



The Cloak

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



EYC participants after the Feast of Lights

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Father Lee Hutchson

Tina Turner once sang; "What's love got to do with it, what's love but a secondhand emotion, what's love got to do with it, got to do with it? Who needs a heart when a heart can be broken?"

Of course, the love of God for creation and for humans is at the foundation of our faith. John 3:16 says that everyone who believes in him may not perish but have everlasting life. All our relationships in the church are set upon the foundation of self-giving love. Scripture uses the word "Agape" for this self-giving love. In scripture Agape is considered the highest form of love. Agape is the decision to do the right thing without the expectation of being repaid. It is a desire of the will and not an emotion.

The apostle Paul writes this love does not dishonor others, is not self-seeking, keeps no record of wrongs and is not easily angered.

Bernard of Clairvaux wrote a book about love in the 11th century titled "On the Love of God." In this book Bernard wrote about the importance of maturing in our love of God because when we are mature in the way we love God we can love those around us in the right way.

Bernard felt that as we mature in love, we go through four stages.

The first stage of love is when we love ourselves and take from others for our own enrichment, unaware of the needs of other people.

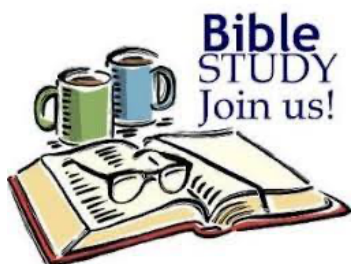
Stage 2 is when we can appreciate others for what they do for us.

The third stage of learning to love is when we see other people as individuals with needs and desires and not see them as someone to use for our own gain. We love them as an individual.

The last stage is when we learn to love others because it is the right thing to do. We are inspired to love them simply because they are another human being deserving of love. We expect to receive nothing in return for the love we share.

As we honor those closest to us on Valentine's Day, take some time to reflect on how you can show God's love to another person who may need to hear that they are loved by God.

Fr. Lee



Don't miss it!
Bible Study

Continuing weekly: Tuesdays at 10 am Wednesdays at 7 pm
(No Bible Study the week of Ash Wednesday)

What and When

February

Bridge Calendar February 2, 8, 16, 22 at 10 am
Special Sunday School Lessons Sundays February 4 and February 11 (page 5)
After Wednesday Service Social First Wednesday of the month (February 7) come and gather with us for a light brunch
Men's Breakfast Saturday, February 10 at 9 am @ Nick's Roman Terrace all men welcome to join us
ECW meeting for date and time please watch the "Weeklies"
Super Bowl Party Sunday February 11 at 6 pm (see page 8)
Pancake Supper Tuesday February 13 at 5 pm
Vestry Meeting Tuesday February 13 at 7 pm
Bible Study Note No Bible Study on 2/13 or 2/14 due to Ash Wednesday
Ash Wednesday Services Wednesday February 14 at 7:30 am, 10 am, 7 pm
St. Martin's Project Saturday February 17 at 9:30 am - White Team
Father Lee's 20th Anniversary Sunday February 18 after the 10 am service
WE (West End) Quilters Tuesday February 20 at 10 am all interested in quilting are welcome
Cloak Deadline Saturday February 20
John C. Wallace Scholarship Deadline to apply: March 5 by 5 pm (see page 7)

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	7 pm
Holy Eucharist	Wednesday*	10 am
Yoga Stretch (\$3)	Thursday	1 pm
Sr. Choir Practice	Thursday	7:30 pm
Ethiopian Christians	Saturday	6 am
Compline Service		
-live on Facebook	daily*	8 pm

* all these are streamed live on FaceBook

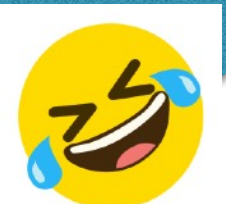
Regular Monthly Events

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

February Jokes

1. What is the best outfit for Feb 2?
2. What do you call an amphibian born on Feb 29?
3. Why is Lent the best time to run a marathon?
4. How was George Washington able to live to age 67?
5. Who should you crown as the king on Fat Tuesday?
6. What kind of fish should you eat on Fridays during Lent?

