle Yoga and everyone is invited. She is only charging \$3.00 per session and is giving this money back to St. Matin's. If you have any questions, you can give her a call at (804) 508-2156.

Boy Scout Troop 777 Honor Ceremony

- October 8



Scott Reed reported 2 new Eagle Scouts:

> **Jack Reed** Eammon Walker

Congratulations!

members Sean Cooper and son Alex (active scouts) heading to

Rick (who provides most of the photos to the Cloak) caught our that Court of Honor too.

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Spaghetti Junch - EYC Mission Trip Fundraiser

Sunday October 8

























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Spaghetti Lunch continued ... on next page

Spaghetti Lunch continued ... from previous page































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EYC update -Sallie Bright

Thank you to all who contributed to our Spaghetti Lunch Mission Fund Raiser. It was a great start for the youth.

Congratulations to the youth who did an outstanding job serving our guests. And thank you for staying and clearing the tables.

The youth especially thank Karen and Layne for cooking sauces, preparing garlic and butter bread, and cleaning the kitchen afterwards. Many thanks to Carrilynn for preparing the noodle plates in the kitchen while Karen dipped the sauces and Layne coordinated the orders. Thank you Rick for overseeing the tables.

It takes many adults to support our youth in these service projects. We couldn't do without the donations of food from the youth parents and other adults in our church.

Upcoming events are the Fall Festival, Movie night, and decorating the church the Saturday before the first Sunday of Advent.

Outreach Committee

- Jean Rollins

The Outreach Committee is again collecting used coats and jackets to be delivered to Puritan Cleaners to be cleaned and then sent to the Salvation Army for those who need them. The Clothes Rack is in the Parish Hall. We will be delivering them on Thursday, November the 30.



Thanks so much for your generosity.



Outreach

- organized by the office

We are participating in Operation Christmas Child. You will see a display in the Parish Hall where you can pick up a box, instructions, label, and even a preprinted letter that the child will get if included with their box.

Please, return your box(es) no later than Sunday November 5 because they will be sent off November 6.



Notes about Music!

- by our organist



November 11- Veterans Day/ Armistice Day - has been for much longer in history the Feast of Saint Martin of Tours- patron saint of the parish.

Martin is a well attested real person – not a myth - and lived in the 4th Century, born in 316 AD. Probably in modern Germany. A respected Roman soldier he converted to Christianity as a young man and had the famous vision of the cloak and Our Lord. The relic of the cloak itself was one of the Crown Treasures of France and used by the French Kings as a banner and as a canopy under which solemn oaths were sworn. Of course it was destroyed by the revolutionaries as were many of the crown jewels.

After his baptism, Martin lived as a monastic and founded a great monastery in France. He became by popular demand and acclamation the Bishop of Tours in France, working closely with Saint Hilary Bishop of Poitiers. Martin as bishop instituted and developed the parish church system that still exists in Roman and Anglican churches worldwide. Upon his death Martin was entombed in the church that became a great Basilica that bears his name in Tours- not the cathedral. The shrine was visited by many on the pilgrimage road to Compostella. At the Reformation protestant mobs sacked the basilica and destroyed the tomb. The church itself was destroyed by the French Revolutionaries because of its association with the Royal Dynasty- The bones of the saint were burned- however some brave pious folk saved a few. Bones including a portion of his skull. On the Restoration the Basilica was rebuilt and a new tomb constructed on the original spot and small relics rest there today. And miracles do occur there still, believed by many at the intercession of Saint Martin. He is a patron of France. His feast on Armistice Day is a moving coincidence as he too was a soldier. On many occasions in this church we observed both our patron and Veterans/ Remembrance Day – especially as it is in the month of the Holy Souls and follows on the Feast of All Saints and the observance of All Souls.

Remember the brave good bishop in your prayers and all helped by prayer at his tomb and may we become faithful soldiers for Christ.

Powell

Found on the internet!

A song about Saint Martin.
You can listen to it if you click on this link.
You might even want to sing along.
The lyrics are provided too.
https://www.stmartinec.org/blog/st-martins-hymn/



ECW update - Christa Burr

We were only a few at the October meeting and the date change might have been the problem but we still had fun with the glass etching projects. Thanks to Stephanie Machalinski for helping with the workshop. Betty and Susan made cute articles for the Bazaar.







