



# The Cloak



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



## Our angel in the afternoon

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# Father Lee Hutchson

In the Bible, God spoke to Abraham and said, "Go from your country, and your kindred, and your father's house, to the land I will show you."

Hundreds of years later, God met Moses in the wilderness. God said to Moses, "Go to Pharaoh and say to him, `This is what the LORD says: Let my people go, so that they may worship me.'"

In the New Testament, God spoke to Annanias from Damascus. God said to him, "Go to the street called Straight Street," and find a man named Saul and heal him of his blindness.

God often calls us to go beyond our comfort zone so that we can bless the lives of others. The last words of Jesus to his disciples were, "Go and make disciples of all nations." These commands of God are not so much a command as they are an opportunity to bring the blessings of God into the lives of others.

Where might God be calling you to go that you may be a blessing? It may be to go across the street to help a family in need, to go across the office to help a coworker, or perhaps to reach out to a family member who is estranged.

Live your life this week in a way that lifts the brokenhearted. Take a stand for the love of God. Let your light shine by your acts of love, caring, and compassion that others may see your good deeds and give glory to your father in heaven.

*Fr. Lee*



## Liturgies in June

Sunday, June 1	- 7 Easter
Sunday, June 8	- Whitsunday (Day of Pentecost)
Sunday, June 15	- Trinity Sunday
Sunday, June 22	- 2 Pentecost
Sunday, June 29	- 3 Pentecost



# What and When

June

## Sunday School - End of Season Cookout

Sunday June 1 after 10am service  
(see page 4)

## After Wednesday Service Social

First Wednesday of the month (June 4)  
come and gather with us for a light brunch

## Social Bridge

Thursday June 6, 13, 20, 27 at 10am

## Whitsunday (Day of Pentecost)

Sunday June 8 — The day to wear **Red**

## Vestry Meeting

Tuesday June 10 at 7pm

## Choir Practice Note:

June 12 is last practice before Fall (see page 5)

## Men's Breakfast

Saturday June 14 at 9am @ Shorty's Diner  
all men welcome to join us

## United Thank Offering Spring Ingathering

Sunday June 15 (see page 4)

## Father's Day

Sunday June 15

## WE (West End) Quilters

Tuesday June 17 at 10am

## Bible Study Note:

Wed June 18 at 7p - Final of the season (see page 7)

## Cloak Deadline

Thursday June 18 (This is a change -see page 4)

## St. Martin's Project

Saturday June 21 at 9:30am - Blue Team

## Reception for 2025 Graduates

Sunday June 29 after 10am service (see page 5)

## ECW Note:

No June meeting; resumes July 12 (see page 7)

## UPCOMING

## Ice Cream Social

Sunday August 17 from 2-4pm (see page 11)

**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)	Will resume in the Fall	
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	1 <sup>st</sup> 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



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.

# UTO Ingathering Spring 2025

- Kim Shook



Please remember that **June 15** is the final ingathering of donations for the United Thank Offering (UTO).

This 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 (no later than June 15th), 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.

Thank you!



Join us at the  
**Sunday School  
Church  
Picnic!**

## End of Sunday School Season Cookout

**Sunday June 1**  
after 10am service

Mains, 'fixins, & drinks are provided.  
Please sign up in the parish hall to bring a side or  
dessert, and so there will be an accurate count of  
how many are coming.

**Don't miss it!**

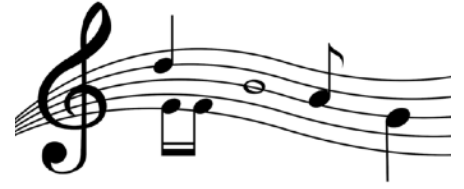
## A Note from Your Editor. . .

I need to move the deadline for submissions for the July Cloak to **June 18**, and it is a hard deadline. Due to some summer plans, it's necessary for me to move it up this month. Anything that comes after, I will make sure to include in the August edition. Thank you for understanding!

**Newsletter  
DEADLine**

# Notes about Music

- Powell Johann



On the weekend of the Feast of the Holy Trinity- June 15, the parish choir will begin their annual summer hiatus- late this year due to the lateness of Easter. These stalwart servants of the Lord deserve your deep praise and thanks for all they do to enhance worship in this place.

