



THE CLOAK

A monthly publication of

St. Martin's Episcopal Church

December 2016

Greetings one and all,

"Everybody is jumping around. Everybody is happy. Everybody has smiles on everybody's faces," center fielder Adam Jones said. 'That's in the locker room after the Baltimore Orioles' season-high fourth straight win.

Well, I think that could describe St. Martin's to a degree at present. The last year has been punctuated with many good and exciting things and it is culminating in the coming of your new Rector, Rev. Melodie Kimball. There has been a concerted effort made by the parish leadership to spiff up our facilities and prepare the Rectory for Rev. Melodie. And you know I will be pestering you to prayerfully consider how you can serve each other through the liturgical life of the church which will also be a gift to your new Rector and to your fellow parishioners.

Also I sense a growing desire in the members of St. Martins to deepen their relationship with God. This is seen in the large numbers of you who have turned out for the "One buck seminars" led by Bishop Thornton. These classes have given participants the opportunity to listen, learn, ponder and open up to what God might be calling them to as we strive to live faithfully as God's children in our neighborhoods

On another note we are now ending this church year and beginning the new church year. As we move into Advent we will be focusing on the coming of Jesus in the flesh as a small babe, and juxtaposing this against our longing for him to come in all His glory at the end of the age: Dark and light, death and resurrection; hope in despair, faith and doubt, forgiveness and reconciliation, the never ending cycles of our spiritual journey.

These challenges of life and faith are made more bearable as we come together in community and lift each other up in prayer. As we walk with each other and seek to companion each other as Jesus companions us: Offering the "present" of "presence" with gentle grace.

So, I hope you will come see us over the Advent and Christmas seasons and experience our shared life in one of the services offered during this time. For those of you whom we haven't seen in a while, we welcome you, ask that you come back and share our life in Christ together, deepen your walk and serve humanity with us in this place of solace, adventure, refuge and friendship.

Blessings, Rev. Deb+

Wednesday December 21 – Longest Night Service – 7 p.m.

Come Join Us for Comfort

This is the longest night of the year. And for those for whom night time means heightened loneliness or fear this night is dreaded. The night when hope is most needed. We are surrounded in this season by the sounds and sights of joy – family gatherings, parties, and laughter. Some of it is real, some is forced, and some is cover up for various kinds of pain and disappointment. Many of us are reminded by the very nature of this Christmas season, of those who are absent from our family circles, or from our circle of friends. Those who have died, recently or some time ago. Also those from whom we are separated for various reasons. Others come here who are burdened by illness or disappointment or anxiety. Some are acutely aware of the chaos of our world. Whatever the reason we come together this evening seeking comfort and strength from each other and God. Through this service we will be confessing our profound need for God's mercy, love and healing presence.

This service of remembrance and the liturgy of candle lighting and sharing – of singing and quiet time can be very healing.

Please join us in the church as we remember loved ones who have died.

You are invited to bring family and friends to this service and photographs or memorabilia of those whom you mourn.

We hope you will find hope and comfort in knowing you are not alone.



Join us in Worship

Sundays at 10 a.m.

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

- | | |
|--------------|---|
| ✦ Sun Dec 4 | Advent 2 - 10 am Holy Eucharist & Healing Prayers |
| ✦ Sun Dec 11 | Advent 3 - 10 am Holy Eucharist |
| ✦ Sun Dec 18 | Advent 4 - 10 Holy Eucharist & Healing Prayers |
| ✦ Wed Dec 21 | Longest Night- 7 pm |
| ✦ Sat Dec 24 | Christmas Eve - 8 pm Music; 9 pm Holy Eucharist |
| ✦ Sun Dec 25 | Christmas Day - 10 am Holy Eucharist |

Join us in Welcoming
Rev. Melodie Kimball!

Sunday December 18, 4th Sunday in Advent
Holy Eucharist at 10 a.m

Stay after the service to greet her during
brunch
by the St. Martin's ECW

If you might be thinking of getting a house warming
item to help her make a home in our rectory, Rev.
Melodie+ has a brief list set up at Target -

You can use this link <http://www.target.com/gift-registry/giftgiver?registryId=95f6aa38680f41a6ae410bd88bb47f14#1> or search by her name



Vestry NOTES

Pledge cards are still available from the Office if you did not get one recently. This is a great opportunity for participating in the family of St. Martin's by sharing your time, talents, and treasure.



St. Martin's vestry is looking into the possibility of adding teen representatives who would vote as part of the regular meeting and count toward a full quorum. We're not sure if this is allowed by the diocese or whether any particular rules apply, so we've made an inquiry and are looking forward to hearing back.

Parishioners are eligible to vote on church matters at the annual meeting once they turn 16, so we don't anticipate any conflict with diocese rules. Assuming that turns out to be the case (and we receive the necessary information in time), the vestry will entertain nominations and votes as part of the annual meeting on Jan. 22.

In other business this month, vestry members voted unanimously to allow the Santiam Spokes bicycle group to begin using the church for its monthly meetings, first Thursday of each month, contingent on the group signing off on the building use waiver the vestry has developed.

Larry James brought a brief report on the church's outdoor brick stand-alone sign, which has long been in need of repair and is outdated with information. He and Roger Clark are still exploring options for its replacement. The brick base likely would stay where it is and be topped by a lighted framework that would show our name and service times. Still under discussion is what to do with the memorial plaque on the current sign: keep the original or replace it with a new, updated plaque that also honors Dorania Erickson. More to come on this.

