



THE CLOAK

A monthly publication of

St. Martin's Episcopal Church

January 2017



Epiphany or **Theophany** also known as **Three Kings' Day**, is a Christian feast day that celebrates the revelation of God in his Son as human in Jesus Christ. In Western Christianity, the feast commemorates principally (but not solely) the visit of the Magi to the Christ child, and thus Jesus' physical manifestation to the Gentiles.

The word 'Epiphany' comes from Greek and means 'manifestation'. It celebrates 'the revelation of God in his Son as human in Jesus Christ'.

In the West, Christians began celebrating the Epiphany in the 4th century, associating it with the visit of the Wise Men to Jesus. The traditional date for the feast is January 6. However, since 1970, the celebration is held in some countries on the Sunday after January 1, as we will at St. Martin's, on January 8.

Western Christians have traditionally emphasized the "Revelation to the Gentiles" mentioned in Luke, where the term Gentile means all non-Jewish peoples. The magi, who represented the non-Jewish peoples of the world, paid homage to the infant Jesus in stark contrast to Herod the Great (King of Judea), who sought to kill him.

According to the Gospel of Matthew, the three kings found baby Jesus by following a star across the desert to Bethlehem. The three kings - named Melchior, Caspar and Balthazar - followed the star of Bethlehem to meet the baby Jesus. According to Matthew 2:11, they offered symbolic gifts of gold, frankincense and myrrh. The gifts were symbolic of the importance of Jesus' birth, the gold representing his royal standing; frankincense his divine birth; and myrrh his mortality.

Two very familiar Christmas carols associated with Epiphany are "*As with gladness, men of old*", (#119) written by William Chatterton Dix in 1860 as a response to the many legends which had grown up surrounding the Magi, and "*We Three Kings of Orient Are*", (#128) written by the Reverend John Henry Hopkins, Jr., then an ordained deacon in the Episcopal Church, instrumental in organizing an elaborate holiday pageant (which featured this hymn) for the students of the General Theological Seminary in New York City in 1857 while serving as the seminary's music director.

Annual Meeting – Sunday January 22, 2017

Every year, St. Martin's parish holds its Annual Meeting. This is a time for all members to gather, celebrate what has been accomplished in the past year, thank our hard-working members for all they do, and make decisions for how St. Martin's would like to go forward.



We will hear about our community outreach projects, for children and adults. This includes Learning Perch reading program for second grade students at Sand Ridge Charter School, our community playground which was painted and upgraded this year, and our sponsorship of the Cub Scout Pack-Boy Scout Troop-Venture Crew #420.

For adults, St. Martin's has been reaching out to our community through Personal Care Kits ministry and donations to the Lebanon Soup Kitchen, minds, through our Little Free Library and Bishop Thornton's "One Buck Seminary" discussion group, which is open to all, and spirits, through such extra services as the Longest Night Service of Comfort and Healing. You will learn more about projects you might not have seen personally, and you may realize you are called to volunteer to help our sisters and brothers in Christ who are all around us.

In terms of "in-reach" and fellowship within the parish, we will hear about projects by the Episcopal Church Women and the St. Martin's Men's Group. If there is an activity you would like to see, this is a great time to suggest how you might start and lead the way.

We will also work on leadership, hearing reports from our Vestry and Stewardship / Finance groups, and choose leaders for the coming year, including open positions on the vestry, and delegates to the annual Diocesan Convention. Please consider whether you are called to add your talents and time to serve our church family in one of these positions.

Be sure to join us after the service on Sunday January 22 after a delicious brunch.

Join us in Worship

Sundays at 10 a.m.

Wednesdays for Healing Prayers Service at 9:30 a.m.,

✦ Sun Jan 1	Lessons & Carols
✦ Sun Jan 8	Celebration of the Epiphany
✦ Sun Jan 15	Second Sunday after the Epiphany
✦ Sun Jan 22	Third Sunday after the Epiphany
✦ Sun Jan 29	Fourth Sunday after Epiphany



If you did not yet get your prayer card from Rev. Melodie, be sure to ask for one

Happy New Year from the New Rector



With great pleasure and hope, I begin my journey of faith here with you at St. Martins in Lebanon, Oregon. By way of introduction I will tell you a bit about my journey so far.

I was ordained Deacon in 1999 and served at St. Paul's on staff in Seattle for a year. I then went to England to serve as the Anglican Chaplain's assistant at Withington Hospital while the head chaplain was starting a new chaplaincy at Wythenshaw Hospital for the Manchester Teaching Trust.

