

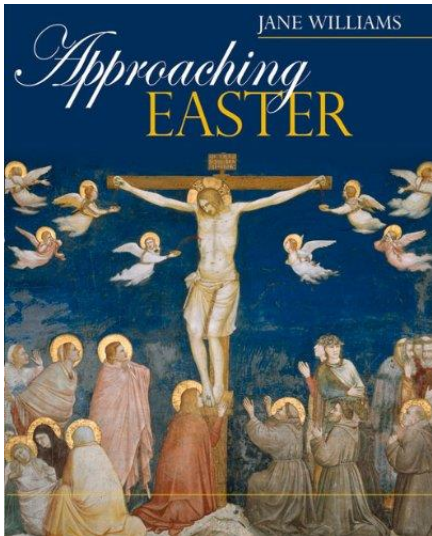


THE CLOAK

A monthly publication of

St. Martin's Episcopal Church

April 2017



The Lord is
Risen
He is Risen
Indeed
Alleluia, Alleluia

Join us for Worship Holy Week Schedule

- ✦ **Palm Sunday**
 - April 9: 10 a.m. Holy Eucharist and Palm Procession
- ✦ **Maundy Thursday**
 - April 13: 6 p.m. Agape Meal & Traditional Foot Washing
- ✦ **Good Friday**
 - April 14: Noon: Stations of the Cross
- ✦ **Easter Sunday**
 - April 16: 10 a.m. High Mass.

Did you know? **The Paschal Candle** is a large candle that symbolizes the risen Christ. It is often decorated with a cross, symbols of the resurrection, the Greek letters Alpha and Omega, and the year. The term "Paschal" concerns Easter or Passover. At the Easter Vigil, the Paschal candle is lit from the new fire. It is carried by the deacon, who pauses three times and sings or says, "The light of Christ," and the people respond, "Thanks be to God." The Paschal candle is carried by the celebrant if there is no deacon. After it is carried to the chancel, its flame may be used to light candles held by members of the congregation. This symbolizes the spreading of the light of Christ into the congregation and the world. The Exsultet is sung or said after the Paschal candle is placed in its stand. It is customary for the Paschal candle to burn at all services from Easter through Pentecost (*Book of Common Prayer*, pp. 285-287).

After the Easter season, the Paschal candle is typically placed near the font. It should burn at baptisms, representing the new life in Christ that we share in baptism.



This issue of The CLOAK includes:

- Rector's Easter Letter
- Helen's Health Column
- Vestry Update & Commitment of Respect
- Spring Tea and other events
- "My Niece, Lesotho, and Water" by Dena Losier

In Christian tradition, the **Five Holy Wounds** or **Five Sacred Wounds** are the five piercing wounds Jesus suffered during the Crucifixion on His hands and feet, and the piercing of His side. These are often marked on the Paschal Candle.



We all require and want respect,
man or woman, black or white. It's
our basic human right.

— Aretha Franklin —

AZ QUOTES



Aretha Franklin
sings "Respect" on
YouTube

<https://www.youtube.com/watch?v=6FOUqQt3Kg0>

Brief Vestry Update.... Retreat March 26

The members of the vestry joined Melodie+ and +Bishop Thornton at the Thorntons' Tau Cross Farm near Scio on Saturday, March 26 for an enjoyable and successful half-day retreat. Our agenda included a Celtic prayer service that is often used by small groups in England, with beautiful music and readings. We discussed what RESPECT should look like in our interactions as a vestry and as Christians. Bishop Thornton recounted many of the joys he experienced early in his pastoral career, giving us ideas on how to improve our outreach into the Lebanon community. Open discussion helped us come closer together as we deal with issues affecting the Parish.

You can always talk to Vestry members: Senior Warden Jim Rutledge, Junior Warden Roger Munk, members Larry James, Barbi Thomson, Patty Linn, and Sam Blankenship. Vestry Minutes are posted on the Bulletin Board in the Parish Hall

Commitment of Respect

Adopted at the Vestry Retreat
March 26, 2017

To be shared by all at St. Martin's

If you have a question or concern,
come to me privately.

If I have a question or concern, I will
come to you privately.

If someone comes to you about me
with a question or concern, send
them to me, and I'll do the same for
you.

If someone consistently will not
come to me, say to them, "Let's go
together and discuss," assuring them
I will listen. Or ask them not to tell
you, and send them directly to me.

If something is confidential that you
hear at a vestry meeting, don't report
back to others not on the vestry.

The minutes will be reported to the
entire congregation, and vestry
meetings are open. If it's
confidential, don't tell.