(see page 13 for answers)



Words from the Wardens

Garland and I want to thank you for the privilege of serving as Wardens for 2024. We thank Nancye and Rick for their work last year. This included hours of work manning the office and getting the weekly bulletins done.

Please congratulate Thomas who is now working part time in the office.

The newcomers reception was well attended and it was lovely to chat with everyone, especially those who attend the 8 am service.

Thanks to Rick, mulch has now been spread around the new play area under the swing set.

The toilet in the ladies handicap bathroom has been repaired.

The leaking faucet in the kitchen has been replaced.

There are coat hangers in the hall closet for those wishing to hang their coats there.

Please don't hesitate to reach out to Garland or Betty with any questions or concerns as we are here to serve you. We look forward to the season of Lent starting with Ash Wednesday February 14.



Blessings to You All,

Garland and Betty

ECW update

- Christa Burr

The ECW does not have a president, but we are still having informal meetings. At the December meeting (Christmas party) we took a brief moment for a decision. Joann Fabric Store was just having a great sale for the fabric needed to make charity blankets. Money was allowed for this, and I went to take advantage of the sale. Visiting 2 of the stores we have material to make 12 blankets to donate to **Jill's Blankets** who helps cancer patients.



The ECW had done this project before. You can read about it in the May 2022 Cloak (<https://saintmartinschurch.org/wp-content/uploads/2022/04/2022-05-The-Cloak.pdf>).

No meeting is scheduled at the moment. When one is scheduled (by regular participants), it will be announced in the Weeklies.

The ECW is open to all ladies and 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.

Outreach Committee - Jean Rollins

The Outreach Committee is collecting personal hygiene articles from Wednesday, January the 24th until Thursday, February the 16th. We are collecting for both Safe Harbor, a domestic shelter in Henrico County, and for our women's shelter in the city. Safe Harbor can only use full size of these items, but if you have travel



sizes, the women's shelter in the city can use them. These items include toothpaste, deodorant, shampoo, conditioner, body wash (liquid), and lotion. You can also bring in items such as dish detergent or laundry detergent.

Thanks so much for your help with these shelters.

Special Sunday School Crafts

On February 4th & February 11th Sunday School attendees will be having special lessons about love.

The lesson on February 4th will be "God Loves Me" and the children will make hand prints in clay.



On the 11th, the lesson will be "We Love Others Because God Loves Me," and the children will frost cookies for family members.

Finance Committee Report by Garland Harwood

Amazon Smiles YTD - \$122.84
Kroger Rewards YTD - \$119.84

Financial Highlights 2023	end of previous month	MTD December	YTD end of December
Income	\$216,077.09	\$42,232.84	\$258,309.93
Expenses	-\$197,835.97	-\$21,551.15	-\$219,387.12
Gain or Loss	\$18,241.12	\$20,681.69	\$38,922.81

Thanks to all our wonderful members for their hard work and generosity in 2023! We entered the year with **deficit Budget** of over \$20,000 and through tight expense control and giving that was \$45,000 **over Budget**, we ended the year with a gain of \$38,924.81! That number is overstated by \$11,580 due to the Diocese mistakenly sending us a check for money that should have been reinvested in investment funds, but a gain of over \$27,000 is still a great performance!

I'm also happy to report that our assets increased in 2023 by \$36,851 to \$316,282 due to our gains and a positive return on our investments.

Thanks again to all our members and participation of newcomers in 2023 as we look forward to an even better 2024!

Words from Rev. Dr. Sandra Levy-Mix

“Feeling at Home in the Parish: A Real Sense of Belonging at St. Martin’s”

If you were at the annual meeting this year, you might remember I talked about a research project that I conducted while I was a seminarian at Virginia Theological Seminary in Alexandria. But having been encouraged to write about it and elaborate a bit, here is my Cloak piece for February.

My home parish was in Pittsburgh, and that diocese required all seminarians—between their second and third years—to return to their home parish and carry out a research project related to their ministry goals in the years ahead. (Loosely related, I might add.) So I went back to Calvary Episcopal Church in Shadyside (a suburb of Pittsburgh), heavily populated with University folks from both Carnegie Mellon University and the University of Pittsburgh.