This was to be a temporary 18 month position while I earned my way to visit Europe. One job led to another from Manchester to Nottingham and back to Leeds. Bishops began approaching me about the Priesthood, and I was eventually ordained after training on the Northern Ordination Course for the Church of England in December of 2006.

I served my curacy at a large parish, St. Chad's in Leeds, for three years and alongside a chaplain/chaplaincy manager for the Leeds and York National Health Service Partnership Foundation Trust. I served as associate priest to St. Chad's and St. Aiden's, finally landing in the Diocese of York as Assistant Priest for the parishes of Sowerby, Sessay, Thirkleby, Bagby and Kilburn, North Yorkshire, where I lived since August 2012 until now. It was after a retreat in Greece when I felt God's call leading me back to the United States, where I have two daughters and a grandchild living in the Seattle area.

My first Sunday with St. Martin's was on December 18 and again on December 21 for the Longest Night Service and Christmas Eve and Christmas Day. Having said all that, it is time for me to meet all of you!

If you worshipped with us over Christmas you will have received from me a prayer card that reads: ***O Loving God, grant us Minds to know you, Hearts to love you, Hands to do your work and Voices to sing your praise.***

I know there are singers as I attended the Community Chorus concert in December! It is with this prayer in mind that I would like to meet each person in our congregation and hopefully others in the Church Community and Community of Lebanon. I would like you to first pray about where you see St. Martin's going forward and then what God is calling us to do together. This will be a good place to start, giving me the opportunity to meet each of you individually, and it will be an avenue to learn to know you personally and informally by hearing your journey of faith.

I propose to see a few people each week and will begin making appointments to come to your house or if you prefer, you can make an appointment to come to the church office and meet me for a cup of tea or coffee and have a chat. It will take me a while to see everyone, but do please get in touch. You can email to rector.stmartinslebanon@gmail.com or leave a message for me at the church office 541-451-1159. A good time to begin will be after the Annual Meeting after the services on Sunday January 22 where I hope to see you all and hear what you have already been doing as a congregation.

I am looking forward to seeing you all in the year ahead. You are in my prayers as we go forward together.

Wishing you the peace and blessings of the Epiphany,
and a very Happy New Year!

Rev Melodie Kimball+

New Year's Resolutions: Healthy Bodies, Healthy Spirits

While our church year began in Advent, the secular year begins in January. It's a time when many people decide to improve themselves and their lives, which often includes their health. A **New Year's resolution** is a tradition, in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day. Two popular areas of focus are diet and exercise, and of course these are important.

And then, after a few weeks, discouragement can set in. Maybe we don't keep up that new habit long enough to make it part of our daily lives. Research by Philippa Lally, a health psychology researcher at University College London shows that **"On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact."**

The study examined the habits of 96 people over a 12-week period. Each person chose one new habit for the 12 weeks and reported each day on whether or not they did the behavior and how automatic the behavior felt.

Some people chose simple habits like "drinking a bottle of water with lunch." Others chose more difficult tasks like "running for 15 minutes before dinner." At the end of the 12 weeks, the researchers analyzed the data to determine how long it took each person to go from starting a new behavior to automatically doing it.

And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances. In Lally's study, it took anywhere from 18 days to 254 days for people to form a new habit. Read the whole story here_ <http://jamesclear.com/new-habit>

A RESOLVE For Every Morning of the New Year

I will this day try to live
a simple & sincere and
serene life & repelling
promptly every thought of
discontent, anxiety, discouragement,
impurity and self-seeking
& cultivating cheerfulness &
magnanimity, charity, and the
habit of holy silence & exercising
economy in expenditure,
carefulness in conversation,
diligence in appointed service,
fidelity to every trust
and a child-like trust in God

From a Calendar by Bishop John H. Vincent
Copyright 1915 by the Episcopal Church

This message from 1915 is on the cover of
Forward Day by Day

Another perspective on resolutions comes from Rev. Jocelyn Schaefer in North Carolina. She wrote on her blog:

"..... Good gifts, like life itself, ought not be taken for granted but received consciously and mindfully. Many of us create New Year's Resolutions. In order to so, we look back at last year and articulate what went well and what we hope might go better in the year to come. This kind of "year-in-review" exercise has deep spiritual roots, particularly in the ..tradition of daily *examen*, a way of prayer that takes seriously the claim of the Incarnation: that God is present with us in everyday life.

Perhaps you can find some time on New Year's Day or to reflect or journal in response to these questions:

What were the moments that drew me closer to God and my neighbors in love?