If you or someone else comes to me
in confidence, I will not tell unless
the person is going to harm him/
herself, the person is going to
physically harm someone else, or a
child has been physically or sexually
abused.

If you are in doubt, just ask. If you
have a concern, first pray, and then
(if led) speak up. If you agree with
this Commitment of Respect, I ask
you to practice it and share it with
others at St. Martin's.



Our Rector's EASTER Letter

*Loving God, grant us Minds to know you, Hearts to love you,
Hands to do your work and Voices to sing your praise.*

A most touching Holy Week I recall today was when I was a deacon serving at St. Paul's Episcopal Church in Seattle. The setting was Maundy Thursday, and as the new deacon, I was asked to strip and wash the altar. Part of this ritual was to mark the five wounds of Christ on the marble altar with red wine and then clean the altar with a white cloth. As I completed this ritual it seemed that with each nail marked I felt a sharp pain in my chest. I was a bit weak in the knees. I felt the presence of Jesus more deeply than I had ever experienced it before. It was so moving that I was brought to tears and was forever changed by the experience.

When I went to the sacristy after the service the other priests there asked "how did you find the stripping and washing of the altar?" As I described my experience to the senior priest, he smiled and said he would be worried if I hadn't had an experience; as we all have when we washed the altar the first time. We then went to the chapel full of candles and began a prayer vigil with incense, praying on our knees. It was a beautiful humbling experience.

The reality of Jesus' death was firmly in my being from that day forward. That is why the Paschal candle is so special to me and to all Christians as it symbolizes the five wounds of Christ as he hung on the cross, making the ultimate sacrifice for you and me and all the world. It is the light of Christ. From Easter onwards it is used to light baptismal candles for new candidates.

In the booklet *With all My Heart: Forty Ways to Pray Lent*, Joyce Rupp shares the prayer of Presence: "The one who sent me is with me, he has not left me alone" John 8:29 Jesus knew he was not alone. The bond he felt with "the one" who had sent him was his greatest strength and support. In the classic, *The Practice of the Presence of God*, Brother Lawrence encourages his readers to develop the habit of recalling the nearness of God. He suggests that we begin by finding a definite time and place each day where we intentionally recall the loving presence of God. Once this becomes a habit for us, we then find another time and another place and add it to the previous one. Eventually, we will have numerous moments in our day when we easily connect with God's nearness to us.

In contrast to the solemn Holy Week, on Easter Sunday we experience the joy of the resurrection! The sadness of Good Friday is over. Jesus is risen from the dead. When we process into church on Easter Sunday carrying the Paschal candle, we know the joy and the thankfulness of the gift that we have been given. Jesus has paid the ultimate price for our sins. We no longer need to carry our grief alone as he has broken the bonds of sin and death. He has carried it for us and will continue to be there for us forever.

We have good reason to rejoice on this most Holy day of the year. It will truly be a day of celebration of new beginnings. Easter day is also traditionally a day of baptisms. This year we will have a renewal of marriage vows during the service and any other couple who would like to join them will be invited to come forward and stand with them. May you have a most blessed Holy Week and Joyful Easter as we celebrate this wonderful day together at St. Martin's.

Blessings and Peace, Rev. Melodie+

Helen's Health Corner-

At any age, it's never too late to try some of these tips from AARP Magazine
"50 Ways to Live a Longer, Healthier Life"

<http://www.aarp.org/health/healthy-living/info-2017/50-ways-to-live-longer.html>

PLEASE GO TO BED

Sleep deprived people are more likely to die sooner! Try these tips:

- Make the room pitch-black dark, and set the thermostat between 60 and 67 degrees.
- Exercise every day. It doesn't matter what time of day you work out, just so it doesn't interfere with your rest.
- Stick to a regular sleep schedule, going to bed and getting up at the same time each day.
- Shut down your electronics an hour before retiring, as the light from some devices can stimulate the brain.
- Replace your mattress if it's more than 10 years old.

Ponder a Ponderosa

Experiencing a sense of awe — such as when viewing the Grand Canyon or listening to Beethoven's Ninth — may boost the body's defense system, says research from the University of California, Berkeley. "That awe, wonder and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions — a walk in nature, losing oneself in music, beholding art — has a direct influence upon health and life expectancy," says Dacher Keltner, a psychologist and coauthor of the study.

Embrace your faith

Attending religious services once a week has been shown to add between four and 14 years to life expectancy, according to researchers who study blue zones. Don't belong to a church? Ask to join a friend at her services, or just drop in at a nearby house of worship; most have an open-door policy.

