



The Cloak



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



Photo from
the Wonderful
Christmas
Pageant

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Father Lee Hutchison

John writes that the reason he wrote the words of his Gospel was that “you might come to believe that Jesus is the Christ, the Son of God, and that in believing you might have life in his name.” In other words, John hoped to inspire faith and provide a purpose for living in the life of the readers of his book.

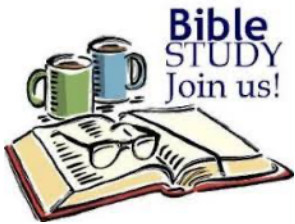
Scripture uses other metaphors to describe the purpose or power found in God's word. Scripture is described as a Rock that when known keeps a person from cracking under pressure. God's word is like an anchor which keeps the believer grounded amidst the storms of life. The word of God is described as a seed which when planted into a person's heart grows and blossoms into holiness deep within a person's heart. One of the characteristics you and I share with God is that we can speak. Genesis tells us that God brought order out the person's primordial chaos by using words to speak creation into existence. You and I can share in the ordering of creation by using our words to reflect God's love and grace into our world.

Ask yourself what kind of love you could speak into your marriage in the new year? Think of the courage you can speak into the heart of an anxious child or the peace you could speak into a broken relationship.

As we begin a new year, let the words of God nurture your faith that you may be a living witness in word and deed of God's Grace and Love.



Fr. Lee



**Bible
STUDY**
Join us!

Don't miss it!
Bible Study
Resuming January 14 and 15
Tuesdays at 10 am -or- Wednesdays at 7 pm
Walk in Love: Episcopal Beliefs & Practices

Lamb's Basket Update . . .




Thanks to the efforts of so many in our congregation, we delivered **52 pounds** of food to the Lamb's Basket in November!!

Please keep the donations coming. Every item helps, and we are making a difference. The following items are the most needed:

CANNED soups, potatoes, fruits of all kinds, mixed vegetables, peas, carrots, and pet food. Glass containers, like mayonnaise, salad dressings, and items in clear bottles are also accepted.

What and When

January

<p>After Wednesday Service Social First Wednesday of the month (Jan. 1) come and gather with us for a light brunch</p>
<p>Social Bridge Thursday January 2, 9, 23, 30 at 10am (Note: no Bridge on 1/16)</p>
<p>Feast of Lights & Burning of the Greens Saturday January 4 at 7pm</p>
 <p>Sunday Service with Bishop Stevenson Sunday January 5 at 10am service</p>
<p>ECW Meeting Saturday January 11 at 10am (see page 4)</p>
<p>Men's Breakfast Saturday January 11 at 9am @ Shorty's Diner all men welcome to join us</p>
<p>Bible Study Tuesday January 14, 21, 28 at 10am & Wednesday January 15, 22, 29 at 7pm</p>
<p>GriefShare Support Group Tuesday January 14, 21, 28 from 6:30-8:30pm</p>
<p>Vestry Meeting Tuesday January 14 at 7pm</p>
<p>St. Martin's Project Saturday January 18 at 9:30am - Red Team</p>
<p>Cloak Deadline Monday January 20</p>
<p>Note: Yoga Stretch No class on Thursday January 2 or 30</p>

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
Choir Practice	Thursday	7pm
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	1 st Wednesday	after 10 am service
ECW	2 nd Saturday	9 am
Men's Breakfast	2 nd Saturday	9 am
St. Martin's Project	3 rd Saturday	9:30 am



Important: Only church dates/events are listed in this calendar but our Lord's building is used by other groups. If you are scheduling an event for your group please consult with the large calendar in the copy room or the church office first.

ECW Update - Christa Burr

The December meeting took place at the regular scheduled time on December 14 at 9 am. Breakfast was provided this time because it is was our Christmas Party.



First we enjoyed the breakfast and Betty's punch. Martha had prepared a trivia for us all and the two winners took home the two centerpieces.



Carolyn led us in singing Christmas carols which was enjoyed by all.



Our gift giving was similar to last year with ingathering of warm hats, gloves and socks. We brought them in a gift bag and sat in the round. Father Lee read one of the "Right Left" stories again. Unfortunately I forgot to take a photo of the pile which was going to the 4 shelters St. Martin's supports. What is better than having fun with friends and doing a good deed at the same time.