Our numbers are down due to the inevitabilities of time. Therefore, I ask each of you to prayerfully during the summer to consider this ministry - especially men. Perhaps you know a teenager who might not wish to be as visible as an acolyte but would wish to participate in a very meaningful way to the worship of God? We would make them most very welcome. They would gain not only experience but a host of honorary godparents!!

And in this summer season we will have a congregational hymn sung during the offertory collection where the congregation remains seated and sings the hymn standing for the presentation and familiar Doxology. It would be a great blessing if you would give the Choirmaster a short list of hymns from either the 1940 or the 1982 Hymnals that you would like to sing at this time.

Yours faithfully

Powell Johann

[pjohann@comcast.net](mailto:pjohann@comcast.net)



## Scholarship Recipients

- Ashley Borders

Please join me in congratulating **Paniz Babollahzadeh** and **Katie Hall**, who are the two recipients of the 2025 John C. Wallace Scholarship!!

Paniz and Katie each received \$1500 to be used toward their 2025-2026 academic year.

## Graduation Reception!

Come and celebrate our 2025 graduates!

**Sunday, June 29**  
after the 10am service

Our wonderful graduates are:

**Tristan Howdyshell**

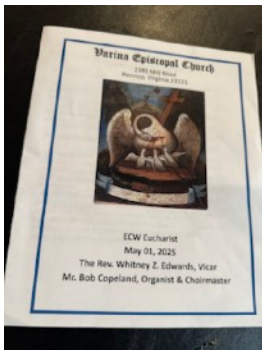
**Zahara Iervolino**

**Vaiden Lindsey**

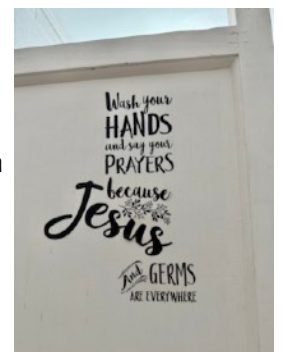
**Memphis Machalinski**



Five ladies went to the Diocesan ECW Spring Meeting in Varina on May 1 and enjoyed it very much. It is uplifting to get together with other Christian women, learn, and laugh. The Vicar of the Varina Church, The Rev. Whitney Edwards, delivered an excellent and thought-provoking sermon during the Eucharist. The photo on the front of the bulletin was part of it.



This message was painted on the door in the bathroom.



At our regular monthly meeting on May 10, a report was given about this Spring Meeting. Subject to discussion was also the ECW sponsored Bunco event on May 2. A great big THANK YOU to all who organized and helped to make it a success, especially Jean Rollins and her wonderful family, Kim Shook, Betty Horne, and Karen Hood. Pictures of the Bunco evening can be found on pages 12-14 in this Cloak.

A big THANK YOU to all those who dropped donations into the collection jar for Safe Harbor. Outreach committee chair Martha Sneary could bring the check with the total of \$352 with greetings from St. Martin's and the ECW to Safe Harbor.



[safeharborshelter.com](https://safeharborshelter.com)

## Our Mission

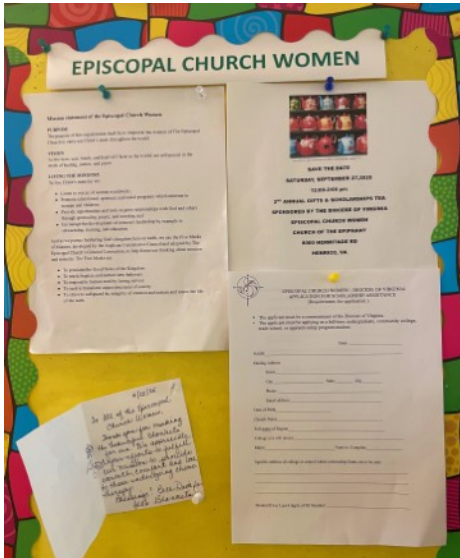
Safe Harbor provides the support that survivors of sexual and domestic violence and human trafficking need to overcome their crisis and to transform their lives.

## Our Vision

We envision that every person in our community can take pride in having safe homes and healthy relationships.

