



THE CLOAK

A monthly publication of

St. Martin's Episcopal Church

November 2016

November is a pivotal month in the church year. It begins with All Saints' Day, or more precisely, All Hallows' Eve (All Saints' Eve) since the Church considers that a day begins on the evening that precedes it. This pattern was established in Genesis, where it is evening and then morning on each day. All Hallows' Eve today is known as Hallowe'en.

As Christians, we are surrounded by a great cloud of witnesses, some living, others long since dead. A true picture of the Church goes beyond congregation, denomination, or even time. All Saints' Day, November 1, is the day on which the Church honors those people officially recognized, especially through canonization, as preeminent for holiness. We designate those special people by capitalizing the word Saint, such as for Saint Francis of Assisi or Saint Martin of Tours. You can find all of the people the Episcopal Church honors as Saints by looking in the book *Holy Women Holy Men*, a copy of which may be found in the sacristy at St. Martin's. However, the Bible refers to all believers, living and gone to glory, as saints, without the capitalization, and so the Church celebrates all of the faithful departed on All Souls' Day, November 2. November concludes the Church Year with the festival of Christ the King on the Sunday before Advent starts. On that Sunday, we recognize and honor the fact that we are, first and foremost, citizens of God's kingdom, where the Christ reigns as king, and to whom we owe fealty and allegiance above all.

The last Sunday in November is the first Sunday of Advent, and as such begins the new Church Year. 'Advent' means 'a coming into being or use', and the length of the season varies from 22 to 28 days, ending on Christmas Eve. There are always four Sundays in Advent. The early Christians, following Jewish customs, celebrated the beginning of the year in the spring. However, in the fourth century Christmas was introduced as a religious festival, and Christians started to use this new feast of Christmas to mark the beginning of the year.¹ The Feast of Epiphany, January 6, was one of the prime times for baptism in the early church, and candidates for baptism would go through a time of fasting as part of their preparation. This practice seems to have been the basis for Advent, which is a season of preparation for the coming of the Christ, not only as God Incarnate at Christmas, but Christ in glory at the end of time.

During November we also celebrate Thanksgiving Day, a day when we especially give thanks to God in concert with everyone across the nation. Although it is now primarily a secular holiday, at its inception in 1863, President Abraham Lincoln proclaimed it to be a day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens". We will gather to give thanks to God for the past year on Wednesday evening, November 23rd, at 7:00 pm.

(This article first appeared in The CLOAK in Nov. 2014)

Join us in Worship

Sundays at 10 a.m. with the Rev. Deb Vanover
Wednesdays Healing Prayers Service at 9:30 a.m.,

- ✦ Nov 6 – Celebrating All Saints Day - Holy Eucharist & Healing Prayers
- ✦ Nov 13 – Celebrating All Saints Day - Holy Eucharist
- ✦ Nov 20 - Celebrating Christ the King - Holy Eucharist & Healing Prayers
- ✦ Weds Nov 23 – Thanksgiving Eve – 7 pm
- ✦ Nov 27 – Celebrating the First Sunday in Advent – Holy Eucharist

Did you know.....? Our November Saints

November 11 – St. Martin of Tours, patron saint of soldiers, died Nov 8, 397 CE

According to biographies of St. Martin, he was “A conscientious objector who wanted to be a monk; a monk who was maneuvered into being a bishop; a bishop who fought paganism as well as pleaded for mercy to heretics—such was Martin of Tours, one of the most popular of saints and one of the first not to be a martyr.

“Born of pagan parents in what is now Hungary and raised in Italy, this son of a veteran was forced at the age of 15 to serve in the army. He became a Christian catechumen and was baptized at 18. It was said that he lived more like a monk than a soldier.

“The story of his cloak (for which our newsletter is named) goes like this: While Martin was a soldier in the Roman army and stationed in Gaul (modern-day France), he experienced a vision, which became the most-repeated story about his life. One day as he was approaching the gates of the city of Amiens, he met a scantily clad beggar. He impulsively cut his military cloak in half to share with the man. (see our photo with the masthead) That night, Martin dreamed of Jesus wearing the half-cloak he had given away. He heard Jesus say to the angels: “Martin, who is still but a catechumen, clothed me with this robe.”