What were the moments that drew me away from God and my neighbors? "

Read more <http://www.st-peters.org/2014/12/a-new-year/>

As we at St. Martin's start a new journey with our new Rector and prepare for the Jan 22 Annual Meeting, we can also ask what programs and activities here have brought us closer to God's reality? How might we together experience and offer more spiritual nourishment in the year to come?

Stewardship

Pledge cards are still available from the Office if you did not get one recently. We need everyone to submit so that the Vestry can make a proper budget for 2017. This is a great opportunity for participating in the family of St. Martin's by sharing your time, talents, and treasure. Pick up your offering envelopes soon so we can track your donations.

The 2016 donation list for taxes will be ready for you soon.



Thank Yous are in order for the many helping hands who made the church so beautiful for Christmas



Rev. Melodie+ adds her deepest thanks for the warm welcome and wonderful gifts that she has received from her new St. Martin's family.

VESTRY NOTES:

St. Martin's vestry is looking for new and returning vestry members to serve for the coming year. We will have elections at our annual meeting, which is Jan. 22. We need all voting members present; please plan to stay for an hour or two after church that day so we can approve a budget and get all our other business accomplished. We're asking for signups for the brunch potluck to keep everyone's strength up during the work.

Vestry members met Dec. 28 and spent some time talking about items for the finance committee to consider for next year's budget, including a larger amount for the building and grounds to take care of painting and leaking outdoor spigots. The total amount of pledges received thus far isn't as much as the current year's budget, but not all members have submitted a pledge, so a final budget recommendation is not yet available.

St. Martin's is also exploring a few projects for the office, sanctuary and rectory to make things more efficient and safe. For instance, Sara Jameson has asked whether it's possible to add a feature to the office phones that convert voice mails to digital soundbites that are automatically emailed to St. Martin's email so that they can be responded to more quickly, a feature Larry James said he'll investigate getting. Larry is also looking into potentially adding a security camera to the rectory, and will pick up a fire extinguisher for The Rev. Melodie+ as well.

Melodie+ also has asked whether the circular platform directly under the altar might be removed, putting the altar on the same level as the altar rail, for safety's sake in moving about the area. Larry will talk to Tim Richard, who installed the platform initially, to see whether carpet would need to be replaced if this is accomplished.

Melodie+, now St. Martin's official rector, said she has made it a goal to make a personal home or one-on-one visit to each parishioner. Look forward to connecting with her soon!

LASHON HARA: Spreading gossip

Bishop Thornton's next
"One Buck Seminary"

Saturday January 21, 8-9:30 in the
Parish Hall
**Reading packets will be ready
soon**

**Join in the discussion. You don't
have to have come to the
previous sessions.**

According to Wikipedia, "...The Hebrew term *lashon hara* (Hebrew להרע לשון; "evil tongue") is the term for derogatory speech about another person.^[4] *Lashon hara* differs from *defamation* in that its focus is on the use of true information for a wrongful purpose, rather than falsehood ...

Speech is considered to be *lashon hara* if it says something negative about a person..., is not previously known..., is not seriously intended to correct or improve a negative situation, and is *true*.

Statements that fit this description are considered to be *lashon hara*, regardless of the method of communication that is used, whether it is through face-to-face conversation, a letter, telephone, or email, or even body language...."

https://en.wikipedia.org/wiki/Lashon_hara

Lessons for January 2017 Revised Common Lectionary, Year A

Jan 1 – 1st Sunday after
Christmas

Numbers 6:22-27
Galatians 4:4-7
or Philippians 2:5-11
Luke 2:15-21
Psalm 8

Jan 8 - Epiphany

Isaiah 42:1-9
Acts 10:34-43
Matthew 3:13-17
Psalm 29

Jan 15 – 2nd Sunday after
Epiphany

Isaiah 49:1-7
1 Corinthians 1:1-9
John 1:29-42
Psalm 40:1-12

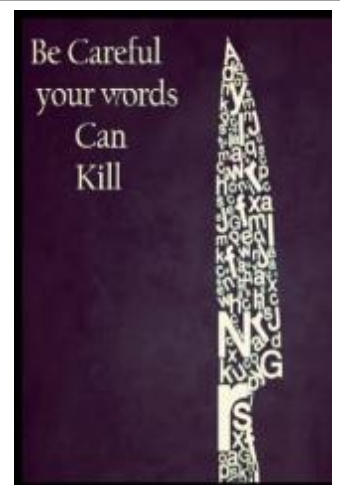
Jan 22 – 3rd Sunday after
Epiphany

Isaiah 9:1-4
1 Corinthians 1:10-18
Matthew 4:12-23
Psalm 27:1, 5-13

Jan 29 – 4th Sunday after
Epiphany

Micah 6:1-8
1 Corinthians 1:18-31
Matthew 5:1-12
Psalm 15

You can always find the readings in the Revised Common
Lectionary online at **The Lectionary Page**
With Track 1 and Track 2
<http://www.lectionarypage.net/>