**We work to save, transform, and rebuild lives.**

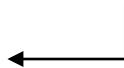




As several “regular” attendees of the ECW meetings, including the president, will be out of town at the time of the June meeting, it was decided to skip that month. On July 12, we want to meet for breakfast in a restaurant.

**Stay tuned but mark your calendar.**

The ECW would like to include an invitation for all women of the church to look at the ECW section of our hallway bulletin boards! We are pleased to have that area to communicate about all the things going on in ECW, both at St Martin's and in the diocese.



## Outreach Committee

- Martha Sneary



The Outreach Committee delivered to Safe Harbor all the great items that were collected, as well as gift cards from the RMWC and a nice check from the cash given at Bunco night. The staff there were excited and so pleased to have that support from us.

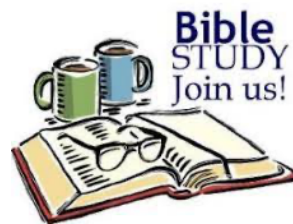
## Condolences!

to the family and friends of

**Lynda Tayloe**

A relative of the Teachey Family who passed away recently.

Please keep Susie and the whole Teachey Family in your prayers.



**Don't miss it!**  
**Bible Study**

Has resumed & the final session of the season will be Wednesday, June 18 at 7pm.

Tuesdays at 10 am -or- Wednesdays at 7 pm  
The theme is **Archeology of the Bible**



# Parish Nurse

by Betty Horne

## June is National Migraine Awareness Month

Migraine is a condition of repeated attacks of severe headaches. A migraine headache causes throbbing or pulsating pain, usually on one side of the head. These headaches are often associated with nausea, vomiting, and extreme sensitivity to light and sound. They generally last between four hours and three days. Migraine headaches are often misdiagnosed as sinus or tension headaches and are severe enough to interfere with sleep, work, and other everyday activities. They may occur as often as several times per week or as rarely as once or twice a year.

It is most common among people ages 25 to 55, although it can affect children and teens as well.

About 39 million Americans suffer from migraine according to the American Migraine Foundation. It is more common in women than men.

Approximately one in 5 women and one in 16 men suffer from migraine.

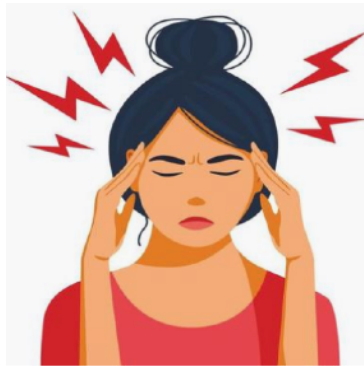
### The two most common types of migraine are:

**Common migraine** – migraine without aura, accounts for about 80 % of migraine sufferers. Auras are not associated with this type of migraine. Fatigue, mood changes, anxiety, and mental fuzziness are among symptoms frequently experienced.

**Classic migraine** - Migraine with aura occurs in about one-fifth of people who suffer from migraine. Visual

or sensory symptoms called auras usually occur before a headache but can occur during and after a headache. Sufferers describe auras as flashing lights, zigzag lines, blind spots, or blurred vision. Some describe numbness or tingling, difficulty speaking, ringing in the ears, smelling a strange odor, or having an odd taste in the mouth.

**The most common site** for pain is in the temple or behind the eye, but pain is sometimes felt in the back of the head, neck, face, jaw, shoulders, and upper back. Nausea, vomiting, and loss of appetite are not uncommon. Some other symptoms are fatigue, dizziness, pale or clammy skin, and feeling uncomfortably hot or cold.



### Cause

The cause is not fully understood. It is thought that migraine and its symptoms are caused by problems in the blood vessels of the head. However, researchers are finding that while blood vessels constrict and cause pain, the cause of the migraine itself is most likely a disorder of the central nervous system. The following are also suspected of causing migraine headaches:

- Low levels of serotonin (a neurotransmitter that controls physical functions such as mood, sleep, and appetite) can make you susceptible to migraine.
- Low levels of magnesium, important for nerve function.

