



The Cloak



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



St. Francis
taking part in
the Easter
egg hunt!

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Father Lee Hutchson

One of the most powerful examples of God's grace is found when Jesus is dying on the cross. One of the criminals crucified with Jesus cursed Jesus and demanded that Jesus should save them if Jesus was truly the Messiah. The other man being crucified responded, "We are being punished justly for we are getting what we deserve but this man has done nothing wrong." Then he said to Jesus, "Remember me when you come into your kingdom." Jesus responded, "Truly I tell you today, you will be with me in paradise."



Someone once wrote, "The thief had nothing to give to God, no church attendance, no membership, no baptism, no bible studies, no time to make right the wrongs he had committed, no time to nuance the doctrines of the Christian faith...no time to impress anyone with anything, he is just a naked, dying, sinful man who cannot even fold his hands to pray. But against all odds that man walked into heaven in the same hour as Jesus."

A minister wrote an apocryphal story of that thief entering heaven. Some angels at the gate asked him who he was and how he got into heaven. The thief responded, "I do not know exactly how I got here." Frustrated by the man's response, the angels then asked, "By what basis are you here?" The thief replied, "The man on the middle cross said I could come."

Alleluia! Christ is Risen!

Fr. Lee



Liturgies in May

Sunday, May 4 - Third Sunday of Easter

Sunday, May 11 - Fourth Sunday of Easter

Sunday, May 18 - Fifth Sunday of Easter

Sunday, May 25 - Sixth Sunday of Easter

What and When

May

Social Bridge Thursday May 1, 8, 22, 29 at 10am
Bunco Game Night Friday May 2 from 6:30-8:30pm (see page 6)
After Wednesday Service Social First Wednesday of the month (May 7) come and gather with us for a light brunch
Yoga Stretch Note: May 8 will be the last class until the Fall.
ECW Meeting Saturday May 10 at 9am (see page 4)
Men's Breakfast Saturday May 10 at 9am @ Shorty's Diner all men welcome to join us
Mother's Day Sunday May 11
Vestry Meeting Tuesday May 13 at 7pm
St. Martin's Project Saturday May 17 at 9:30am - White Team
Pastoral Care Meeting Monday May 19 at 6pm
WE (West End) Quilters Tuesday May 20 at 10am
Cloak Deadline Tuesday May 20
Bible Study Note: Starting soon - watch the Weeklies & inserts for info
GriefShare Support Group Note: This will resume at a future date

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	TBA	
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	7pm
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.

The April meeting was held on Saturday the 12th. Two gentlemen from the Lions Club came to talk to us about their program of repurposing used eyeglasses. St. Martin's has been collecting glasses for quite some time already. You might have seen the box in the hallway. Ed Fetterhoff presented Saint Martin's with a Certificate of Appreciation. We were very impressed about the careful and meticulous work that goes into this important project of "Helping the World to see". Arthur Somers (age 91?) has been involved for more than 30 years already. Donated eyeglasses are cleaned, sorted, measured, and labeled and sent to medical missions and welfare agencies for redistribution. (If Wikipedia is right, the Chichester Lions in the UK started collecting spectacles as early as 1967.)



We also asked and were informed that **hearing aids** are also resourced. You can bring them too and put into the same box as the **eyeglasses**.

Afterwards, we had some fun. I have used the EggMazing gadget to color Easter eggs for several years and even have taken them (3) and the three local grandchildren to an Assisted Living community. In Germany, we like to hang blown-out and decorated eggs on branches. Mine will be in vases on the mantle from Easter to Pentecost. Many have dates and names on them from children and grandchildren. Oh, the memories!



Three great events are coming up. The **Diocesan Spring Meeting** will be on May 1.

The **Bunco social event** is on Friday, May 2 from 6:30 – 8:30 pm and is hosted by the ECW. We ended this meeting by finalizing the plans. Participants don't need to know how to play the game. It is quick to learn with many teachers around.

The **next meeting** will be on Saturday, May 10. As always, all ladies of the church are considered a part of the ECW. We hope to see you!

