



# The Cloak



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



Snow  
lingering in  
our Memorial  
Garden

#### Contents:

2 ~ Father Lee's Message / March Services  
3 ~ What and When / Bible Study  
4-5 ~ Words from Rev. Dr. Sandi  
5 ~ Finance Committee Report  
5 ~ Condolences Gail Echevarria  
6 ~ Metro Richmond Woman's Club  
7 ~ Outreach Committee Report  
7 ~ EYC Pancake Supper  
7 ~ John C. Wallace Scholarship

8-9 ~ ECW Update  
9 ~ Condolences Julie Crews  
10-11 ~ Parish Nurse  
11 ~ Condolences Crandall Thompson  
11 ~ Condolences Robert Beard  
12-14 ~ Super Bowl Party  
14 ~ February Service Photos  
15 ~ Birthdays + Anniversaries  
16 ~ St. Martin's Yellow Pages



# Father Lee Hutchson

## Do Not Get Caught Unprepared for Lent

March 5th marks the beginning of Lent which is less than a week away. Before the day catches you unaware, make a point of sitting down and giving some thought as to how you wish to spend some of your time strengthening your faith. Traditionally extra time in study, prayer, almsgiving, or fasting are ways to strengthen your faith.

Here are several suggestions if you like to read. If you wish to focus on your spiritual life, try "The Spiritual Exercises of Saint Ignatius." If you wish to understand the Bible, better try the "Visual Theology Guide to the Bible." It uses graphics to discuss the main themes of the Bible. If you are looking for fiction the book "Silence" takes place in 17th-century Japan after Christianity had been banned. Two priests return undercover in search of their mentor.

As a parish, we prepare for Lent on March 4th with a pancake supper from 5-6:30 pm.

Service times for Ash Wednesday are 7:30 am, 10 am, and 7 pm. If you sign up for a cinnamon roll, you may pick it up on Tuesday night at the Pancake supper.

May you continue to grow in your faith.



*Fr. Lee*



## Special Services in March

- |                    |  |
|--------------------|--|
| Sunday, March 2    | - Last Sunday after the Epiphany                     |
| Wednesday, March 5 | - Ash Wednesday services at 7:30 am, 10 am, and 7 pm |
| Sunday, March 9    | - First Sunday of Lent                               |
| Sunday, March 16   | - Second Sunday of Lent                              |
| Sunday, March 23   | - Third Sunday of Lent                               |
| Sunday, March 30   | - Fourth Sunday of Lent                              |

# What and When

March

<b>Pancake Supper</b> Tuesday March 4 at 5:30 pm (see page 7)
<b>GriefShare Support Group</b> Tuesday March 4, 11, 18, 25 from 6:30-8:30pm
<b>Ash Wednesday: March 5</b> *No 1st Wed refreshments in observance of Ash Wednesday fasting
<b>Social Bridge</b> Thursday March 6, 13, 27 at 10am (Note: no Bridge on 3/20)
<b>John C. Wallace Scholarship</b> Deadline to apply: March 6 by 5 pm (see page 7)
<b>ECW Meeting</b> Saturday March 8 at 9am (see page 8)
<b>Men's Breakfast</b> Saturday March 8 at 9am @ Shorty's Diner all men welcome to join us
<b>Daylight Savings Time Begins</b> Spring ahead 1 hour: Sunday March 9
<b>Vestry Meeting</b> Tuesday March 11 at 7pm
<b>Yoga Stretch Note</b> No class on Thursday March 13
<b>ECW Lenten Retreat Deadline</b> Friday March 14 (see page 8)
<b>St. Martin's Project</b> Saturday March 15 at 9:30am - Blue Team
<b>WE (West End) Quilters</b> Tuesday March 18 at 10am
<b>Cloak Deadline</b> Thursday March 20

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.

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

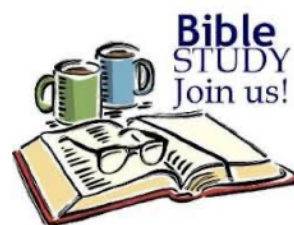
## Regular Weekly Events

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 <sup>nd</sup> Tuesday	7 pm
Midweek Service social	1st Wednesday	after 10 am service
ECW	2 <sup>nd</sup> Saturday	9 am
Men's Breakfast	2 <sup>nd</sup> Saturday	9 am
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am



**Don't miss it!**

### Bible Study

Tuesdays at 10 am -or- Wednesdays at 7 pm

**Walk in Love: Episcopal Beliefs & Practices**

# Words from Rev. Dr. Sandra Levy-Mix

## “Blessings and Woes”<sup>[1]</sup>

If you were present in person or on the internet last Sunday at St Martin's Church, you were suddenly caught up in a bit of drama. We were notified that we were under a tornado warning, and the church cleared out quickly, all of us ushered out to an inside hallway with no windows. And as soon as the all clear was sounded, we all headed back into the church for an abbreviated communion service, but no sermon. (I had preached it at the 8 am service earlier, but no time left for another go at it.)