Our next meeting is scheduled for **Saturday January 11, 2025 but for 10 am** (Attention: time change) at the house of Christa Burr (Attention: place change). We will have a light brunch (provided) until 10:30 am. Afterwards Christa will lead a discussion about what she and James learned on their trip to Israel. The Christmas story becomes really clear when you know customs, real meaning of translations, etc., etc. You might also enjoy Christa's collection of nativities from their travels.

Please, let Christa know that you are coming by Thursday January 9 ... kygerman@hotmail.com
She will email you on Friday her address and how to get into the 55+ community they are living in.



Parish Nurse by Betty Horne

January: Dealing with the Post Holiday or Winter Blues

Some of us look forward to a good snowfall with thoughts of skiing, ice skating, or snowball fights.



Others, however, look at this time of year as long, dark days, dreary skies and weather that keep you indoors. These people suffer from what is called the “winter blues.”

There are very real, physical reasons why about 25 million

Americans suffer from the winter blues each year.

Causes of winter blues include:

- Lack of light
- Decrease in Vitamin D levels
- Increase in melatonin
- Changes in your Circadian Rhythm
- Low production of serotonin

Signs and symptoms include:

- Being irritable, tense or moody
- Bored and restless
- Craving sweets, comfort foods and eating more than normal
- Feeling cooped up or stir crazy
- Lethargic
- Sad or down
- Sleeping more than usual
- Having trouble concentrating

The following remedies may help:

Get some sunlight! When we don't get enough of it, our moods and physical health often suffer. Your

serotonin levels (the hormone associated with elevating your mood) rise when you are exposed to bright light. You may have experienced a “light” uplifting feeling after spending some time on a sunny beach. On the other hand, the sleep hormone melatonin also rises when it gets dark outside. This may make you feel tired when it begins to get dark outside, even at 4:00 pm during the winter months. Studies have shown that light therapy or phototherapy, works to relieve the symptoms of the winter blues better than antidepressant drugs. Specialized indoor lighting or bright colors in your surroundings may help. Simply opening your blinds or draperies to allow sunlight in may help. Making a trip to a sunny location and spending some time in the sun during the winter months would likely improve your mood.

Vitamin D

This vitamin is produced in your body with exposure from the sun. This is also linked to higher levels of serotonin. Getting plenty of sunlight over the summer helps your body to maintain higher vitamin D levels in the winter, as well as higher levels of serotonin.

Exercise

Exercise is a natural mood booster. It has also been found to work better than antidepressant drugs to relieve depressive symptoms. Getting out for a brisk walk or heading to the gym for a 30 minute workout will do wonders for your mood and benefit your body as well. Choose an exercise that fits your personality and fitness level. Dancing, kickboxing and yoga are other



activities you can do. Exercise will also boost your immune system. This may mean that you are less likely to come down with a cold or flu.

Resist Comfort Food Cravings

You may be tempted to crave “comfort” foods. These have little nutritional value but tend to add on pounds. Stock your pantry with healthy food choices. Fresh fruits and vegetables are an excellent alternative. Eat foods that are low in fats, salt and sugars. Sweets tend to give you a sugar high with the sugar crash soon to follow.

Sleep

If you feel tired when the sun sets, listen to your body.



Most of us stay up much later than our bodies would like, (as much as 6 hours or more) which tends to impair the adrenal glands and the immune system. A

sound night's sleep can do wonders for your mood and will help you to feel ready to take on a new day, in the morning.

Change Your Routine

Sometimes making small changes in your life is a great way to pull yourself out of the blues. The following are some simple ideas that can make a big difference in your mood and can brighten your day.