Words from Rev. Dr. Sandra Levy-Mix

“Pico Iyer Speaks of the Benefits of Silence”

I think I have mentioned (many times?) that my time for spiritual reading is mid-afternoon, when I can have some “unstructured time” (as my youngest son puts it) in my room. And several years ago I discovered the writing of Pico Iyer, when I picked up his book, *The Art of Stillness: Adventures in Going Nowhere* (2014). It was a particularly busy time in my life and I was intrigued by his message.

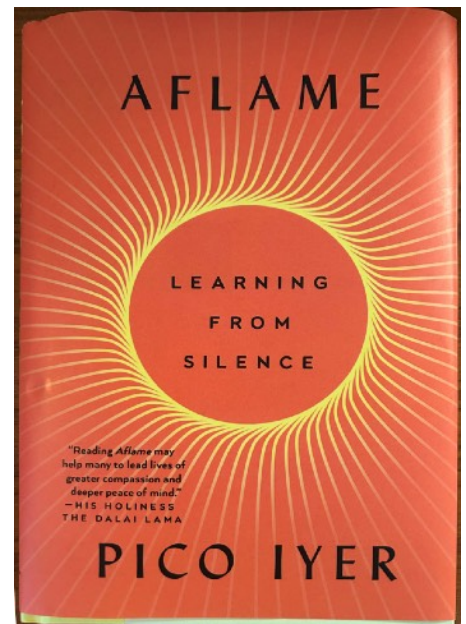
Iyer is an internationally known writer, traveling the world—a best-selling author of more than a dozen books translated into twenty-three languages. From India, and presumably raised in a Hindu culture, nevertheless he embraces all spiritual practices as a way open to transcendent experience. On the back cover of that first book I cited above, he says, “In an age of speed, I began to think, nothing could be more invigorating than going slow. In an age of distraction, nothing could feel more luxurious than paying attention. And in an age of constant movement, nothing is more urgent than sitting still.” And I fell in love with his writing.

From the front cover of the book I'm most recently reading titled *Aflame: Learning from Silence* (Riverhead Books, 2025) it turns out that Iyer has made more than one hundred retreats over the past three decades to a small Benedictine hermitage high above the sea in Big Sur California where his life has been transformed by periods spent in silence. That silence reminds him (and his readers) of what is essential and awakens a joy that nothing can efface. It's not just the freedom from distraction and noise and rush: it's a reminder of some deeper truths he misplaced along the way.

On his most recent retreat to this monastery, a monk in residence says to him, “You have to learn how to enjoy leisure. To do nothing and be peaceful. Because leisure is where things happen to you.” Let me give you one quote that recently struck me.

I had hoped, spending time in the Hermitage, to learn from the monks; but by now I'm gaining so much also from the fellow travelers met along the road. Like nobody else in my life they feel like instant comrades, worthy of deepest trust, if only because what we share sits at the very heart of us. (Pg. 176)

So I do recommend Pico Iyer's books to you to read with the greatest joy and even sense of liberation. In your life. Could in fact be life-changing.



If you would like to read more insightful writings, please see Rev. Dr. Sandi's website: [Sandra M. Levy-Achtemeier, Ph.D. – Website & Blog](#)

UTO Ingathering Spring 2025

- Kim Shook

It's time for the ingathering of donations for the United Thank Offering again. The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings, and make an offering for each blessing. 100% of what is collected goes to support innovative missions and ministries throughout The Episcopal Church and Provinces of the Anglican Communion.

The best and easiest way is to bring your checks/cash (with the memo line inscribed "United Thank Offering") to church and put them in the collection basket on Sundays, and we will happily send the donation on for you. The envelopes and boxes are on the table in the hallway outside the Parish Hall. I know that children like the ritual of filling the boxes with change.

We plan to do the final Ingathering of donations on **June 15** this year.

Thank you!



Bunco Game Night

Don't miss out on the ECW-sponsored Bunco Night! It will be an evening of wine, drinks, food, and fun on **Friday, May 2nd** from 6:30-8:30 pm. You don't need to know how to play. We will teach you!