Our next meeting will be on **Saturday November 11** at 9 am. This is another workshop if you want to learn how to decorate a candle. Christa will show how you can make an <u>Advent-calendar Candle</u> (count-down to

Christmas). It is marked with the numbers 1-24 to start the daily tradition in December to burn the candle at devotion time or dinner. Christa has purchased the candles and



material. Please reimburse her \$2.50 to make one for yourself or donate it to sell at the bazaar.

November 17 (Friday) - CR Bazaar from noon to 5 pm (and clean-up til 6)

Christa lives in the CrossRidge 55+ community and has reserved a table for us as in years before.

Shoppers also needed!

The address: 3300 Crossridge Glen Way, Glen Allen 23060 (on Staples Mill Rd very close to Publix and I-295)
It is a gated community but just tell the guard that you want to visit the bazaar. For questions call Christa 804-787-0525

Other meetings scheduled (if you missed reading it in a previous Cloak): **December 9** (Saturday) - Christmas Party

The ECW is open to all ladies and responsible daughters. We would welcome newcomers with open arms. It is helpful though if we know who is coming but please feel free to just show up.

Finance Committee Report by Garland Harwood

September YTD we find ourself with a net loss of \$593 for the year however that is much better than our 2023 Budget projected. The main culprit was pledged income which was \$6,755 below budget in September but hopefully we will make up that lost ground in the 4th quarter. All that being said, St. Martin's remains on solid financial ground.

Please remember to continue your support of the Church by completing your 2024 pledge card!

Financial Highlights 2023	end of previous month	MTD September	YTD end of September
Income	\$150,829.41	\$10,415.05	\$161,244.46
Expenses	-\$144,759.80	-\$17,077.46	-\$161,837.26
Gain or Loss	\$6,069.61	-\$6,662.41	-\$592.80

Amazon Smiles YTD - \$122.84



Parish Nurse by Betty Horne

Alzheimer's disease

Alzheimer's disease is the most common form of dementia among older people. As of 2020 about 5.8 million Americans suffer from this condition, which usually begins after age 60. Dementia is not a disease in itself, but rather a group of symptoms caused by various diseases or conditions.

SIGNS AND SYMPTOMS

One of the first signs of Alzheimer's disease is mild memory loss, possibly leading to loss of the ability to carry on a conversation and respond to the environment. This is



often followed by noticeable changes in emotions and inhibitions. Soon the ability to cope with everyday life decreases as the disease progresses. Some of the symptoms you may observe are:

- Asking the same question over and over again.
- Repeating the same story, word for word, again and again.
- Forgetting how to cook, or how to shop for groceries, or how to play cards - activities that were familiar and done often.
- Losing one's ability to pay bills or balance one's checkbook.
- Getting lost in familiar surroundings, or misplacing household objects.

- Decreased or poor judgement.
- Changes in mood, personality or behavior.
- Neglecting to bathe, or wearing the same clothes over and over again, while insisting that they have taken a bath or that their clothes are still clean.
- Relying on someone else, such as a spouse, to make decisions or answer questions they previously would have handled themselves

CAUSES

The exact cause of Alzheimer's disease in not known. It is thought to be caused by a combination of genetic and other factors. As a result, geneticists are currently working on finding a link with heredity. Changes can occur in the brain long before the first symptoms appear.

RISK FACTORS

People most frequently at risk include:

- People >65. (the number doubles for every 5 years over 65)
- People with Down's syndrome (they tend to age faster than the average population)
- Heredity
- Inadequate physical activity
- Poor nutrition, increase alcohol consumption and smoking may be contributing factors
- Obesity (high insulin levels increases the risk of Alzheimer's)



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Parish Nurse continued ... on next page

Parish Nurse continued ... from previous page

PREVENTION

People who engage in activities such as reading, playing board games, working crossword puzzles, playing musical instruments, and dancing - anything that keeps your mind active, has shown a decrease the risk of dementia.

Living a healthy lifestyle can help reduce the risk of agerelated illnesses. Research has also shown that people who eat more fruits and vegetables, high-fiber foods, fish, and omega-3 rich oils (sometimes known as the Mediterranean diet) and who eat less red meat and dairy may have some protection against dementia.



TREATMENT

Currently there is no cure for Alzheimer's disease and no proven treatment to slow its progression. There are several medicines available that may help improve the mental function of people with Alzheimer's disease. The earlier these drugs are given may play an important role in helping people to carry out their daily activities and live independently for a longer period of time. They may be able to remain in their homes longer. There are also medicines available to help manage some of the symptoms of the disease, including depression, and behavioral problems such as agitation and aggression. Although there is no cure for Alzheimer's disease, planning and medical/social management can help ease the burden on both patients and family members. Activities and social interaction are important. A calm, structured, caring environment may also help the person with Alzheimer's disease to continue functioning as long as possible.