- Add some new decorations in your home
- Treat yourself to a massage or warm bubble bath
- Try some aromatherapy
- Prepare a special meal for your family or significant other
- Listen to a favorite music or relaxation CD
- Pamper yourself with a day of healthy food, good books and other favorite activities
- Start a journal to reflect on your emotions or day's activities
- Call an old friend
- Surround yourself with folks who are positive in their outlook
- Give yourself permission to excuse yourself from situations that drain your energy or mood
- Enjoy some comedy
- Organize your living space (clearing clutter can be calming for your mind)

Wishing you God's richest blessings for the New Year

Finance Committee Report

- Garland Harwood

Kroger Rewards:
no update for this year

Financial Highlights 2024	YTD end of October	MTD November	YTD end of November
Income	\$181,253.90	\$19,475.21	\$200,729.11
Expenses	-\$201,555.95	-\$16,169.07	-\$217,725.02
Gain or Loss	-\$20,302.05	\$3,306.14	-\$16,995.91

Welcome Deacon Dawn McNamara

Please welcome The Reverend Dawn McNamara, Deacon to St. Martin's. She has been assigned to our parish by Bishop Stevenson. On Sundays she will read the Gospel, preach on occasion, set the table if Friar John is absent, and do the dismissal. She will also help with outreach.



Some words from Deacon Dawn:

Hello St. Martin's Family,

Originally from North Carolina, I have lived in Virginia since 1974. I graduated from Longwood University in 1987 with a degree in Social Work. My career has focused primarily on nursing homes and hospitals. I am currently a case manager at Johnston-Willis Hospital.

I was ordained an Episcopal deacon in 2022 and served at St. James the Less in Ashland until September 2024. I also work with *A Servant's Heart Ministry* providing to those unhoused in the City of Richmond. I am a founding board member of Circles RVA (seeing to promote relationships & resources to those seeking to move from surviving to thriving in the City of Richmond).

My husband Dan and I live in Richmond with our son, Thomas, who is currently a computer science major at Virginia Tech.

Dan is currently a member of Grace and Holy Trinity where we were married in 2001. He serves in various ministries and will continue to worship there.

When I came to visit a few weeks ago I was touched by your warmness and welcome. I look forward to what lies ahead.

I am so excited to join the St. Martin's family and continue to live and learn what it means to live out mine and your baptismal vows in a world crying out for love and mercy.

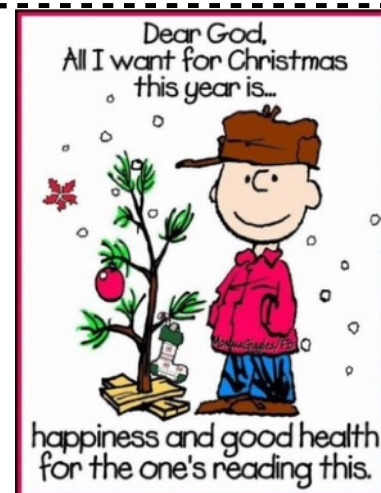
In Christ,
Dawn+, The Reverend Dawn McNamara, Deacon

Condolences!

Linda and Harold Nelson
at the death of Harold's cousin

Craig Nelson

Pray the Departed and his family.



Seen on
Facebook

2027 Vestry Member Bios



Rick Gibbs

I have been a lifelong Episcopalian, baptized and confirmed at St. Matthew's Church in Richmond, VA. Throughout my journey in the Episcopal Church, I have been deeply committed to serving both my local parish and the broader church community.

At St. Martin's, I have been actively involved in supporting our pastoral care efforts and have enjoyed working alongside our youth group. I have had the privilege of accompanying our youth on several service trips, which have been transformative experiences for both them and me.

In addition to my service at St. Martin's, I have served twice as President of the West Richmond Region of the Episcopal Church Diocese of Virginia, which has deepened my understanding of the broader mission of the Church and how we can best support one another.

I studied at Virginia Commonwealth University (VCU), and, as a lifelong Tar Heel fan, I continue to enjoy following my alma mater's sports teams. I am also an avid Richmond Flying Squirrels Fan. I am honored to have the opportunity to serve the St. Martin's family on the vestry, and I look forward to contributing to the life of our church in the coming year.

Joe B. Lamb, Jr.

After serving in the Army for 30 years, I retired and re-entered the legal profession. I practiced in a small law firm from June 2002 until June 2006 when I opened my own office. I semi-retired in 2020, about the time of Covid, and only work on a few "select" matters. I started attending St. Martin's in November 1984 and transferred my membership from Grace Church in Alexandria to St. Martin's in early 1985. During my time at St. Martin's I have been involved in several different activities, ministries. I have been Chairman of the Stewardship Committee, served on the Endowment Committee for several years, ushered for several years, served on the vestry, been a lay reader since 2001, and have been conducting weekly compline services since the program began in 2020. My goal is to see St. Martin's grow and thrive while retaining its family orientation.