So sparing you the details, I designed an interview study, going into people's homes who either remained active in the parish, or those who had left. And as I mentioned at our annual meeting, the strongest finding based on statistical analysis of recorded interview material-- that was rated and quantified by independent raters--was the following. Quoting from my final report to my committee was the following:

There was a single theme that came through from many that it was only when they became active in some smaller subgroup within the parish that they finally felt “accepted and at home.” In fact, one factor that had differentiated Actives from Inactives was the identifications of areas within which to contribute to the parish.

Now it is true that Calvary Episcopal was and is a very large parish, and it was relatively easy to feel “lost” in it. But I think the above finding still holds, despite the size of a particular parish. St. Martin's is a relatively small, niche church. But we have many ministries available to join—surprisingly many despite our size. So I ended my little presentation at our annual meeting encouraging those there that if they had not yet engaged with a ministry, that they consider doing so if they wanted to really “feel at home” at St. Martin's. And several of my fellow presenters at the meeting and some attendees in the parish hall added suggestions for them to consider.

So let me end by again encouraging everyone to consider where their particular interests and gifts might lie, and signing onto a ministry or two that will not only contribute to their sense of belonging, but will also add purpose and meaning to their lives.

Blessings on all,

Sandi+

(The Rev. Dr. Sandra M. Levy-Mix)

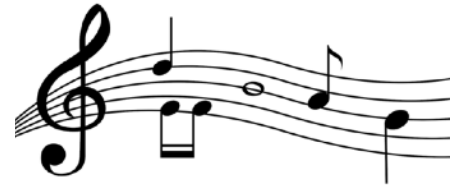
Congratulations MOW!

A big congratulations to all of the Meals on Wheels volunteers! FeedMore gave our St. Martin's MOW team a Certificate of Appreciation for more than 100 hours of service in 2023. Wow!!



Notes about Music

- Powell Johann



The Feast of the Presentation of Christ in the Temple

In the church's Kalendar for centuries the date of Feb. 2 has been observed as the Feast of the Presentation and the Purification of St. Mary the Virgin. Taken from the Gospel of St. Luke the feast commemorates the episode where Joseph and Mary take the Christ Child to the Temple in Jerusalem to dedicate him to God. The infant is taken up by the priest Simeon and the prophetess Anna and the aged Simeon exclaims: "Lord, now lettest thou thy servant depart in peace- for mine eyes have seen thy salvation- a light to lighten the Gentiles and to be the Glory of Israel" (The Nunc dimittis). These beloved words are sung daily as the second canticle at Evensong. Observing this the church has offered and blessed all the candles that are to be used on the altars, shrines and torches throughout the year as He is the Light of the World. In the full rite all go in a great procession about the church with lighted candles singing the Nunc dimittis and hymns to the Saviour and Our Lady. The feast closes the Advent Christmas Epiphany cycle and it is legitimate to sing carols until this day and the manger scenes should not be put away before this feast. The Church calls this feast "Candlemass". As it proclaims that He is the Light of the world and the Divine Son born of a pure virgin it should not be forgotten.

- Powell

John C. Wallace Scholarship

- Ashley Borders

We are pleased to be able to offer the **2024 John C. Wallace Scholarship** to eligible students again this year! The John C. Wallace Scholarship Fund was established 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 in good standing 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 [here](#). Note that the Community Foundation for a Greater Richmond's website has changed, and the John C. Wallace Scholarship can be found under the 'Richmond Region' section of the website. Once clicking that locality, applicants can easily search for the scholarship by its name.

All applications and supporting materials must be **submitted online**, and are due on or before **March 5, 2024 at 5:00 pm**.



EYC update

- Sallie Bright

Many thanks to everyone who came to the Feast of Lights Service on January 6th. Even though the chilly dampness from the rain prevented us from having a bonfire, the candlelights inside the church gave a warm glow to the evening.

The youth were so well prepared, their rehearsal was much shorter than expected. Thank you to the parents for helping their youth - they were superb in their presentation. See pictures on pages 11-12.

Our game night has been postponed until February 2nd or 3rd. On February 11th, Father Lee will give a lesson on the Stations of the Cross.