Go nuts

In a European study of adults ages 55 to 69, those who ate 10 grams of nuts daily — 8 almonds or 6 cashews — reduced their risk of death from any health-related cause by 23 percent. As for specific ailments, consuming a handful of nuts at least five times per week lowers the mortality risk for heart disease (by 29 percent), respiratory disease (24 percent) and cancer (11 percent), according to a previous U.S. study. Sorry, peanut butter fans: Spreads didn't show the same benefits.

Keep watching LOL cat videos

Laughter really is the best medicine, helping to reduce stress, boost the immune system, reduce pain and improve blood flow to the brain. In fact, laughter has the same effect on blood vessels as exercise, report researchers from the University of Maryland School of Medicine in Baltimore.

And many more tips – check out the link online.



SAVE THE DATE – SET YOUR CLOCKS!

BUY YOUR TICKETS!

ECW Spring TEA Sunday April 23, 2-4 PM

It's Tea TIME!

"Name that Tune" & Tombola Raffle Prizes

PLANNING MEETING Friday April 7 at 10 a.m.

**Celebrate with
Larry & Jeanne 50 Years!**

April 15, 2-4 p.m.

Open House



St. Martin's will participate again this year at
the
**2017 Lebanon Chamber of Commerce Biz
EXPO**

Share our message with the community
Invite everyone to worship with us

On Tuesday April 11 from 10-6
at the River Center on S. Main (next to Wilco)

Volunteer to staff for an hour
Stop by the booth to say "hi" –

2015 Booth



April is National Poetry Month.

Here's a poem from the back of Joyce Rupp's
book *With All my Heart: Forty Ways to Pray
Lent*,

I am Coming Forth!

I stand before this moment
With silent, rising sun
And page-full of Scripture
And I proclaim: *I am coming forth!*

This is the season of my Savior,
the One whom God has raised from the dead.
This is the moment of resurrection
And I know it is the right time.

For I am coming forth,
Coming forth from the tomb –
And just like my God risen,
I feel bonded with the world,
I feel all brokenness brought unto one.

I'm on my way to bless bread
With each of my dear friends;
I'm on my way to offer presence
To all those I meet on the road;
I'm on my way to bring resurrection
To all who need God's healing Life.

It is Easter
And I proclaim:
I've been raised from the dead!
I am coming forth from the tomb!

Easter Flowers!

Sign up for flowers – donation envelopes are in the pews or you can bring your own potted plants and take them home afterwards.

We also need cut flowers for the traditional flower cross. See photo→

We need any names for remembrance by April 11 in order to get them printed for the bulletin insert



Dena's niece Crystal with a new baby

“My Niece, Lesotho, and Water”

By Dena Losier

Crystal is my oldest niece, my sister's only daughter. I've watched her grow up from a delightful teenager to an accomplished woman in her own right. She earned a Bachelor's degree in Liberal Arts from Oregon State and a Master's degree from the University of Washington in Social Work. In 2012, Crystal made her final vows in the Holy Order of the Sacred Heart of Jesus and Mary (SHJM).

After taking her vows, Crystal moved to Masera, South Africa. She spent two years working at two high schools as a counselor to students and teachers. Crystal also taught English to the village children and adults.

As of 2013, she is now living in Lesotho, South Africa, and working in Lourie, a village which is a 30-minute bus ride away from her “Mother House” (convent). She is working in a women's clinic, helping in the pharmacy and helping the midwife when the women are ready to deliver their babies. She transports women and children who are in critical condition to the only hospital, a 60-mile drive, via a specially marked ambulance.

One story she has shared regarding an ambulance run was about a night-time incident in which she was crossing a boundary. The ambulance was stopped by armed guards! Crystal and another nun were transporting a woman in labor to the hospital. There were some tense moments as the guards searched the vehicle. Luckily, they were able to continue the trip without further problems. Crystal's dedication to these women and children shows in her face. She lights up as you can see in this photo of her (above) holding a newborn baby, which she helped deliver!

Lesotho is a small country, which is its own state with a ruling chief who works with the South African officials. It is also very poor, with a depleted economy, few resources, and a lack of nearby water. Women, at times, must walk miles each day (often several times each day) to find water and then carry it back to their village.

WATER is part of the human body, a part of our birth, and continues to be needed for every aspect of our being our entire life! Do you know that the United States and Canada are among the most wasteful countries when it comes to water? This greatly concerns me.