So here is a short excerpt of it, and if you want to view the whole thing, it is archived on St. Martin's website. It was based on what is known as Jesus' "sermon on the plain" (Luke 6: 1–21) --a hard- hitting description of the news of the day--not just in Jesus' time but also in ours.

“Blessed are you who weep now, who people hate and revile, who mourn, etc.” And, “Woe to you who are rich, you who are full now, you who laugh now, ‘cause you have received your reward.”

Well we've never known what to do with these blessings and woes. But if you look carefully at the language here, I think you'll see that these blessings and woes are not exactly prescriptions--like do this and you'll get that. But really a kind-of description--like our human life, filled with both blessings and woes. And as Jesus tells it, this is who these folks are now, and this is what the future holds for them.



Well that was Jesus' news of the day, and the news then and now always involve certain themes--wars and rumors of war, folks trying to get out of the mess they are in, and hungry, always hungry. Not just all over the world, but right here in Richmond, by the way! Houses without plumbing, in our backyards. Folks like stray cats roaming the streets, sleeping in the Greyhound terminal, till someone kicks 'em out-- with no place to go, no place that belongs to them, no place they belong.

And now, back to Luke, you and I are obliged to love and help them. And if we can find no way to alleviate their suffering, then God have mercy on us all.

See the point of Jesus' sermon on the plain, and Luke's whole Gospel story is that these blessings and woes here are not just for saving the world, but for saving your very own soul. 'Cause the real news of our days-- what we're doing with our lives and what our lives are doing to us--the real news is the news of what you and I are becoming....or failing to become, as the case may be. So I think it's essential to really look at how you and I live out our days, and what we're becoming in the process.

So here's the point. When Jesus commanded us to love and feed and clothe our neighbor, it wasn't just for our neighbor's sake, but for our own sake as well. And you begin to see that the poor, the meek, the mournful are not just folks you can help, but folks who can help you to become human.



Well finally, I think Jesus wanted to tell his listeners and wants still to tell you and me, that we are all the victims of our own way of life. And when we turn a blind eye to the misery of some, by convincing ourselves maybe that they really deserve it, failing to see how our lives are quilted together with all other lives, then we are the losers! Not because of what God will do to us, but because of what we have done to ourselves. And then woe to you and to me.

Last word. The best thing about Luke's story, and without a doubt, the best thing about ours and mine, is that it's not over yet. Over for those in Jesus' day, oh yea! But it's not over for you or for me. All that remains to be seen is how I...how you...will finish it.

Amen.

<sup>[1]</sup>1. This is an excerpt from this past Sunday's sermon given at St. Martin's Episcopal Church, February 16, 2025.

Finance Committee Report

- Garland Harwood

Financial Highlights 2024	End of 2024
Income	\$249,786.33
Expenses	-\$238,618.88
Gain or Loss	\$11,167.45

Financial Highlights 2025	YTD end of	MTD January	YTD end of January
Income	\$0.00	\$18,890.22	\$18,890.22
Expenses	\$0.00	-\$23,630.84	-\$23,630.84
Gain or Loss	\$0.00	-\$4,740.62	-\$4,740.62

Condolences!

to the family and friends of

Gail Echevarria

the mother of Greg Echevarria who passed away on January 23, 2025.

Please keep her family in your prayers.



# Metro Richmond Woman's Club

**Did you know that a local woman's club, Metro Richmond Woman's Club (MRWC), meets monthly at St. Martin's?** Our 32-member organization holds a dinner meeting in your fellowship hall the second Thursday of the month at 7 PM during the school year. We often also hold a monthly social or philanthropic project on the fourth Thursday at St. Martin's.