Your doctor will determine the best treatment for the Alzheimer's patient based on various factors, including:

- The patient's age, overall health, and medical history
- Extent of the disease
- The patient's tolerance for specific medicines, procedures, and therapies
- Expectations for the course of the disease
- The patient and his or her caregiver's opinion or preference

MEDS

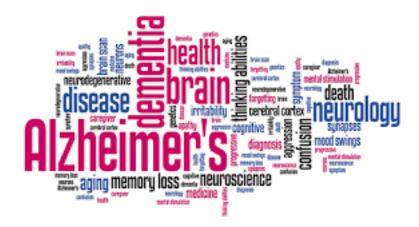
- Aricept, a cholinesterase inhibitor, is the most widely used drug for Alzheimer's disease. Cholinesterase inhibitors stop the breakdown of acetylcholine, a chemical in the brain used for memory and other mental functions. These types of medications help increase the levels of acetylcholine. In Alzheimer's disease, there is a deficiency in acetlycholine in some areas of the brain, which accounts for some of the symptoms of the disease. Aricept works by slowing down the breakdown of acetylcholine. Aricept is the only treatment approved by the FDA for all stages of Alzheimer's disease: mild, moderate, and severe. Aricept doesn't cure Alzheimer's, but studies have shown that in some patients it can improve mental function, which includes effects on memory and daily living. Side effects are usually mild and include nausea, diarrhea, vomitting fatigue, insomnia and weight loss.
- Other medicines used are Exelon, Razadine, Namenda and Cognex. Namenda may have increased benefit when used with Aricept, Exelon, Razadyne, or Cognex. Side effects of Namenda include tiredness, dizziness, confusion, and headache.
- Vitamin E is sometimes prescribed to treat Alzheimer's disease. Vitamin E is an antioxidant, a substance that may protect nerve cells from certain kinds of chemical wear and tear. It is thought to slightly delay loss of ability to carry out daily activities and placement in assisted or skilled care. Vitamin E should not be taken unless prescribed by your physician. The

Parish Nurse continued ... on next page

Parish Nurse continued ... from previous page

high doses required can negatively interact with other medications, including blood thinners.

In addition the patient may need treatment for other symptoms such as sleep disturbance. There may be disruption of the sleep wake cycle. There may be noticeable changes such as restlessness or agitation in the late afternoon or early evening known as "sundowners" syndrome. Depression may also be a major factor.



As a caregiver for someone with Alzheimer's disease, it is important to access resources in your area. The local Alzheimer's Association (The Greater Richmond Chapter) can be contacted anytime day or night at 1-800-272-3900 In addition there are support groups such as Alzheimer's Association, Greater Richmond Chapter - 804-967-2580. There may also be safety services and educational resources. Your physician is also a good place to start with help/resources.

Sources: NIH, CDC

Have a Happy Thanksgiving.

We would all like to get to know each other better. **Please** don't hesitate to send me your story. You might want to include a photo.

For St Martin's Cloak article: Get to know your brothers and sisters in Christ

Please, answer this questionnaire how ever you like.

Q: Are you a cradle Episcopalian?

A:

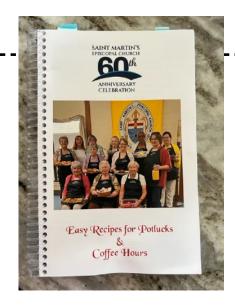
Q: Have you always lived in the Richmond area?

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:



THANK YOU to all who shared favorite recipes for St. Martin's 60th Anniversary Cookbook

It seems to be much liked because the first batch printed has already been sold out.

They are being offered for \$10.00.

Another batch has been printed. If you would like one (or more because they make very nice gifts) just fill out one of the forms on the bulletin board and leave it with a check in the provided envelope. You will be notified when it is done.





A fun evening and wonderful fellowship. The story took place in the 1920s in a "speakeasy". Ticket holders were encouraged also to dress up. Cast members were walking around, telling "their" stories and dropping clues. A lot of talent and a lot of fun for all. Who did it?





















Murder Mystery continued ... on next page





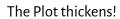














SOLA AMMIN

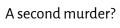
1963 - 2003

Is the bookkeeper guilty who suddenly has money and asks his girlfriend to run off with him?