Please bring an item(s) to donate for Safe Harbor Women's Shelter. For items needed, see the Outreach Committee update on the next page.



Lamb's Basket Update . . .



We delivered **63 pounds** of food to the Lamb's Basket in April!! Thanks go out to so many in our congregation for their efforts.

Please keep the donations coming. Every single item helps, and we are making a difference! These items are the ones most needed:

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

Outreach Committee

- Martha Sneary

The Ingathering for supplies for Safe Harbor Women's Shelter ends this month. For more information on Safe Harbor, see the April Cloak. Thanks to everyone who contributes to this very worthwhile effort!



Items needed are

Foods — Snacks (fruit snacks, crackers, chips, applesauce, etc.), Meal Boxes (Hamburger Helper, Home Bake, mashed potatoes, etc.), Corn Masa Flour, Flour, Canned Meats (tuna, chicken, chili, etc.), Tuna and Chicken Salad Lunch-To-Go

Personal Care — Multi-Cultural Hair Products (Aunt Jackie's, Shea Moisture, etc.)

Household Items — Laundry Detergent, Dish Soap, Dish Detergent, Paper Towels

Gift Cards — Kroger, Walmart, Amazon, GRTC bus tickets (can purchase at Kroger)

Condolences!

to the family and friends of

James Bass

friend Rick Gibbs and great uncle of Maggie Witt and Jacob Henderson who passed away recently.

Please keep Rick, Maggie, and Jacob and their families in your prayers.

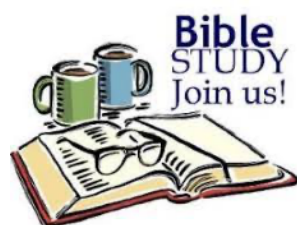
Condolences!

to the family and friends of

Robert Brown

the father of Vicki Newcomb who passed away on April 13, 2025.

Please keep Vicki and her family in your prayers.



Will resume soon! Stay Tuned to the weekly emails and bulletin inserts for details.



Parish Nurse by Betty Horne

May Is National High Blood Pressure Education Month

High blood pressure (hypertension) is taken seriously as it can lead to coronary heart disease, heart failure, stroke, kidney failure, heart attack, vascular dementia, and other health problems. There is ongoing education about the importance of managing your blood pressure, however the month of May is specifically observed to increase awareness and education about the prevention and treatment of high blood pressure. Half of all American adults have high blood pressure, and many don't even know it.

When blood flows through the arteries at a higher pressure than normal, you develop high blood pressure. A normal blood pressure is ~120/80. The first number (systolic) represents the force required for the heart to pump blood out of the heart and into the arteries. The second number (diastolic) is measured when the heart is relaxed and filling with blood. This happens between each heartbeat. Your blood pressure readings may change throughout the day based on your activity. The following chart represents standard guidelines for blood pressure.


Blood Pressure Levels

Blood Pressure Category	Systolic and Diastolic Pressure (mm Hg)
Normal	Less than 120 systolic pressure AND Less than 80 diastolic pressure
Elevated	120 to 129 systolic pressure AND Less than 80 diastolic pressure
High Blood Pressure Stage 1	130 to 139 systolic pressure OR 80 to 89 diastolic pressure
High Blood Pressure Stage 2	140 or higher systolic pressure OR 90 or higher diastolic pressure
Hypertensive Crisis	Higher than 180 systolic pressure OR Higher than 120 diastolic pressure Contact your provider immediately

As mentioned previously, you may not be aware you have high blood pressure until it causes serious health problems. Having an annual physical with your healthcare provider may reveal you have high blood pressure before you start exhibiting symptoms. If high blood pressure runs in your family, you may want to check your blood pressure periodically. Talk to your provider if your blood pressure readings are consistently higher than 120/80 mm Hg. Blood pressure consistently higher than 180/120 can damage your organs.