February 13th is the Pancake Supper. This is a major fundraiser for the youth service trip at the end of June. We will start serving at 5 p.m. Come join us for a fun evening!



Super Bowl Party

Please join us on Sunday, February 11, 2024
Beginning at 6:00 pm

We'll have BBQ, hamburgers, sides, and chips.

There will also be:

Prizes

Football, of course (Father Lee's boys from Detroit might even make the trip)

Fellowship and Fun

An overall festive atmosphere with friends and good times!

Hope to see you there!!



Father Lee Celebration

St Martins has been so very blessed to have Fr Lee as our spiritual leader for the PAST 20 YEARS!

Our church will honor him on his 20th anniversary with a Celebratory Luncheon after the 10 am service on February 18th.

The church will provide the entrees and we would request that everyone bring a side dish or dessert to share.

THERE WILL ALSO BE A COUPLE OF SURPRISES!

Watch for more details and a sign up sheet on the Bulletin Board!





Parish Nurse by Betty Horne

February is heart health month

Heart disease is the leading cause of death in the United States resulting in one of four deaths each year. You can change some of these statistics by living a healthy lifestyle. Your success in achieving your goals is easier if others, such as family, friends, co-workers or members of your community participate or partner with you on your journey. The following may be helpful in setting and reaching your goals.

Start moving – every bit helps.

- Physical activity for just 30 minutes a day for 3-5 days a week is a good start.
- Taking at least a 10-minute walk during your lunch break with coworkers helps.
- Taking the stairs instead of the elevator.
- Parking further from your building than you would normally.



Heart Healthy foods.

- Limiting foods high in salt or saturated fats is essential to prevent heart disease.
- Limiting foods high in concentrated sugars is also essential especially if you have diabetes.

- When choosing meals at fast food restaurants go for a salad instead of fries.
- Avoid "biggie sizing"!
- Increase the amount of fruits, vegetables and whole grains in your meals.
- Eat more fish and poultry instead of red meat.



If you smoke – quit.

- Smoking can harm and damage your blood vessels.
- Quitting is hard and will require support from your friends and family.
- Some use diversions to stop smoking such as crafts, woodworking, art or music.
- There are online resources such as smokefree.gov, BeTobaccoFree.hhs.gov that can help.

Keep track of your health and exercise.

- Monitor your blood pressure, weight, cholesterol and blood sugar levels.
- You will have these numbers to show your doctor when you visit.
- Keep track of your dietary progress.
- Keep track of your exercise trends.
- There are smart watches that can track your exercise progress.
- As you move towards your goal, every success will motivate you to continue.

Quality sleep and stress reduction.

- Stress is one cause of high blood pressure.
- It is important to identify stressors and work towards minimizing them.
- Getting a good night's rest of about 7-9 hours each night is essential.
- Lack of sleep or poor sleep can lead to heart disease and high blood pressure.



- Meditation or relaxation therapy may help lower stress levels.
- Avoid eating late at night. (Probably no later than 7 pm).
- Practice having a regular bedtime schedule.

I cannot stress how important it is to have your support system. Someone on the same or similar journey as you is so important to keep each other accountable.

Here's to improving your health in 2024!

Condolences!

to the family and friends of

Cynthia Cramer

who passed on January 16, 2024. She attended Saint Martin's for many years.

She will be laid to rest in Pennsylvania.

Condolences!

Of your charity, I bid your prayers for the repose of the soul of

Dr. Charles E. Callahan

Dr. Callahan was a brilliant composer, organist, organ designer (The Cathedral Basilica of St. Louis, MO among others), teacher and historian. He was organist of Church of the Epiphany (Episcopal) in Washington D.C. and New York's Church of the Holy Family (Roman Catholic) the United Nations Church. Charlie died Christmas Day 2023 of Covid. He composed much useful and engaging music and was author of the two volume history of the famed Aeolian Skinner Organ Company. He was a wonderful friend and inspiration. He honored me greatly by composing and publishing a piece dedicated to me on the Ascension hymn "The Head that once was crowned with thorns". God willing I will offer it as a postlude on the Sunday after the Ascension.