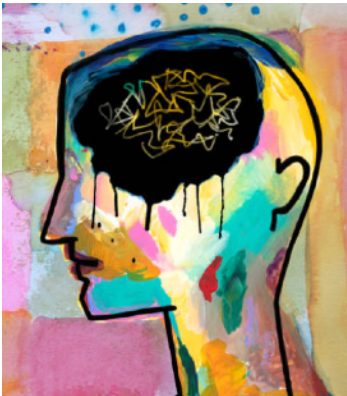


- Neuropeptides, small protein-like molecules that trigger inflammation and cause pain receptors to activate.
- Abnormality in the way cells transport calcium ions used in transmitting nerve signals.
- Hormone fluctuations, especially of estrogen in women.

### Migraine triggers

Each person may have different triggers. However, the following are identified as triggers for migraine.

- Changes in stress levels at home or at work.
- Certain foods and chemicals, including chocolate, nuts, monosodium glutamate (MSG), aged cheeses, cultured dairy products, processed meats such as hot dogs or cold cuts, high levels of caffeine, and aspartame (the artificial sweetener in Equal & NutraSweet).
  - Fruits such as raisins, papayas, plums, bananas, avocados, and figs.
  - Vegetables such as beans (lima, navy, garbanzo, pinto, string, and pole beans), onions, and raw garlic may also be triggers.
- Hunger or dehydration, especially when caused by skipped meals.
- Changing weather conditions, including barometric pressure, humidity, and temperature.
- Changes in sleep patterns, whether getting more or less sleep than normal.
- Bright lights, such as direct sunlight without sunglasses, light emitted from a movie screen.
- Loud sounds, such as construction equipment or a concert.



- Strong odors, such as excessive perfume, cologne, or air freshener.
- Intense physical activity, e.g., exercise, lifting heavy objects, or sexual activity.
- Hormonal changes in women whether related to menstrual period, pregnancy, birth control pills, or hormone replacement therapy.

According to the University of California at Berkeley, certain types of foods and drinks may be responsible for bringing on a migraine in some people. This can happen frequently for some but only occasionally for others. Also, a food that triggered a migraine last month might not cause the same reaction again.

**Keep track of your migraine triggers** by keeping a record of your eating habits. Write down everything you eat or drink at each meal, including snacks. After a migraine, you can look at your journal to see what you ate prior to the onset of your migraine.

**Diagnosis** may be determined by the following tests:

- Computerized Tomography (CT) scan may help your provider rule out other causes of headache.
- Magnetic Resonance Imaging (MRI) may help your provider diagnose tumors, aneurysms, strokes, or other brain abnormalities. It can also be used to examine the blood vessels that supply the brain.
- Spinal Tap (lumbar puncture), cerebrospinal fluid is obtained to rule out conditions such as meningitis.

**Treatment** is aimed at preventing and stopping headaches and reducing the severity or duration.

- Pain relieving medicines are taken during a migraine attack to stop symptoms that have already begun. It may help if you rest in a dark room after taking. Applying a hot or cold compress can also be effective in reducing the severity of a headache.
- Preventative medicines are taken regularly, often daily, to reduce the frequency or severity of migraine attacks.

- Some medicines may not be suitable for pregnant or breastfeeding women or for children.
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as Tylenol, Ibuprofen, and Excedrin may be used for mild migraine headaches
- Ergotamine, such as Cafergot or Migergot can relieve migraine symptoms rapidly by constricting the blood vessels.
- Beta blockers such as propranolol, Calcium channel blockers such as Verapamil may be prescribed and have been proven to be effective for preventing migraines.
- Antidepressants such as amitriptyline are often prescribed for migraine prevention.
- A small dose of caffeine is sometimes included with some of the drugs listed above.

Keep in mind the following:

If you have typical migraines or a family history of migraine headaches, your doctor will most likely diagnose based on your medical history. However, it is important to see your provider before using over-the-counter medicines to treat yourself. Your provider will want to rule out other possible causes of your headaches in the event you have something other than migraine.

Be safe! Be healthy!