Continued page 8-→

Lessons for April Read Along

April 2 – 5th Lent

- Ezekiel 37:1-14
- Romans 8:6-11
- John 11:1-45
- Psalm 130

April 9 – Palm Sunday

- Isaiah 50:4-9a
- Philippians 2:5-11
- Matthew 26:14-27:66
- or Matthew 27:11-54
- Psalm 31:9-16

April 16 - Easter

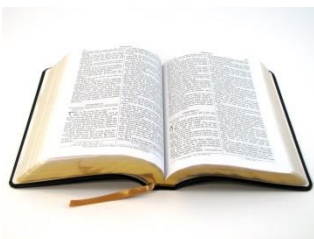
- Acts 10:34-43
- or Jeremiah 31:1-6
- Colossians 3:1-4
- or Acts 10:34-43
- John 20:1-18
- or Matthew 28:1-10
- Psalm 118:1-2, 14-24

April 23

- Acts 2:14a, 22-32
- 1 Peter 1:3-9
- John 20:19-31
- Psalm 16

April 30

- Acts 2:14a, 36-41
- 1 Peter 1:17-23
- Luke 24:13-35
- Psalm 116:1-3, 10-17



Birthdays & Anniversaries

Because of concerns about scams, we no longer put the day of the event.

April Birthdays

Les Namitz - Tom Thomson
Shara Elton - Patty Linn
Loyce Rutledge

Anniversaries

Larry & Jeanne James
West+ & Carol+ Sedlacek

CUB SCOUT PACK - BOY SCOUTS TROOP VENTURING CREW News

Congratulations to Jonny Dunn at Spring Court of Honor, with his proud parents



Congratulations Troop and Crew for earning \$550 from Points for Profit and winning the Nonprofit Shining Star Award at the Awards Banquet on March 21 in Albany. They also get a free pizza every month for a year from the Albany Pizza Hut.



Watch for fundraisers for Camper Scholarships!
Help our youth learn and grow in duty to God and Country

- Jeremy Brett, Scoutmaster
- Melinda Stocking, Webelos Den Leader

Lebanon Community Chorus

The 2017 Spring Pops Concert is directed by our own Ray Hendricks. Many St. Martin's singers are performing. See them for tickets!

General Admission \$10; Student/Senior \$6

Sunday, April 30, at 3 p.m.

First Assembly of God,
726 W. Oak Street



Parish Directory

Our Parish Directory is updated, and copies are available at church. Please send additions and corrections, which will be posted on the bulletin board.

Water is a sense of freedom for me. I remember arriving in Newport, Oregon, at the age of 6 ½, and seeing the huge deep blue Pacific Ocean. The water was alive and breathing; it still is to me! Every time I travel over the hill on Highway 20 or see a huge body of water (i.e. lake, dam, etc.) I can take a deep, calming breath which cleans my throat, heart, and head to the possibilities that are in our world today.

Lesotho needs water just like we do, yet they need to work hard – darn hard – to have a single day's supply. Just as we need water for drinking, cooking, bathing, and gardening, so do they. The convent is the main source of food and vegetables for the women and children of their immediate area. They would go hungry without the nuns' gardening. One way the nuns conserve water is by bathing only twice a week. I could go on, but you get my gist. We need to conserve our resources to aid people on the other side of our world. Americans could conserve/help by just turning off the tap while brushing their teeth or shaving, using low-flow toilets, and adjusting the spray when watering the lawn so water is not wasted on the street or sidewalk. There are many ways we can use less, ways to not be so wasteful as a community.

Crystal loves the people she works and lives with. She finds them **joy-filled** even though they're without possessions and property. She **LOVES HER WORK**.

We can't all move to Lesotho, as Crystal has done, yet we need to do our part in helping our sisters and brothers. The next time you use water, think of the people of Lesotho and pray for them. Think of how you could help, and, please, turn that tap off.

Thanks for listening.



Personal Care Kits Ministry Update

We go on Friday April 28

THANK YOU for your prayers and donations!

We need large detergent, especially in boxes rather than heavy bottles. We also need toilet tissue rolls that are individually wrapped.

St. Martin's Episcopal Church
257 E Milton Street, Lebanon, OR 97355
541-451-1159; Office open Tues-Fri 9-12.
Rector's office hours by appointment.

Find **CLOAK** and Calendar and more info on our website:
www.stmartinslebanon.org
Facebook <https://www.facebook.com/St.Martins.Lebanon>
Email stmartinslebanon@gmail.com

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Newsletter

Submissions: The deadline for the next newsletter is **April 20**.

Sending your information in by e-mail helps reduce our workload. Please send your submissions to:

stmartinslebanon@gmail.com

Thanks to Barbi T. for proofreading.