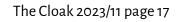












Congratulations!

to Grace Wood & Jonathan Cole

on their marriage on Monday October 23, 2023

Grace is the daughter of Jennifer & Sean Cooper and sister of Andrew Wood. Alexander and Lorelei

The venue was Lakeside at Welches Estates and Fr Lee officiated.

Brother Andrew was lucky to be able to get leave from Germany to join the family in the celebration.

St Martin's Congregation wishes Grace and Jonathan many wonderful happy years together.





Reports (with photos) of the **60th Anniversary Sunday Celebration** (Oct. 15) and

the **Fall Festival** (Oct. 28) will be in the

December Cloak!

Condolences!

to the family and friends of

Martha H. Jamphere

who died Monday October 30, 2023 on the day of her 100th birthday.

Please keep her son Bill White and their family in your prayers.

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••			
11/04	Claire Baughan	12/01	Lorelei Cooper
11/07	Linda Fairtile	12/01	James Logan
11/07	Nancye Greenwood	12/02	Jennifer Cooper
11/08	Melissa Machalinski	12/03	Victoria Hughson
11/10	Karen Hood	12/03	Errol Stephens
11/12	Alexander Cooper	12/03	Linda Nelson
11/14	Ashley Howdyshell	12/05	Katie Bright
11/15	Kevin Howdyshell	12/06	Marie Atkins
11/18	Colin Borders	12/07	N'neka Logan
11/18	Dianne O'Kelley Lamb	12/07	Joe Lamb
11/19	Gina Reid	12/08	Susan Stowell
11/19	Caleb Waller	12/10	Nasira Horne
11/20	Mike Fiasco	12/10	Ria Springer
11/22	Kenzie Howdyshell	12/14	Stephanie Dupaul
11/24	Lee Hutchson	12/15	Carter Hood
11/26	Christine Watt	12/16	Chris Patoray
11/27	Katie Hall	12/16	Krestin Gibson
11/28	Holly Thirion	12/17	Kevin Bailey
11/29	George Crowell	12/17	Beverly Stone
11/30	Paris Lindsey	12/18	Scott Goodman
*		12/19	Austin Newcomb
		12/20	Sean Reid
		12/25	Merielle Horne
		12/25	Carl Newcomb
		12/26	Christa Burr
		12/26	Eliana Ponce*

11/05/1966	Jim & Chris Smack
11/16/2019	Lauren & Rob Rowley
11/18/2016	Jonathan & Tatiana Horne
11/26/1975	James & Christa Burr
11/27	Daniel & Tiffany Clements
*	
*	
12/01/1990	Jim & Victoria Hughson
12/01/1990 12/14/2013	Jim & Victoria Hughson Amberlyn & Wilson Ponce
12/14/2013	Amberlyn & Wilson Ponce
12/14/2013 12/15/2013	Amberlyn & Wilson Ponce Bob Kirby & Ria Springer
12/14/2013 12/15/2013 12/21/2018	Amberlyn & Wilson Ponce Bob Kirby & Ria Springer Sandy Levy & DavidMix
12/14/2013 12/15/2013 12/21/2018 12/21/1965	Amberlyn & Wilson Ponce Bob Kirby & Ria Springer Sandy Levy & DavidMix Ruth & James Barrett

Condolences!

to the family and friends of

Steve Alloway

who together with his brother Scott Alloway is one of our "original" members. He died Friday October 20, 2023.

Services were held on Friday October 27, 2023.

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.

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.)

Condolences!

to the family and friends of

Brenda Rahn

who died Saturday October 21, 2023. She was a long-time choir member.

ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchson

Priest Associate: Rev. Dr. Sandra Levy-Mix

Monastic Associate: John Ogle

Powell Johann Organist & Choirmaster:

Parish Coordinator: Head of Nursery:

CHURCH OFFICE

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Office Hours

Monday to Friday 9am-1pm (it is best to call before you come) **Trustee Emeritus:** Robert I. Kirby,

Trustees: Kerry Alloway, Garland Harwood

& lim Greenwood

VESTRY

2023 2025 2024

George Crowell Nancye Greenwood Leslie Dering **Rick Gibbs** Mike Shook Linda Fairtile 1im Moss

Jean Rollins Betty Horne

Senior Warden: Nancye Greenwood

Rick Gibbs Junior Warden:

Clerk:

Darrell Jenkins **Treasurer:** Assistant Treasurer: Mike Fiasco Cloak Editor: Christa Burr



St. Martin's Episcopal Church

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