“At 23, he refused a war bonus and told his commander: “I have served you as a soldier; now let me serve Christ. Give the bounty to those who are going to fight. But I am a soldier of Christ and it is not lawful for me to fight.” After great difficulties, he was discharged and went to be a disciple of Hilary of Poitiers.

“The people of Tours (France) demanded that he become their bishop. He was drawn to that city by a ruse—the need of a sick person—and was brought to the church, where he reluctantly allowed himself to be consecrated bishop. Some of the consecrating bishops thought his rumpled appearance and unkempt hair indicated that he was not dignified enough for the office...”. <https://www.franciscanmedia.org/saint-martin-of-tours/> and https://en.wikipedia.org/wiki/Martin_of_Tours

History question: How did we become the people of St. Martin?

November 30 - St. Andrew, considered the patron saint of fishermen, fishmongers and rope-makers, textile workers, singers, miners, pregnant women,



The New Testament states that Andrew was probably the brother of Simon Peter, by which it is inferred that he was likewise a son of John, or Jonah. He was born in the village of Bethsaida on the Sea of Galilee. Both he and his brother Peter were fishermen by trade, hence the tradition that Jesus called them to be his disciples by saying that he will make them “fishers of men” At the beginning of Jesus’ public life, they were said to have occupied the same house at Capernaum. Andrew is remembered in **Hymn #672**, verse 2:

*1. Jesus calls us o'er the tumult
of our life's wild restless sea;
day by day his voice still calls us
saying, 'Christian, follow me.'*

*2. As of old Saint Andrew heard it
by the Galilean lake,
turned from home and work and kindred,
leaving all for Jesus' sake.....*



STEWARDSHIP

*Using the gifts God has given us
to do the work God is calling us to do.*

Vestry NOTES Looking Forward

If you've been hearing Oregon Public Broadcasting's annual pledge drive, you know St. Martin's can't be far behind. Members of the vestry discussed how to handle the annual in-gathering of financial pledges on Wednesday, October 26, and determined it would be easiest and most efficient to stick with the fill-out-the-card-in-church pattern established while Charlotte+ was here.

To that end, Jim Rutledge will give a brief stewardship talk as part of the service on Nov. 6, and then the services of Nov. 13 and 20 will include a chance to fill out a pledge card as part of the morning. We'll get that information to the finance committee to help put together next year's budget, the vestry will check it out in December and the completed budget will be ready for the annual meeting, set for Jan. 22, 2017. If you can't make it either in-gathering Sunday, let Kathy Johnson or another vestry member know so we can get you a pledge card in the mail.

Nov. 13 is also a chance to honor **St. Martin's namesake, Martin of Tours**. Sue Coakley is in charge of putting together whatever we will do that day - likely some great snacks during coffee hour - so let her know if you can give her a hand. See page 2 for information on St. Martin.

In other business Wednesday, vestry members approved the purchase of a few more pieces of computer equipment to finish redoing what's needed for the office and authorized Roger Clark to check into costs and possible designs for new signs out in front of the church (both the canvas banner and the brick-foundation sign). Stay tuned on the main church sign - parishioner input likely will be sought on the design we'd most like.

St. Martin's still needs a treasurer. Please pray to see if you feel called to help with this need in some way.

The Rev. Deb. Vanover has volunteered to perform all services, Advent through Christmas, as a gift for St. Martin's to give our incoming rector a chance to get settled. Thank her when you see her! She will start on November 6 celebrating All Saints Day.



LOOKING GOOD!

Thanks to St. Martin's Men and the hard workers including Bobby Ray with St. Martin's Mountain Path Ministry (helps the needy with jobs) for making the church look bright and fresh with new white paint! New fence around the rectory backyard! More painting and repair are planned.

Helen's Health Corner ~~ Flu Shots!

Even though the flu vaccine is typically only 50 to 60 percent effective, there are significant benefits.

For one thing, if you get the flu anyway, the vaccine protects you against severe complications that could require hospitalization. A 2013 Vanderbilt University study found the shot reduced the risk of being hospitalized by 77 percent in those age 50-plus. And a Vanderbilt study this year suggests that 57 percent of flu-related pneumonia might be prevented by getting a flu shot.