Our club's goal is to be aware of needs in our local community and work with others to meet them. To that end, we have a speaker at each dinner meeting, highlighting a different organization. We have supported Jill's Blankets, Richmond Friends of the Homeless, Moments of Hope, Housing Families First, Habitat for Humanity and many other worthwhile organizations. In 2024, we furnished the kitchen of a home being established for young men aging out of foster care and created a cookbook of members' favorite simple recipes for the residents. For our most recent project, we collected sweatpants and sweatshirts and packaged 53 sets for veterans as part of the "Sweats for Vets" initiative. We made hand-stamped cards to enclose with the sweatsuits package, thanking the vets for their service. (See photos of this last event at the bottom.)

We also seek to support the outreach missions of St. Martin's. We have donated pillows and, hats and gloves for your ministry with the homeless. Each summer, we collect school supplies for your local drive. We are so appreciative of the opportunity to meet at St. Martin's and actively look for ways to support your church.

The women in our club reside in Richmond, Henrico, Hanover, Goochland, and Chesterfield. Our youngest member just had her first child; our oldest member is 97! Our members support not only our community, but each other. We'd love to have any interested women in your congregation visit us.

**Interested in learning more?** Contact our Vice President for Membership, Kathi Carignan, at [kathi.carignan@gmail.com](mailto:kathi.carignan@gmail.com).





# Outreach Committee

- Martha Sneary



The Outreach committee is excited to report that we delivered over **60** (yes sixty!) pillows to our four shelters! They were all so excited to get them! The women's shelter was especially grateful as they house families with children who are quickly relocated and take the pillows with them. The pillows and pillowcases were perfect for this outreach. A BIG thanks to all of you who participated including the Richmond Metropolitan Women's Club.

Please watch for information regarding the upcoming collection for Safe Harbor Women's Shelter.



## EYC Pancake Supper

Tuesday, March 4  
5:30 - 7 pm

The EYC is hosting its annual Pancake Supper on Tuesday, March 4. This is a major fundraiser for the youth service trip in June.

Whether you refer to it as Mardi Gras (Fat Tuesday), Shrove Tuesday, or Pancake Day, please come and join in on a fun evening!



## John C. Wallace Scholarship

- Ashley Borders

There are a few days left to apply for the 2025 John C. Wallace Scholarship. There are two scholarships available, each for \$1500. To be eligible, a student must be a member of St. Martin's who is a high school senior, a recent high school graduate, or an adult learner. The applicant should be planning to enroll in an accredited two- or four-year community college, college or university, or a technical or vocational school in the United States for the 2025-2026 academic year. The applicant does not need to know which school they will go to at this time.

Application information can be accessed on the Community Foundation's [website](#). Select the "Richmond Region." All applications and supporting materials must be submitted online, and are due on or before **March 6, 2025, by 5:00 pm.**

*John C. Wallace*



For background information about the scholarship, see the article in last month's Cloak. I truly hope everyone who is eligible will apply!

# ECW Update

- Christa Burr

The weather finally cooperated and this meeting was held at the regular time Saturday February 8. After the potluck breakfast and a brief business meeting the 10 ladies worked on the blankets for cancer patients.

This is our third year to make those blankets and they are so appreciated. If you are interested to learn more about this non-profit Corporation, click: <https://jillsblankets.org/>



The next meeting will be on **Saturday March 8 at 9 am**. As always bring your brown bag breakfast or something to share. Coffee and tea is always available at the church. We will again work on blankets as less than half of the material had been used. We hope to finish this project with lots of ladies enjoying the fellowship.

Our title **Episcopal Church Women** means that all women of our congregation are automatically considered a part of it and, of course, their mature daughters are also welcome.

We are also invited to **A Lenten Retreat with Bishop Susan Goff** on Wednesday March 19 starting at 9am. See the flyer on the next page. The flyer is also page size on the information board in the hallway, together with a sign-up sheet.

The retreat is free of charge and a lunch is served. So of course the organizers need to know how many want to participate and we need to register. The sign-up sheet on the board has the option of "in person" or "via livestream". Or let Christa know at [kygerman@hotmail.com](mailto:kygerman@hotmail.com)

The deadline to sign up is March 14, 2025.



## Condolences!

to the family and friends of

**Julie Crews**

May 23, 1940 - January 29, 2025

We give thanks for the life of Julie who passed at the age of 84. She was an active and beloved member of St. Martin's for many years.

Please keep her family in your prayers.



