

The beautiful altar decorated for Easter

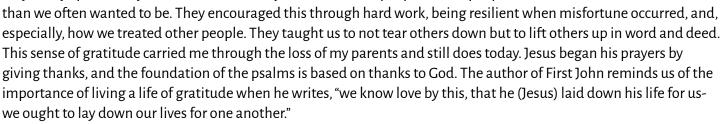
Contents:

- 2 ~ Father Lee's Message
- 3 ~ What and When
- 4 ~ Words from Rev. Dr. Sandi
- 5 ~ Outreach Update / Lamb's Basket
- 6 ~ EYC Update / Baptism Gavin Jackson 14 ~ Holy Saturday Easter Vigil
- 7 ~ ECW Update / Finance Committee Report / Memorial Garden photos
- 8 ~ Bible Study / Fun Facts
- 9-10 ~ Parish Nurse
- 11 ~ Bunco / Ice Cream Social
- 12 ~ The Burr's Travel Observations
- 13 ~ Good Friday
- 15-18 ~ Easter Sunday
- 19 ~ Birthdays + Anniversaries

Father Lee Hutchson

"...Giving thanks to God the father at all times and for everything in the name of our lord and savior Jesus Christ." Ephesians 5:20

Selling my childhood home after my parents died was a very emotional event. Over 40 years of memories had occurred in that house. The night before I handed over the keys to the new owner, I sat down in the last piece of furniture in the house, a dining room chair. I reflected on the past, sobbing and feeling pity for what I had lost. After a while I was filled with an overwhelming sense of gratitude. I found myself repeatedly saying thank you to my parents and to God, for the life lived in that house had been such a blessing. My parents were loving and supporting, but they always pushed my brother, sister, and myself to be better people, better people



The Roman philosopher Cicero wrote that Gratitude was not just the greatest of the virtues by which one would live their life, but also the mother of the 4 cardinal virtues of Prudence, Justice, Courage, and Temperance. To these virtues Christianity added the 3 spiritual virtues of Faith, Hope, and Charity. Research has quantified the importance of living a life of gratitude. Gratitude stimulates the reward center of the brain. People who score high in gratitude are more resilient in crisis and more generous and patient with others, and families which focus on gratitude handle crisis better.

The practice of gratitude allows you to determine a course of action more clearly in life. It allows you to be fairer, to have the courage to face hardship without being intimidated, and to better control your feelings.

If you want to improve your ability to practice gratitude, which is a way of life and not just a feeling, the author Arthur Brooks says you need to make a list of the 5 things you are most grateful for and spend 1 minute a day reflecting on each item. After a week, update your list if necessary. After 1 month most people find they are more grateful for not only their life but for the lives of others.

Fin. Nee



In a continuation from April's Cloak, here are two more motivational posters in a St. Martin's classroom.





What and When

After Wednesday Service Social First Wednesday of the month (May 1) come and gather with us for a light brunch

Bible Study Note No Bible Study on 4/30, 5/1, 5/14, or 5/15

> **Bridge Calendar** May 3, 9, 17, 23, 31 at 10 am

> **EYC Meeting** Sunday May 5 (see page 6)

> > **Ascension Day** Thursday May 9

ECW Meeting Saturday May 11 at 9am (see page 7)

Men's Breakfast

Saturday May 11 at 9 am @ Shorty's Diner (Libbie Place Mall/5625 West Broad St.) all men welcome to join us

Ice Cream Social Saturday May 11 from 1:30 - 3:30 pm (see page 11)

> **Mother's Day** Sunday May 12

St. Martin's Project Saturday May 18 at 9:30 am - White Team

> **Pentacost** Sunday May 19

WE (West End) Quilters Tuesday May 21 at 10 am all interested in quilting are welcome

> **Vestry Meeting** Tuesday May 28 at 7 pm

> > **Cloak Deadline** Monday May 20

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 | 10am or | |
| | Wednesday | 7pm | |
| Holy Eucharist | Wednesday* | 10 am | |
| Yoga Stretch (\$3) | Thursday | 1 pm | |
| Sr. Choir Practice | Thursday | 7 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 |





Words from Rev. Dr. Sandra Levy-Mix

"Getting Older Together!: And Making the Right Choices"[1]

Well that's the topic of this Cloak piece. Getting older or put more succinctly, aging. Seven months ago, The New York Times devoted their whole Sunday's editorial section to that subject. Titled "An Aging America Needs an Honest Conversation about Growing Old" (See photo) it describes our current situation in this country. Not just this country, in fact, but across the world. But here is where we live, and so that is where the editors start.