The flu vaccine can also reduce the risk of **heart attack** by nearly 30 percent, says a new study published in the British journal *Heart*. Your chance of having a stroke also drops in the first two months following a shot, British researchers reported.

A word of caution if you're taking **statins**. Two new studies by Emory University suggest that statins may decrease the effectiveness of the flu vaccine. Older adults on statins had fewer flu-fighting antibodies in their bloodstream three weeks after the shot than those not taking statins. The findings could support the use of high-dose flu vaccines in older adults to help boost their immune response. However, the studies were funded by Novartis, a maker of those high-dose flu vaccines.

Active older men should also take heart: Getting **regular exercise** may help increase the effectiveness of your vaccine, a new study suggests. Men ages 65 to 85 in Brazil who had been consistently active and had gotten flu shots for the previous five years had higher levels of flu-fighting antibodies in their bloodstream compared with inactive men.

So how do you know if it's the flu or a cold? See the chart below for guidance. A good rule of thumb is that cold symptoms generally occur from the neck up, while flu symptoms take over your whole body. Here are more tips for getting through this sneezing, coughing, achy, fever season


<http://www.aarp.org/health/conditions-treatments/info-2015/flu-shot-benefits.html>

Cold or the Flu?		
COLD	SYMPTOM	FLU
Gradually, within days	Speed of onset 	Quickly, within hours
Uncommon or mild	Body aches 	Common, severe
None or under 100 degrees	Fever 	Usually over 100
Sometimes	Headache 	Common, can be severe
Mild	Cough 	Severe

DID YOU KNOW??

You're contagious even before your symptoms start getting bad, say infectious-disease experts, so if you wake up feeling under the weather, the virus is already multiplying. Plus, you remain contagious for five to seven days after becoming ill.

So do everyone a favor — stay home, and don't infect anyone else.

<p>November 4-5, 2016 Valley River Inn Eugene, Oregon</p>	<p>Many thanks to our delegates Jeanne James and Dena Losier, and our alternates Doug Young Sr. and Sam Blankenship, and Kathy Johnson our Senior Warden who will also be attending to represent St. Martin's.</p> <p>We look forward to a report when they return!</p>	
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2016 Convention Events Include:

Ordination: Joyce Atchley

We will be celebrating the diaconal ordination of Joyce Atchley on Friday, November 4 at 11:15 a.m. Clergy are vesting and the color will be red.

Keynote Speaker

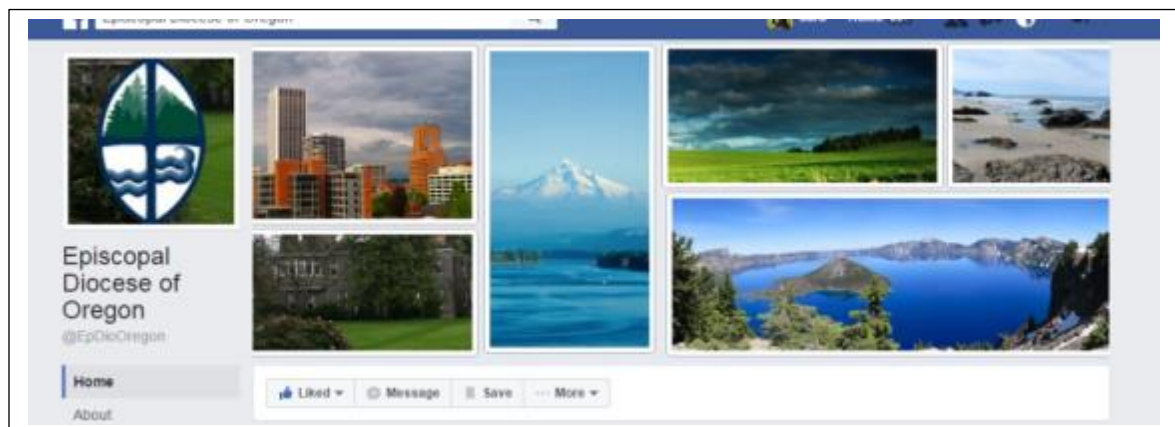
Our keynote speaker will be Bishop Dave Brauer-Rieke of the Evangelical Lutheran Church of America Oregon Synod. Learn more about Bp. Brauer-Rieke.