"Sticks and Stones can Break my Bones and
Words ... can Surely Kill me"

**News from CUB SCOUT PACK / BOY SCOUTS TROOP /
VENTURING CREW 420**

Doug Young, Scoutmaster, Troop 420
Kay Young, Assoc. Advisor, Crew 420
Christina Young, Scoutmaster, Pack 420

- ✓ Cub Scouts are excited about Jan 14 "Calapooia Lock-In" at the YMCA in Albany.
- ✓ Scouts did a great job fundraising by working concession stands at OSU Home Games at Reser Stadium this year! GO BEAVS! GO SCOUTS & CREW!

Scouts, Pack, and Crew now meet at First Christian Church, 170 E. Grant Street, which has a large meeting room, and a big storeroom for their supplies.



**Shop Locally, Serve Locally,
Sustain Locally**

Our Scouts / Pack / and Crew are participating in **Points for Profit** which is networking to strengthen our community.

In **Points for Profit**, local businesses do more business, local non-profit organizations do more good while building partnerships and sustaining individual communities!

As we shop at any one of the local P4P business partners and turn in our receipts to Doug Young, we help our Scouts earn funds for their educational and leadership projects. For more info and a list of participating businesses click here:

<http://www.pointsforprofit.org/mid-willamette-valley/>

January Birthdays

1 – Buzz Collins
Rebecca Munk
2 – Derek Cole
4 – Jim Bittle
7 – Neva Klee
11 – Pat Munk
13 – Doug Young, Sr.
21 – Vicki Clark
23 – Sally Johnson
25 – Lorna Myrtue
29 – Florence Christ



Thanks to Florence for
sending cards!



**ECW Episcopal Church Women
ALL WOMEN ARE WELCOME!**

Minutes from November 19
are on the bulletin Board.

Next meeting is Saturday, Jan 28, 2017, at 10 am
in the Parish Hall.

Next lunch is Monday, Feb 13 at the Covered
Bridge Café in Scio. Carpooling is available.

An inspiring documentary Watch the complete film **4.1 Miles:** about a brave Coast Guard Captain on a small Greek island who is saves thousands refugees from the water. Rev. Melodie+ reminds us of the Anglican Charity at Holy Trinity Corfu which helps the needy.
<http://www.holytrinitycorfu.net/>



<http://www.pappaspost.com/watch-complete-documentary-4-1-miles-coast-guard-captain-small-greek-island-suddenly-charged-saving-thousands-lives/>

St. Martin's is here for you....Let us know how we can help through dark days

DON'T SUFFER IN SILENCE: Please call the church office (541-451-1159 Tues-Friday, from 9-noon or email the church at stmartinslebanon@gmail.com) when:

- * You are ill or a member of your family is in the hospital.
- * You learn of a death in the church family.

KEEP US POSTED: Please call the church office (541-451-1159 Tues-Friday, from 9-noon or email the church at stmartinslebanon@gmail.com) when:

- * Your group plans to meet at the church.
- * Your address, phone number or email address is changed.
- * You learn of someone who may be interested in church membership.

Personal Care Kits Ministry

Our 12 year ministry continues in 2017 with our visits six times a year taking personal hygiene items to the needy in our community at the Lebanon Soup Kitchen.

Thanks for everyone's contributions to our Dec 30 visit! Many blankets, hats, scarves and toiletry items were so appreciated. Our next visits are:

Friday Feb 24
Friday April 28
Friday June 30
Friday August 25
Friday October 27
Friday December 29

THANK YOU
for your prayers and support!

Updated Parish Address List is now available while we wait for new Directory! Ask us.

SAVE THE DATE

If you get the CLOAK by email, you can find the monthly event calendar on the webpage. Otherwise, the monthly event calendar is on the back of your address page.

If you have ideas for an item for THE CLOAK, please email the church office or CLOAK editor, Sara Jameson.

SOUP SUPPER POTLUCK

~All are Welcome~

If you can bring a soup, side, or dessert, sign up and/or please let the host / coordinator know.

If not, that's OK too.

Come, eat, and join the fellowship.



Soup Suppers are the 4th Thursday of the Month. Watch the Calendar for Information and Sign up to Share if you can.

St. Martin's Episcopal Church

257 E Milton Street, Lebanon, OR 97355
541-451-1159; Office open Tues-Fri 9-12.

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