Although we may think of ourselves as a young nation, "thanks to falling birthrates, longer life expectancy and the graying of the baby boomer cohort (this writer raises her hand!), our society is being transformed." An average of 10,000 boomers turn 65 each day. They continue:



This is a demographic change that will affect every part of society. Already, in about half the country, there are more people dying than being born, even as more Americans are living into their 80s, 90s and beyond...By 2034, there will be more Americans past retirement age than there are children...This shift has major implications. A drop in the working-age population typically means labor shortages, productivity declines and slower economic growth...Neither Social Security or Medicare were designed to handle the new demographic reality.

The editors point out that every one of us is facing or will face deeply personal issues, such as where and how we will spend our last years of our lives. Or the last years of loved ones who need help now. The rest of the entire editorial section describes products and services that are emerging to assist seniors in adjusting their homes and their lives for aging. Questions need to be faced like who will care for the elderly, how should cities be designed in terms of lighting and sidewalk safety and how can businesses adapt to this demographic change.

But folks, the sad fact is that you and I are part of nature, and there are inherent limits to our flourishing life in any case. We will go the way of all flesh, as they say. But what sets us apart from the rest of nature (like the flower in your garden or the cat or dog at your feet), is that you and I know that we'll end. And as I said in my last sermon preached at St. Martin's, we can make choices about how we're going to live the one life we have here on earth.

My final point here is this: The sad fact of physical evil--sickness and death–can crush, but it need not. Moral evil, on the other hand, choosing evil over good, choosing hate over love, embracing evil and calling it good, destroys you utterly, destroys your very humanity.

So yes–questions like where are you going to spend your final days have to be considered. But more importantly, how are you going to live out this one precious life you've been given? That is the ultimate choice we face.

And let us pray we choose the good.

^[1]1. For a fuller treatment of this topic, see my latest blog posted on my website at <u>www.sandralevy.net</u>

Outreach Committee

- Jean Rollins



Thanks to everyone at St. Martin's and also to the Metropolitan Women's Club for the tremendous outpour of support that the Outreach Ministry received in asking for pillows to be donated to the four shelters that we help

with lunches during the year. We received a total of 95 pillows, and when the staffs at the shelters saw us bring them in, they were ecstatic. Several of the shelters give these pillows to the residents when they

leave the shelter, and thus they need new ones each time a new resident comes into the shelter. Other shelters use these pillows over and over again, and thus are excited when brand new pillows come into their doors. One of the resident's said that he couldn't wait to get his new pillow.



On another note, I have been the Outreach Chairperson for a number of years and have certainly received a lot of rewards from this Ministry. Thank you so much for the help that I have received from the committee of Nancy Fleming, Sharon Ragland, and Ann Watts for all of those years and for Martha Sneary in the past year. Members of St. Martin's have been wonderful in supporting the number of projects and events that we have had. Thank you so much!

Martha Sneary has graciously said that she would be the new Chairperson starting on May the 1st. Thank you so much, Martha, and thank you for those on the committee and the parishioners of St. Martin's for continuing to support this very important ministry of helping those in need.

| Lamb's Basket | Exciting |
|-----------------------------|----------|
| News | |
| Thanks to the efforts of so | 795 |
| many at St. Martin's, we | 2th |
| | |

delivered **52** pounds of food to the Lamb's Basket in April!!



Please keep the donations coming. Every item makes a difference. The following items are the most needed:

Canned - soups, potatoes, fruits of all kinds, mixed vegetables, peas, carrots, and pet food.

May-Flower

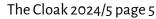
Pink, small, and punctual, Aromatic, low, Covert in April, Candid in May,

Dear to the moss. Known by the knoll, Next to the robin In every human soul.