Episcopal Church Women  
Diocese of Virginia

**A Lenten Retreat  
with  
Bishop Susan Goff**

**At Grace and Holy Trinity Church  
8 N. Laurel St., Richmond, VA 23220  
on  
Wednesday, March 19, 2025**

**Open to the Public**

Order of the Day:  
Gather in the Parish Hall for fellowship at 9 a.m.  
Reflect on by Bishop Goff between 10 and 11 a.m.  
Eucharist/Healing Service from 11 a.m. until noon  
Lunch and discussion from noon until 2 p.m.

To register for this event, either in-person or via  
livestream, email Catherine Perrin at  
catherineperrin@comcast.net with the names of  
those attending, your church's name, and your email  
address. Indicate if you will be attending in-person or  
watching via livestream. Those who are attending via  
livestream will be sent the link prior to the event.

This event is offered without charge, but donations  
are greatly appreciated to defray its cost, and add to  
the Diocesan ECW's "Gifts and Scholarship Fund."  
**Please mail all donations to:**  
Karon Austin, 7319 Wilson Road, Henrico, VA 23231

**Parking Information to Follow.**



### Isn't there a saying "the Lord works in miracle ways"?

Julie Crews was a very good friend of James and me (Christa). She was quite active at the Manor House, the Assisted Living place she lived in. Around Christmas time she gave me a bag with things she had made but now needed a home for it. I passed it on to Deacon Dawn.

The very Sunday after Julie's death there was a committee heads meeting after the service, and Deacon Dawn shared that she had taken Julie's craft things downtown where the Servants Heart Ministry is serving homeless people meals and other needed things. She shared that the wash cloth animals had been "a hit," and it would be nice to have more to give away.

Trying to find the pattern, I called the Manor House Activity Director and we were invited by her to come and learn.

### ECW Field Trip

took place on February 25. Four St Martin's ladies had a fun time making bunnies and teddies.





# Parish Nurse by Betty Horne

## March Is Breathe Better, Sleep Better Month

Nothing makes you feel better in the morning than a good night's sleep. One of the biggest causes of interrupted sleep is sleep apnea. There are two main types of sleep apnea – Central Sleep Apnea (CSA) where the brain doesn't send signals to breathe and Obstructive Sleep Apnea (OSA). Both require prompt evaluation and treatment by a healthcare provider.

Common causes for sleep apnea are: being overweight, enlarged tonsils and adenoids, and anatomical issues such as narrow airway or fat distribution. The consequences of sleep apnea include cardiovascular issues and stroke, so it is very important to be evaluated by a healthcare provider.

In the absence of sleep apnea, there are breathing exercises that can promote better sleep. Consider the following:

- Adequate amount of quality sleep is important for feeling good and staying healthy.
- Approximately a third of Americans sleep less than seven hours of sleep each night.
- Of those, half report having trouble falling asleep or staying asleep.
- Breathing exercises are easy and can help you to wind down before bedtime.
- Learning breathing exercises requires practice and patience.



**Abdominal (belly) or diaphragmatic breathing** is an exercise that encourages slower and more relaxed breaths. We tend to take shallow breaths using the muscles of the neck and chest. Belly breathing uses the diaphragm, the muscle at the bottom of the chest in this exercise. Try this:

- Sit or lie in a comfortable position with one hand on the chest and the other slightly above the belly button.
- Take a deep breath through the nose while the hand on your chest stays still. Watch the hand on the belly rise with each breath.
- Allow the hand on your belly to fall slowly as you exhale.
- Repeat for 20 cycles feeling the hand on your belly rise and fall with each breath.



**4-7-8 breathing** is a deep rhythmic breathing technique. It involves inhaling, holding the breath, and exhaling to promote sleep and reduce anxiety as follows:

- Empty your lungs by audibly exhaling through your mouth.
- With mouth closed, inhale quietly through your nose while counting to four.
- Hold your breath while counting to seven.
- Exhale slowly through your mouth while counting to eight.



- Repeat this rhythm about six times before returning to normal breathing.



**Imagery** combines breathing with images of a calming scene or memory. This may be the beach, the mountains, or whatever works for you. With your image in mind, practice a breathing exercise of your choice.

Another type of imagery is to focus on each of your five senses (sight, hearing, smell,

taste, and feeling) as you exercise your deep, slow breathing.

As you practice your breathing exercises, they become easier and second nature.

You may want to avoid caffeine or a large meal before bedtime. Establishing a designated bedtime and putting away electronics such as cell phones, computers, and TV can also be helpful. If you continue to have trouble getting sufficient sleep, you will want to reach out to your healthcare provider.