The following are some measures to lower high blood pressure:



- 
- Choose a heart-healthy diet low in salt - Dash plan or a Mediterranean diet is usually recommended. **A healthy lifestyle** can prevent complications of high blood pressure.
 - Start some physical activity – can start by walking 30 minutes 3-5 days a week. If you have not been physically active, check with your provider before starting.
 - Lose weight if you are overweight
 - If you smoke, quit – your provider may assist you in this measure
 - Limit alcohol
 - Manage stress or stressors
 - Getting a good night's sleep
- Control your cholesterol and blood sugar levels
 - Try making one change at a time. Seeing improvement in reaching your goal encourages you to add another change, thus improving your health and maintaining a healthy lifestyle.

Your healthcare provider may also recommend medicines to help control your blood pressure. Controlling your blood pressure can help prevent or delay serious complications of high blood pressure. Checking your blood pressure periodically will help your provider assess how the medicines are working and whether there needs to be any adjustments made in your dosage.

Call 911 immediately if you have high blood pressure with the following symptoms:

- A sudden, severe headache
- Difficulty breathing
- Sudden, severe pain in your abdomen, chest, or back (or arms)
- Numbness or weakness
- A sudden change in vision
- Difficulty speaking
- Nausea, vomiting, dizziness, breaking out in a cold sweat

Before you check your blood pressure or have it checked at your provider, consider the following:

- Do not exercise, drink coffee, or smoke cigarettes 30 minutes before checking BP.
- Sit in a chair and relax for ~ 5 minutes before the test.
- Sit with your feet flat on the floor
- Do not talk during the test
- You may want to use the bathroom before your test.
- Have your arm resting at the level of your heart.



Other things that can affect your blood pressure reading are anxiety (white coat syndrome), wrong cuff size, and faulty equipment. In these cases, your provider may have you bring a record of your blood pressure reading taken at home or bring your machine to the office to see how the readings correlate with equipment in the office. If you don't own a BP machine you can have your blood pressure taken at your local pharmacy.

Risk factors

There are risk factors for high blood pressure that cannot be changed, and there are some that can be changed. Ones that cannot be changed include:

- Age
- Family history
- Race/Ethnicity – Blacks more likely than any other race or ethnic group
- Sex – men more likely than women, but in older adults, women more likely than men
- Genetics

On the other hand, the risk factors that can be changed are:

- Unhealthy foods high in salt and low in potassium
- Too much alcohol and/or caffeine
- Not enough physical activity
- Elevated stress levels
- Inadequate sleep
- Substance use or abuse such as cocaine, methamphetamine, or other stimulants
- Some medications such as antidepressants, decongestants, birth control pills, drugs such as aspirin or ibuprofen can elevate your blood pressure



Socioeconomic factors can also affect blood pressure such as income, education level, job situation, and access to good healthcare.

A major complication of high blood pressure is stroke. If you remember the mnemonic F.A.S.T, you may be able to quickly recognize symptoms of a stroke:

- F — Face: Ask the person to smile. Does one side of the face droop?
- A — Arms: Ask the person to raise both arms. Does one arm drift downward?
- S — Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T — Time: If you observe any of these signs, call for help immediately. Early treatment is essential.

Source: National Heart, Lung and Blood Institute.

Be Well.



Spring. . .

Spring is in full bloom at St. Martin's!



Finance Committee Report - Garland Harwood



Financial Highlights 2025	YTD end of February	MTD March	YTD end of March
Income	\$36,651.42	\$19,006.22	\$55,657.64
Expenses	-\$42,702.04	-\$23,961.41	-\$66,663.45
Gain or Loss	-\$6,050.62	-\$4,955.19	-\$11,005.81

Kroger Rewards:
No report this month



Our new Holy Spirit window that was installed in April.



Palm Sunday & Holy Week Events . . .