Bold little beauty, Bedecked with thee, Nature forswears Antiquity.

By: Emily Dickinson





EYC Update - Sallie Bright

Thanks to all the youth who came at 9 a.m. on Easter morning to hide the eggs for the Easter Egg Hunt. The children's baskets were overflowing! Thanks to all who donated eggs and candy for the children.

On May 5th, the youth will have lunch at church, and afterwards, go to Bogey's Sports Park for an afternoon of fellowship. Thank you Layne and Karen for fixing the food - it is always delicious!

Thank you St. Martin's for all your support!

Baptism - Sunday April 14

We welcome

Gavin Constantino Jackson



















ECW Update - Martha Sneary

We will have a meeting on May 11 at 9 am with a potluck breakfast and a special speaker.

Our meeting will begin with breakfast at 9 am. Around 9:30 am Katherine Moore, the Administrative Director for Safe Harbor, will speak. All women of the church (friends or members) are welcome to join us!

Finance Committee Report

| Financial Highlights 2024 | End of February | MTD March | YTD end of March |
|---------------------------------|--------------------|--------------|------------------------|
| Income | \$35,545.42 | \$17,629.39 | \$53,174.81 |
| Expenses | -\$40,470.26 | -\$27,629.48 | -\$68,099.74 |
| Gain or Loss | -\$4,924.84 | -\$10,000.09 | -\$14,924.93 |

Kroger Rewards: no update for this year



- Garland Harwood

The March YTD numbers reflect an adjustment to the month of February. \$11,000 was donated in memory of 2 parishioners that recently passed away and it was counted as loose plate offerings. The Vestry subsequently decided at their March meeting that the funds should be moved from our Profit & Loss Statement and placed in the Memorial J-23 account where it could be used to fund Church projects near and dear to the hearts of the deceased parishioners as opposed to paying for the day to day expenses of the Church. Please feel free to contact me if you have any questions.

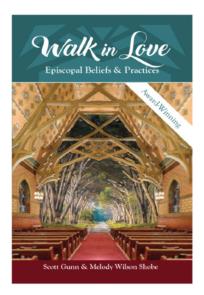


Our serene memorial garden in bloom!





Bible Study



Our current Bible Study began in April and is based on the book, <u>Walk in Love: Episcopal Beliefs &</u> <u>Practices</u>. It is written by two Episcopal priests, Scott Gunn and Melody Wilson Shobe, who guide the reader through a variety of elements of our faith,



such as The Book of Common Prayer, the liturgical year, the sacraments of the church, habits of daily prayer, and the teachings of Anglican Christianity.

One attendee recently said, "All participants are very excited about this Study. The Book is a very interesting easy read."



All are welcome. Meetings are Tuesdays at 10 am -or- Wednesdays at 7 pm. May dates are:

- Tuesday May 7th or Wednesday May 8th
- Tuesday May 21st or Wednesday May 22nd
- Tuesday May 28th or Wednesday May 29th



Did you know . . .

that more U.S. presidents have been Episcopalian than any other Christian denomination? 11 total. See if you can name them (and find them, as your editor has nestled them somewhere in this edition).

Just a few of the many famous Episcopalians:

Charles Darwin Margaret Mead Buzz Aldrin Julie Andrews Katie Couric Duke Ellington Sojourner Truth Tom Hanks Sandra Day O'Conner Mike Myers Florence Nightingale John Steinbeck



Parish Nurse by Betty Horne

May is Mental Health Awareness Month

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, National Alliance on Mental Illness (NAMI) actively participates in the national movement dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

Mental illness is a condition that affects a person's thoughts, feelings, behavior or mood. These conditions deeply impact day-to-day living and the ability to relate to others. If you think you might have a mental illness, just know that you are not alone. Mental health conditions are far more common, mainly because people don't like to, or are scared to talk about them. Mental illness does not mean that you are broken or that you or your family did something wrong. Many people recover, leading meaningful lives at work, at school or in the community. Early treatment plays a strong role in the recovery process.