Honoring Inga

After four decades of creating unique, beautifully hand-lettered certificates for every ordination in the Diocese, Inga Dubay, a member of Trinity, Portland, has retired. We will have a special time honoring Inga for her years of service during the Banquet.

Watching from Afar

If you're not attending, you can still keep up-to-date on the sights and sounds of Convention through social media. Follow @EpDioOregon on [Twitter](#), [Facebook](#) and our brand new [Instagram](#) account!



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.

Wed Nov 30

Patty & Dale Nelson

Sara Jameson



Soup Supper Fun!

Lessons for November 2016

Revised Common Lectionary

Read Along and Think

November 6

Track 2

Job 19:23-27a

Psalm 17:1-9

2 Thessalonians

2:1-5, 13-17

Luke 20:27-38

November 13

Track 2

Malachi 4:1-2a

Psalm 98

2 Thessalonians

3:6-13

Luke 21:5-19

November 20

Track 2

Jeremiah 23:1-6

Psalm 46

Colossians 1:11-20

Luke 23:33-43

Thanksgiving

Deuteronomy 26:1-11

Psalm 100

Philippians 4:4-9

John 6:25-35

November 27 1st Sunday of Advent – Year A

Isaiah 2:1-5

Romans 13:11-14

Matthew 24:36-44

Psalm 122

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/>

Bishop Thornton's **"One Buck Seminary"** got off to a
great start with a lively discussion on Saturday, Oct 22
at the Veteran's Home meeting room.

→ Watch for Packet #2 coming soon and a November
date to meet.

St. Martin's Monthly Raffles!

Join the "Fun-Raisers" and help support the church. Tickets
sold at coffee hour. \$1 each or 6 tickets for \$5

Thanks to our generous donors!

October 27 drawing – by Jeanne James

November 27 – drawing - by Ray Hendricks

December drawing on Jan 1 – Neva Klee

January – Amy Ramsdell



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

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.

- ✓ Scouts are running fundraising concession stands at OSU Home Games at Reser Stadium this year! GO BEAVS! GO SCOUTS & CREW!
- ✓ Scouts will again participate in the Veteran's Day Parade in Albany on Friday November 11
- ✓ On Sat Oct 22 their "Scouting for Food" event resulted in lots of food for the Lebanon Soup Kitchen! Good job Scouts
- ✓ Points 4 Profit participation



ECW Episcopal Church Women

- ✦ Lunch Monday November 14 – Watch for news of location!
- ✦ Meeting Saturday November 19.

November Birthdays

3 – Pam Solberg
8 – Marian Porath-Olsen
15 – Roger Clark & Janell Beverly



November Anniversaries

25 – George & Michelle Hamilton
Thanks to Florence for sending cards!

We are Co-Sponsoring Watch for sign-up sheets

Alone for the Holidays?
Join Us for



First United Methodist Church
1890 S. Second Street, Lebanon
(Corner of Second St. and Airport Rd. Lebanon)

Menu - Turkey, Ham, Potatoes, Dressing, Green Beans, Salads, Bread, Pie & Beverage

Thanksgiving Day
Thursday, November 24, 2016

Doors open at 11:30 AM, Close at 2:00 PM

FREE! - Everyone Welcomed

Sponsored by: St. Martin's Episcopal Church, First United Methodist Church, Our Saviour's Lutheran Church and First Christian Church, Lebanon Mennonite Church, St. Edwards Catholic Church



FREE!



*Yes, I know they spelled our name wrong.

Remember, St. Martin's is here for you....Let us know how we can help

DON'T SUFFER IN SILENCE: Please call the church office (541-451-1159 Tues-Friday, from 9-noon or email the church at smartinslebanon@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 smartinslebanon@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

Next visit Friday, December 30
to the Lebanon Soup Kitchen

Thanks for all the help on the
beautiful Convention Basket to raffle to
raise funds

Vicki made a beautiful basket to raffle at
convention for the Commission on
Poverty & Homelessness which helps
fun our ministry! See photo on
Facebook

Watch for special Offering envelopes for the
Commission around Thanksgiving

THANK YOU!

“Ode to Autumn” (excerpt) by John Keats

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-
eaves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy
cells.

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

St. Martin's Episcopal Church

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

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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.

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