*Here's to a good night's sleep!*

Source – CDC

## Condolences!

to the family and friends of

**Crandall Thompson**

friend and neighbor of Dean Dawn McNamara  
who passed away on January 31, 2025.

Please pray for her husband and three children  
ages 16, 18 and 22.

## Condolences!

to the family and friends of

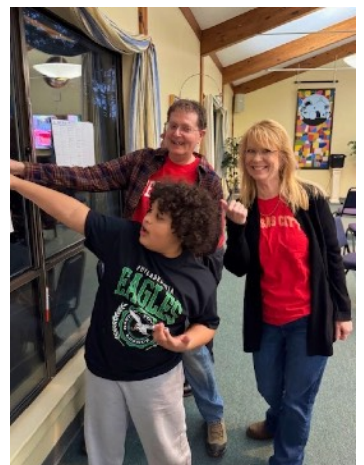
**Robert Beard**

the father of Linda Fairtile who passed away  
recently.

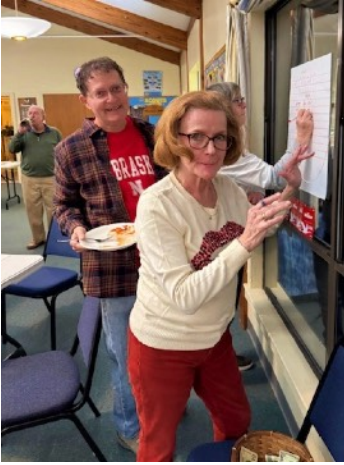
Please keep Linda and her family in your  
prayers.



# Super Bowl Party Sunday January 9









Super Bowl Party continued ... from previous page



## Fun Photos from a February Sunday

Sunday February 23





\*

03/01 John Atkins  
 03/02 James Barrett  
 03/07 Holden Andrews  
 03/08 Ginny Munoz  
 03/08 Dariush Babollahzadeh  
 03/12 Noah Romano  
 03/12 Debbie Grumbine  
 03/16 Taylor Adams  
 03/17 Bill White  
 03/21 Noah Clements  
 03/22 Sharon Ragland  
 03/22 Mary Goodman  
 03/23 Jim Greenwood  
 03/23 Caroline Baughan  
 03/23 Emmalynn Reid  
 03/23 Carolyn Mowery  
 03/25 Ann Watts  
 03/26 Dori Clements  
 03/27 Sharon Alloway  
 03/28 Craig Watt  
 03/29 Amberlyn Ponce  
 03/31 Jamie Greenwood

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04/01 Pat Akens  
 04/01 Owen Rowley  
 04/01 Jim Smack  
 04/02 Tiffany Clements  
 04/05 Trudy Britton  
 04/07 Moboluwaji Akinfolajimi  
 04/07 Megan Greenwood  
 04/08 Samantha Romano  
 04/09 Elaine Markey  
 04/10 Michele Hutchison  
 04/11 Lance Hartman  
 04/12 Olivia Alloway  
 04/12 Esme Borders  
 04/13 Eniola Akinfolajimi  
 04/14 Grace Wood  
 04/15 Karlee Rankine  
 04/15 Vicki Pinner  
 04/17 Sallie Bright  
 04/17 Wilson Ponce  
 04/22 Tristan Howdyshell  
 04/23 Sandy McGuire  
 04/23 Tyler Newcomb  
 04/26 Susan Teachey  
 04/27 Joyce Ragland  
 04/27 Zahara Iervolino  
 04/28 Richard Rollins  
 04/28 Russell Campeau  
 04/29 Stacey Hartman

\*

\*

03/01/ Moboluwaji & Titilayo Akinfolajimi  
 03/17/1974 Jean & Richard Rollins  
 03/20/1982 Kim & Mike Shook  
 03/21/ Greg & Vicky Echevarria

\*

04/12/1980 Scott & Kerry Alloway  
 04/24/1998 Dariush & Golnaz Babollahzadeh  
 04/25/1992 Scott & Mary Goodman  
 04/28/2001 Dawn & Dan McNamara

\*



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](mailto: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](mailto: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.



# 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?"

No glass containers please.  
Also, 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.



**LAMB's Basket**

"...I was hungry and you fed me"  
Matthew 25:35

Do you need ideas for 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. Hutchison  
**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](mailto: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:** Bill White  
**Junior Warden:** Rick Gibbs

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



## St. Martin's Episcopal Church

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To submit articles or ideas for The Cloak, email:  
[cloak@saintmartinschurch.org](mailto:cloak@saintmartinschurch.org)