In the US, approximately:

- 1 in 5 adults experience mental illness each year,
- 1 in 20 adults experience serious mental illness each year,

- 1 in 6 youth 6-17 years old experience a mental health disorder,
- 50% of all lifetime illness begins by age 14 and
- 75% by age 24. •

Research suggests multiple linking causes. These include genetics, environment, lifestyle, stressful job, stress at home or traumatic life events. Biochemical processes and circuits and basic brain structure may also play a role.

Mental illness encompasses several conditions including:

- Anxiety disorders •
- Attention Deficit Hyperactivity Disorder (ADHD)
- **Bipolar** disorder
- Borderline personality disorder •
- Depression •
- Eating disorder
- Posttraumatic stress disorder (PTSD) •
- **Psychosis** •
- Schizoaffective disorder
- Schizophrenia
- Obsessive compulsive disorder (OCD)

It's not always easy to tell the difference between expected behaviors and signs of mental illness. Each illness has its own symptoms; however, the following are common signs of mental illness in adults and adolescents. They include:

- Excessive worrying or fear •
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning

- Extreme mood changes, uncontrollable highs or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired or low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficult perceiving reality (delusions or hallucinations)
- Inability to perceive changes in one's own feelings, behavior or personality (lack of
- insight)
- Overuse of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes (i.e. headaches, stomach aches, vague
- aches and pains)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can develop in young children. They are often still learning how to identify and talk about thoughts and emotions. Their symptoms are usually behavioral and may include:

- Changes in school performance
- Excessive worry or anxiety, e.g. fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Treatment includes:

- Being followed by mental health professionals
- Psychotherapy
- Getting treatment during a crisis
- Treatment settings
- Medication
- Psychosocial treatments
- ECT, TMS and other brain stimulation therapies

Where to Get Help

- Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.
- Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.
- Contact the <u>NAMI HelpLine</u> to find out what services and supports are available in your community.
- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat <u>988lifeline.org</u> to reach the 988 Suicide & Crisis Lifeline.

Wishing you good health – body, mind and spirit

Source: Excerpts from NAMI website



Bunco - Friday April 19



Ice Cream Social!!

I scream, You scream, We all scream for Ice Cream!!

Come enjoy ice cream, toppings, live music, and fellowship on:

Saturday, May 11

1:30-3:30 pm



Neither Right nor Wrong! Things you learn when you travel - James & Christa Burr

We just arrived back from our "Iberian Voyage" and are still trying to digest what we saw and experienced. Here are some thoughts.





The inside on the other hand is plainer except for the colorful glass windows. The sun was shining and the colors flooded in. The photo doesn't do it justice.

One question our guide asked though has stuck with me, and I have to ponder it. Pointing to the Nativity she asked,

Our trip started with a few days in Barcelona. The **La Sagrada Familia** of course is a must, designed by Antoni Gaudi. It was started 1882 and is still not finished. You have to buy your tickets way in advance. Gaudi wanted to tell the story of Jesus in detail and that is what you can see on the outside. Even those who can't read will understand Jesus' story.





"Through which body part did baby Jesus enter the Virgin Mary?" The answer is: "through the ear!" God's word made it happen. So simple.

And then, on one of our last days in Lisbon, this church was shown to us:



Igreja de São Roque, one of the first Jesuit churches anywhere. Here the idea was that the outside needed to be plain but the inside needed to be as beautiful as possible. And it was incredibly elaborate. Each side chapel different with carvings and marble inlay. The church was supposed to be a model for a person: plain outside and beautiful inside. So, which is the right way?

Then there was another learning moment. We had an optional to **Fatima,** a pilgrimage site of the catholic church. We didn't quite understand and neither did our two catholic travel companions. I just wrote about it in my blog.

Holy Week Events ... Good Friday - Friday March 29

The Stations of the Cross is a prayerful devotion recalling the series of events leading up to Jesus' crucifixion and burial. There are 14 stations, and the practice of visiting and praying in front of each one stems from the practice of early Christian pilgrims who visited the locations of the actual events. One of the most powerful times of the year to pray the Stations of the Cross is during Holy Week, especially on Good Friday. That is exactly what many of our members did this year, as they walked the Stations in a prayer service in our lovely garden.