Elaine Markey

I am a Virginia native, growing up in Mechanicsville as a member of St. John's Catholic Church. My late husband, Michael, introduced me to the Episcopal church in 2001. It was the perfect fit! I was confirmed in 2015 at Grace Episcopal Church in Goochland, where I sang in the choir and led the ECW. In 2023, my cat, Brian, and I moved to Short Pump. I began attending services at St. Martin's, joined the choir, and have enjoyed becoming a part of our community. I have been with Capital One for 34 years, focused on payment transaction processing/technology, risk management, and compliance. In addition to my work, I enjoy spending time with family and friends, have a passion for music and baking, and recently completed a yoga teacher certification program. As a vestry member, I will strive to use my experience in a way that helps support, preserve, and grow our church.



Outreach Committee - Martha Sneary

The Outreach Committee has been very busy this holiday season. In addition to the making and delivery of 130 meals to the four shelters for St. Martins project, we also took multiple bags full of warm hats, gloves, and socks to each of them thanks to the generosity of our members. They were so grateful for these!!

The Angel Tree project was amazing again this year with so many wonderful things for the children! We met parents in tears and who expressed appreciation for the assistance we provided to them.

One person sent this message on Christmas morning which goes to all of you:

"Merry Christmas 🥰✝️🎄👴 thank you for all of the work you put in this year making a difference in the community and a special day for the children. God Bless you."

*St. Martin's
2024 Angel
Tree before
(left) and after
(right) all of
the needs were
met!*



A Note from Christa

Dear St. Martin's Family!

First of all I want to THANK **Ashley Borders** for stepping up to become the lead editor of the Cloak and doing such a great job for several months already. After almost countless issues since July 2015 it is time for somebody younger and with a fresh view to take the helm. I am so happy and grateful that Ashley came forward and volunteered.



That said, I also want to remind you that it is YOUR church newsletter. It only can be good with your information. Please support Ashley as much as possible to mail information, dates and articles about future events, articles and photos from "happened" events to cloak@saintmartinschurch.org. Only if we let our church family members know about future events can we expect attendance and participation. Articles and photos about regular occurring events might peek somebody's interest in trying it out. Please, help Ashley by observing the deadline of the 20th each month.

Wishing you lots of Blessings in the New Year 2025.
Christa

Breakfast before Christmas Pageant

Sunday December 8



Thank you to all who provided the Breakfast for the children.



Christmas Pageant Sunday December 8



Thank you to our youth Addison, James and William Sykes reading the lesson.



Caroling

- Third Sunday of Advent December 15

Members of St. Martin's would visit 5 of our shut-in members to bring a little Christmas cheer to them. You don't have to be a choir member to participate. A large "party" van was rented to accommodate all.



First stop.



Second stop.



Third stop.



Caroling continued... from previous page



Fourth stop.



Fifth stop.



Chrismon Workshop - Saturday December 14



Thank you to Marci, Deacon Dawn, Brianna and her friend, and Betty for coming to the Chrismon workshop to each make a large Chi Rho for the church tree to be hung for years to come.



When we were finished we went and placed them on the tree (Dawn is holding mine while I am attempting a selfie). Betty had to leave early, finished it at home and hung it the next morning before church.

Christmas Preparations

Bob Barritt hard at work preparing our outdoor decorations!



Christmas Eve

- Tuesday December 25





*
 01/04 Tony Romano
 01/06 Chris Smack
 01/08 Carol Roseme
 01/09 Martha Murphy
 01/10 Greg Echevarria
 01/11 Betsy Crowell
 01/12 Madison Britton
 01/17 Bob Kirby
 01/22 Thomas Verlander
 01/24 Jill Grumbine
 01/27 James Sykes
 01/27 Addison Sykes
 01/27 Jessica Shook
 01/29 Millie Lindsey
 01/30 Taylor Hood
 01/31 Sharon Lindsey
 01/31 Frederick Schlag
 *

*
 02/01 Scott Alloway
 02/06 Elaine Jacobson
 02/09 Thomas Anthony
 02/09 Chris Baughan
 02/10 Powell Johann
 02/10 Waylon Thirion
 02/10 Annette S. Woolwine
 02/13 Dennis Pinner
 02/13 Wesley Fiasco
 02/16 Darrell Jenkins
 02/17 Mariella Ponce
 02/21 Susan Iervolino
 02/23 Simon Rowley
 02/26 Stephanie Machalinski
 02/27 Brianna Bailey
 *



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.