Rest eternal grant him, O Lord.

And may Light Perpetual shine upon him.

May his soul, and the souls of all the Faithful Departed,
Rest in Peace.

Powell Johann

Condolences!

to the family and friends of

Robert Hudson, Jr.

Uncle of Ashley Borders and Keith,
Great Uncle of Colin and Esmé

who died Thursday January 25, 2024.

The Case of the Chrismon with only 11 Apostles: Solved!!



As you all may remember from the January Cloak, Christa Burr announced that one of the beautiful Pure Heart Chrismons this year was different. The design was for each to have 12 beads, one for every Apostle. However, she made a mistake with one Chrismon and only used 11 beads (Judas Iscariot was left out), and the search was on to see who received that unique Chrismon.



Yes, the case was solved! Susan Stowell is the lucky recipient and stated, "Judas Iscariot somehow was omitted from my Chrismon". She shared that she loved the Chrismon workshop and the memories about it too.

The Feast of Lights - Saturday January 6



Our church looked so lovely
for this beautiful Epiphany
celebration!



And, the EYC members did such a wonderful job!



A Short Note of Thanks

Just a note of thanks to the Vestry and the parish as a whole for the sweet and thoughtful Christmas card and the gift that went with it. As I said at the Annual Meeting, it is my (and our) joy and honor to be part of this wonderful parish and also my great joy to serve our people in various ways--preaching, celebrating, and occasionally making pastoral visits to some in need of support and prayers. I have seen the inside of a number of parishes and this is indeed a warm and welcoming place.

Thanks again for your kind and thoughtful gift.

Sandi+
(The Rev. Dr. Sandra Levy-Mix)

February Joke Answers

1. A tu-tu
2. A leap frog
3. That's when you fast
4. He had a strong constitution
5. The person who is the life of the Mardi
6. Holy Mackerel!

Newcomer's Reception

- Sunday January 21



Newcomer's Reception continued ...
on next page



*A good time was
had by all!*





*		*	
02/01	Scott Alloway	03/01	John Atkins
02/06	Elaine Jacobson	03/02	James Barrett
02/09	Thomas Anthony	03/07	Pat Rourk
02/09	Chris Baughan	03/08	Ginny Munoz
02/10	Powell Johann	03/08	Dariussh Babollahzadeh
02/10	Annette S. Woolwine	03/12	Noah Romano
02/10	Waylon Thirion	03/12	Debbie Grumbine
02/13	Dennis Pinner	03/16	Taylor Adams
02/13	Wesley Fiasco	03/17	Bill White
02/14	Frank Lamb	03/21	Noah Clements
02/16	Darrell Jenkins	03/22	Sharon Ragland
02/17	Mariella Ponce	03/22	Mary Goodman
02/21	Susan Iervolino	03/23	Jim Greenwood
02/26	Stephanie Machalinski	03/23	Caroline Baughan
02/27	Nicole Baroody	03/23	Emmalynn Reid
02/27	Brianna Bailey	03/23	Carolyn Mowery
*		03/25	Ann Watts
		03/26	Dori Clements
		03/27	Sharon Alloway
		03/28	Craig Watt
		03/29	Amberlyn Ponce
		03/29	Ivy Miller
		03/31	Jamie Greenwood
		*	

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



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 cloak@saintmartinschurch.org

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 STAFF

Rector: The Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Mix
Priest Associate: Rev. Jerry Sneary
Monastic Associate: John Ogle
Organist & Choirmaster: Powell Johann

CHURCH OFFICE

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Office Hours

Monday to Friday 10 am-12pm
(it is best to call before you come)

Tue + Wed: Thomas Anthony

Mon, Thu, Fri: Paniz (volunteer)

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

VESTRY

2024	2025	2026
Nancye Greenwood	Linda Fairtile	Krestin Gibson
Mike Shook	Jim Moss	Garland Harwood
Betty Horne	Sallie Bright	Bill White

Senior Warden: Betty Horne
Junior Warden: Garland Harwood

Clerk:
Treasurer: N'neka Logan (interim)
Assistant Treasurer: Mike Fiasco
Cloak Editor: Christa Burr / Ashley Borders



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