Of the 14 stations, eight correspond to events found in the Bible and six are based on inferences from the Gospels or from pious tradition. The stations are:

- 1. Jesus is condemned to death
- 2. Jesus takes up his cross
- 3. Jesus falls for the first time
- 4. Jesus meets his mother
- 5. Simon of Cyrene helps Jesus carry the cross
- 6. A woman wipes the face of Jesus
- 7. Jesus falls a second time





- 8. Jesus meets the women of Jerusalem
- 9. Jesus falls a third time
- 10. Jesus is stripped of his garments
- 11. Jesus is nailed to the cross
- 12. Jesus dies on the cross
- 13. Jesus is taken down from the cross
- 14. Jesus is laid in the tomb





Holy Saturday Easter Vigil - Saturday March 30



The Light of Christ returns to the Church.





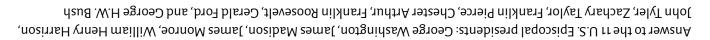


Thank you to Kim and Jessica Shook for preparing the chocolate dipped goodies for the first Easter celebration after!

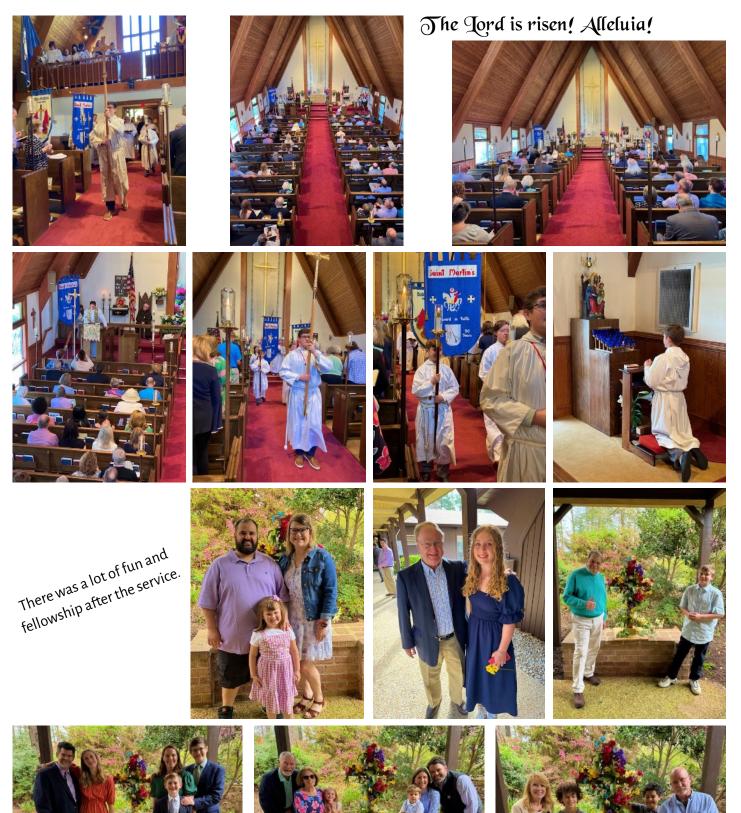








Easter Sunday - March 31



The Cloak 2024/5 page 15

Easter Sunday continued ... on next page

Easter Sunday continued ... from previous page























The Cloak 2024/5 page 16



Easter Sunday continued ... on next page

Easter Sunday continued ... from previous page

















The Cloak 2024/5 page 17

Easter Sunday continued ... on next page

Easter Sunday continued ... from previous page

The annual Easter egg hunt also followed the service. So many eggs! So much fun!



























The Cloak 2024/5 page 18

The 2 finders of the silver eggs! They are holding their Easter Alleluia lamb prizes made by Amy Bailey.