## Finance Committee Report

- Garland Harwood

Financial Highlights 2025	YTD end of March	MTD April	YTD end of April
Income	\$55,657.64	\$24,698.28	\$80,355.92
Expenses	-\$66,660.51	-\$23,128.94	-\$89,789.45
<b>Gain or Loss</b>	<b>-\$11,002.87</b>	<b>\$1,569.34</b>	<b>-\$9,433.53</b>

April was a great month for our finances! Our income was 125.9% of plan, and even though our expenses were up a bit, we had a profit of almost \$1,600, reducing our YTD deficit to \$9,434. Thanks to all who contributed, and especially to those who brought their YTD pledge commitments to even. Let's keep up the good work!

I also would like to recognize the good work done by Bill White to analyze and move our property and casualty insurance to a new carrier. With so many insurance companies raising premiums to offset losses elsewhere, this will reduce our expenses by 1,000's of dollars this year and in years to come.

# Another Note from Your Editor. . .

Once in a while, you find a section in The Cloak called “**Get to Know Your Brothers and Sisters in Christ.**”

In an effort for us all to learn more about one another, I would love for any and all of you to submit some information about yourself that I can feature in future issues. It doesn't matter if you are a new congregant, if you've been a member of St. Martin's for 50 years, or if you fall somewhere in between. As Christa has previously mentioned, being the editor is a busy job, and contacting all of you personally is not really possible. So, please consider this my personal invitation to submit something. And, if someone sends something in, I'll at least know people are reading The Cloak 😊. Below you will find some questions that might help you, but do not feel limited by them. They are only suggestions. When you send something in, please consider sending a photo as well.

Email to: [cloak@saintmartinschurch.org](mailto:cloak@saintmartinschurch.org)

Thanks in advance!

Here are the 4 questions which you might find helpful:

**Question: Are you a cradle Episcopalian?**

Answer:

**Q: Have you always lived in the Richmond area?**

A:

**Q: How did you find St. Martin's?**

A:

**Q: What would you like your church friends to know about you, your family, your occupation, hobbies etc?**

A:



## Ice Cream Social!!

Sundays are for Sundaes!

Save the date . . .  
**Sunday, August 17**  
2-4 pm

Come enjoy a variety of ice cream, everything you need to make a delicious sundae, music, and fellowship.





# Bunco - Friday, May 2





Bunco continued ... from previous page







## Happy Birthday, Father Jerry!

Father Jerry celebrated Mass and was then celebrated for his birthday.







\*  
 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 Sevitz  
 06/21 Garland Harwood  
 06/21 Maddie Alloway  
 06/22 Golnaz Modarres  
 06/27 Sean Cooper  
 06/29 Kim Fiasco  
 \*

\*  
 07/01 Ellery Bradley  
 07/01 Natalie Romano  
 07/02 Tatiana Horne  
 07/06 Rob Rowley  
 07/08 Ashley Borders  
 07/09 Kim Shook  
 07/10 Jack Greenwood  
 07/11 Jim Moss  
 07/12 Jackie Bitler  
 07/13 Yohance Iervolino  
 07/15 Camila Ponce  
 07/22 Alison Potter  
 07/23 Sarah Waller  
 07/25 William Sykes  
 07/28 Dan McNamara  
 \*



\*  
 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  
 \*  
 \*  
 07/03/2018 Garland & Janice Harwood  
 07/04/1968 Sharon & James Ragland  
 07/07/2006 Sean & Jennifer Cooper  
 07/08/2004 Betsy & George Crowell  
 07/12/2008 Tony & Samantha Romano  
 07/16/2011 Sarah & Wade Waller  
 07/17/ Glenn & Krestin Gibson  
 07/20/2019 Ben & Sloan Verlander  
 07/22/1995 Kevin & Amy 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](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.**

*Getting ready for  
 the children's  
 sermon on a recent  
 May Sunday*



[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!**



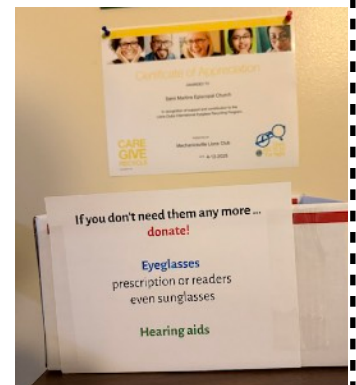
### YOUR OLD EYE GLASSES & HEARING AIDS!

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. 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)  
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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



## St. Martin's Episcopal Church

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