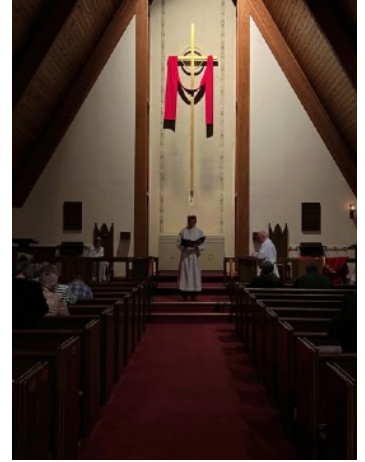
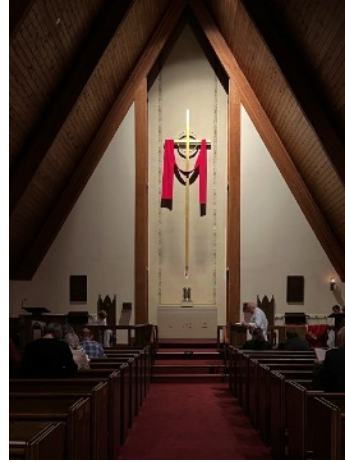
Palm Sunday - Sunday April 13



Check presentation of The Tuckahoe Moose Lodge's very generous donation of \$5,000 to the Youth Mission Trip.

Maundy Thursday - Thursday April 17





Good Friday - Friday April 18



Stations of the Cross Service



The altar prepared for the Good Friday Service

Holy Saturday

- Saturday April 19



Easter Sunday

- Sunday April 20













*

05/05 Jerry Sneary
05/07 Carl McAllister
05/10 Molly Fretwell
05/13 Bob Southward
05/14 Phyllis Berkle
05/15 Lucas Verlander
05/17 Harrison Alloway
05/18 Daniz Babollahzadeh
05/19 Ben Verlander
05/21 Titilayo Akinfolajimi
05/21 Shannon Weaver
05/21 Stephen Harlow
05/24 Keith Borders
05/27 Kerry Alloway
05/27 Jeff Moss
05/29 Steve Row
05/31 Jim Hughson

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06/01 Diane Lowry
06/03 Carrilynn Sykes
06/08 Glenn Gibson
06/08 Julie Hall
06/08 Lauren Murphy
06/09 Melinda Jenkins
06/10 Cindy Adams
06/14 Caroline Echevarria
06/15 Janice Carpi
06/15 Sally Tucker
06/15 Lillian Thirion
06/17 Diana Armstrong
06/17 Barbara Campeau
06/17 Max Barritt
06/18 Gregory Echevarria
06/20 Mat Sevit
06/21 Garland Harwood
06/21 Maddie Alloway
06/22 Golnaz Modarres
06/27 Sean Cooper
06/29 Kim Fiasco

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05/01/ Alison & Wayne Potter
05/15/2009 Layne & Karen Hood
05/15/1974 Christine & Craig Watt
05/19/2001 N'neka & James Logan
05/21/1994 Carl & Vicki Newcomb
05/28/ Jim & Nancye Greenwood
05/28/2011 Bo & Megan Greenwood
05/30/1992 Stephanie & Glen Dupaul

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06/02/2001 Walter & Stacey Hartman
06/02/2007 Glenn & Erin Sprouse
06/02/1979 Nancy & Bob Southward
06/06/2015 Joe & Dianne Lamb
06/11/1977 Vicki & Dennis Pinner
06/12/1976 Mary & Jim Moss
06/17/1995 Martha & Jerry Sneary
06/24/2000 Anne & Kyle Stephenson
06/26/1976 Stephen & Jody Harlow

*

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.

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!



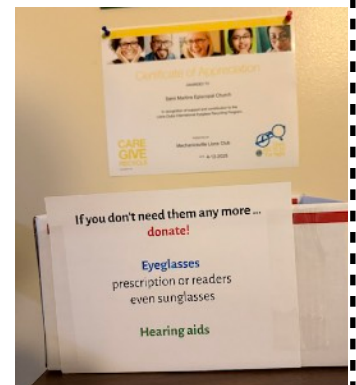
YOUR OLD EYE GLASSES & HEARING AIDS!

Please remember that those glasses you don't use any longer could mean a lot to somebody who can't see or read otherwise.

Same with hearing aids that are no longer needed. They can really help people who cannot otherwise get any.

The ECW will take care of them.

THANK YOU!



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

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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



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