| * | | * | | * | |
|-------|-----------------------|-------|---------------------|------------|-------------------------|
| 05/05 | Jerry Sneary | 06/03 | Carrilynn Sykes | 05/01 | Wayne & Alison Potter |
| 05/07 | Carl McAllister | 06/08 | Glenn Gibson | 05/15/2009 | Layne & Karen Hood |
| 05/08 | Charlotte Lai | 06/08 | Julie Hall | 05/15/1974 | Christine & Craig Watt |
| 05/09 | Beth Miller | 06/08 | Lauren Murphy | 05/19/2001 | N'neka & James Logan |
| 05/09 | Mike Miller | 06/09 | Melinda Jenkins | 05/21/1994 | Carl & Vicki Newcomb |
| 05/14 | Phyllis Berkle | 06/10 | Cindy Adams | 05/28 | Jim & Nancye Greenwood |
| 05/15 | Lucas Verlander | 06/13 | Jenny Richardson | 05/28/2011 | Megan & Bo Greenwood |
| 05/17 | Harrison Alloway | 06/14 | Caroline Echevarria | 05/30/1992 | Glen & Stephanie Dupaul |
| 05/18 | Daniz Babollahzadeh | 06/15 | Janice Carpi | * | |
| 05/19 | Ben Verlander | 06/15 | Sally Tucker | * | |
| 05/21 | Titilayo Akinfolajimi | 06/15 | Lillian Thirion | 06/02/2001 | Walter & Stacey Hartman |
| 05/21 | Shannon Weaver | 06/17 | Diana Armstrong | 06/02/2007 | Glenn & Erin Sprouse |
| 05/21 | Stephen Harlow | 06/17 | Barbara Campeau | 06/06/2015 | Joe & Dianne Lamb |
| 05/23 | Julie Crews | 06/17 | Max Barritt | 06/06/2009 | Beth & Mike Miller |
| 05/24 | Keith Borders | 06/18 | Gregory Echevarria | 06/11/1977 | Vicki & Dennis Pinner |
| 05/27 | Kerry Alloway | 06/21 | Garland Harwood | 06/12/1976 | Mary & Jim Moss |
| 05/29 | Steve Row | 06/21 | Maddie Alloway | 06/17/1995 | Martha & Jerry Sneary |
| 05/31 | Jim Hughson | 06/22 | Golnaz Modarres | 06/24/2000 | Anne & Kyle Stephenson |
| * | | 06/27 | Sean Cooper | 06/26/1976 | Stephen & Jody Harlow |
| | | 06/29 | Kim Fiasco | | |
| | | | | | |

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 registrar@saintmartinschurch.org. (We like to know the year too but only for demographic purposes. Birth years are sometimes published for children only.)

*

We would like to say a prayer for you too on your special day.

*

registrar@saintmartinschurch.org

Please send any changes to do with the directory like the portrait photos, addresses, emails, telephone/cell phone numbers, birthdays and anniversaries to the above address as well.

Also, if you are a newcomer, please don't hesitate to let us know if you would like to get the weekly email and/or The Cloak.

Your help is greatly appreciated.



| ST. MARTIN'S STAFF Rector: Priest Associate: Priest Associate: Monastic Associate: | The Rev. Lee A. Hutchson Rev. Dr. Sandra Levy-Mix Rev. Jerry Sneary John Ogle | Trustee Emeritus: Trustees: VESTRY | Robert I. Kirby, Kerry Alloway, Garland Harwood & Jim Greenwood | |
|--|--|---|--|--|
| Organist & Choirmaster: CHURCH OFFICE (804) 270-6786 (Phone) E-mail: <u>office@saintmart</u> Website: <u>https://saintma</u> | inschurch.org | 2024 Nancye Greenwood Mike Shook Betty Horne Senior Warden: Junior Warden: | 2025 Linda Fairtile Jim Moss Sallie Bright Betty Horne Garland Harwood | 2026 Krestin Gibson Garland Harwood Bill White |
| Office Hours Monday to Friday 10 (it is best to call befor Tue + Wed: Thomas A Mon, Thu, Fri: Paniz (volu | nthony | Clerk: Treasurer: Assistant Treasurer: Cloak Editor: | N'neka Logan (interim) Mike Fiasco Christa Burr / Ashley Borders | |



St. Martin's Episcopal Church

9000 St. Martins Lane · Richmond, VA 23294 804-270-6786 (tel) · 804-270-3286 (fax) Website: <u>https://saintmartinschurch.org</u> E-mail: <u>office@saintmartinschurch.org</u>

To submit articles or ideas for The Cloak, email: cloak@saintmartinschurch.org