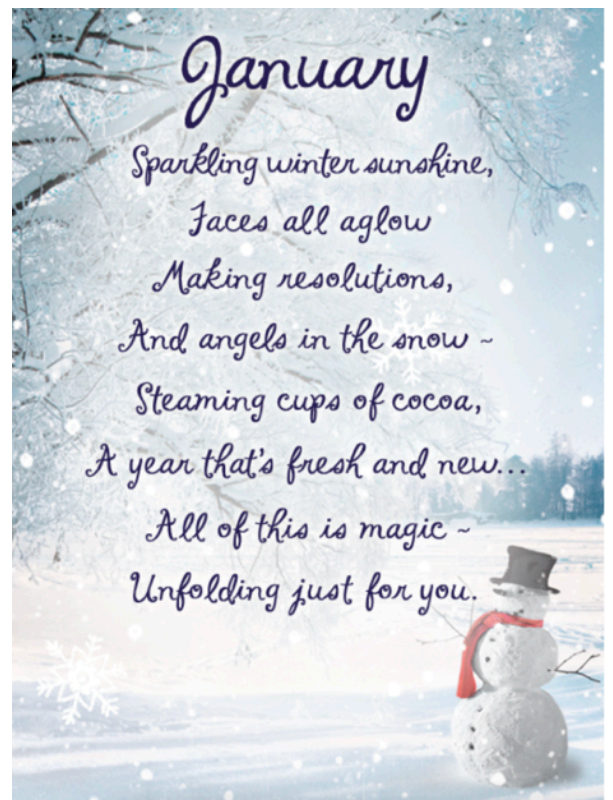
registrar@saintmartinschurch.org

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.

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



*
 01/08/2022 Holden & Hannah Andrews
 *
 *
 02/14/1987 Carl & Sandra McAllister
 *



Author unknown

St. Martin's Yellow Pages

This area is where you can post your service or product to let your fellow St. Martinites know how you can help them, and you can give those who post here your support.



OCEANFRONT BEACH HOUSE FOR RENT

Perfect for a couple or family of 4.

Located directly on the beach in Hatteras Village, NC.
Contact Bob or Max Barritt (h) 270-3862 or (c) 512-4586

For private Piano Lessons

contact

Carolyn Mowery

434-391-4938 (please leave message)

or

clmowery61@hotmail.com



Blessing Box

Stock the Little Free Pantry!

When you have to shop for your food anyway, why not also pick up a few non-perishable items for the "Little Free Pantry" as well.

No glass containers please.
Also, please nothing which could spoil in the summer heat like mayonnaise, dressings, etc.

We are happy to report that the contents of the box is very well used. It is often empty.

Help to keep it filled!



YOU MAKE A DIFFERENCE!

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



Do you need ideas what you could bring for the Lamb's Basket?

You can find the answer for most needed items in most of St. Martin's weeklies.

ST. MARTIN'S STAFF

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

CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)
E-mail: office@saintmartinschurch.org
Website: <https://saintmartinschurch.org>

Office Hours

Tuesdays & Wednesdays 10 am-2 pm

It is best to call the office or Thomas Anthony
(804-944-5620) before you come.

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

VESTRY

2025	2026	2027
Linda Fairtile	Krestin Gibson	Rick Gibbs
Jim Moss	Garland Harwood	Joe Lamb
	Bill White	Elaine Markey

Senior Warden: Elected at January Vestry Meeting
Junior Warden: Elected at January Vestry Meeting

Clerk:

Treasurer: N'neka Logan (interim)

Assistant Treasurer: Mike Fiasco

Cloak Editor: Ashley Borders



St. Martin's Episcopal Church

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

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To submit articles or ideas for The Cloak, email:

cloak@saintmartinschurch.org