We are looking forward to welcoming the Rev. Melodie+! She will be coming to Albany on the train on Nov. 28 and staying with the Rev. Deb. Vanover for a while to get acquainted!

Helen's Health Corner ~~ Vitamin D!

In these dark days, we need especially to think about this. Oregonians especially tend to be deficient due to cloudy weather.

What Is Vitamin D?

Vitamin D, often called the “sunshine vitamin,” is an important nutrient. Its active form, called calcitriol, behaves like a hormone in the body. The body can produce 10,000 IU or more of vitamin D with as little as 10 to 15 minutes of exposure to summer sunlight.

Vitamin D plays a crucial role in supporting and maintaining bone health. There are few natural food sources that contain vitamin D. Food manufacturers began fortifying milk and other products with vitamin D decades ago, aiming to wipe out rickets, a childhood bone disease.

Receptors for this important hormone are found in virtually every type of cell and tissue in the body. Receptors work like locks: The lock turns when the right key is inserted, prompting the cell to act in a certain way. Evidence shows that people with higher levels of vitamin D may live longer.

Studies also suggest that a majority of Americans have insufficient or deficient levels of vitamin D.

Why Do You Need Vitamin D?

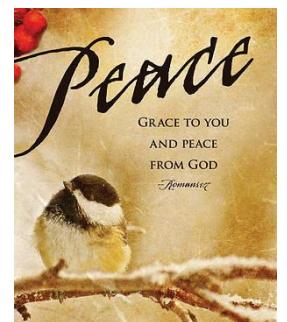
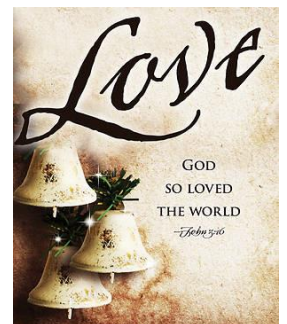
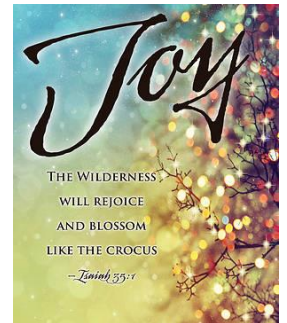
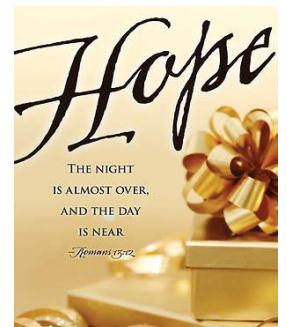
The presence of vitamin D receptors throughout the body hints at the importance of the vitamin. Research shows that vitamin D plays a crucial role in the health of the immune system, brain, heart, and blood vessels, among other organs and systems.

Many doctors now monitor their patient's vitamin D levels and prescribe supplemental vitamin D when levels are too low. A lack of vitamin D may increase your risk of developing numerous diseases and conditions.

Autoimmune diseases — such as type 1 diabetes, multiple sclerosis, and rheumatoid arthritis — may be linked to a vitamin D deficiency. Autoimmune diseases occur when the immune system attacks the body's own tissues. Too little vitamin D has been linked to poor immune system function.

Vitamin D deficiency is also linked to a risk for type 2 diabetes, osteoporosis (a condition that results in brittle bones), heart disease, mood disorders, and even certain types of cancer. This is because the active form of vitamin D helps control chronic inflammation. Ongoing inflammation has been linked to diseases such as hardening of the arteries (atherosclerosis), arthritis (painful, inflamed joints), and even cancer.

<http://healthtools.aarp.org/health/vitamin-d>









Advent Calendar

Make the World a Little Kinder this Season!

Random Acts of Christmas Kindness 2016

"No act of kindness, no matter how small, is ever wasted." -Aesop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the kindness conversation! #24RACKs on twitter and instagram				1 Make a card for a soldier	2 Pick up litter	3 Make cookies for a neighbor
4 Donate toys to your favorite charity	5 Tell silly jokes to make someone laugh	6 Make a hug coupon for someone	7 Donate food to your local food pantry	8 Let someone go ahead of you in line	9 Take coffee to your teacher	10 Candy cane bomb a parking lot
11 Tape change to a vending machine	12 Call a faraway friend or relative to say hello	13 Take supplies to the animal shelter	14 Do a chore for someone in your family	15 Give a compliment to a friend	16 Take treats to the fire or police station	17 Leave a popcorn surprise on a DVD rental machine
18 Feed the birds	19 Pay for a stranger's coffee	20 Leave a happy note for someone to find	21 Pass out stickers to kids in line	22 Give treats to the mail carrier	23 Smile at everyone you see today	24 Do a secret act of kindness for someone
25 Merry Christmas!	26 	27 	28 	29 	30 	31 

CoffeeCupsandCrayons.com

Did you know? Advent calendars were first used by Lutherans in the early 19th century. Early printed Advent calendars had Bible verses behind little cardboard doors. Today, Advent Calendars come in many designs and materials from wood to paper to fabric.

Oh, Come All Ye Faithful...Join the Heavenly Chorus...

St. Martin's Annual Christmas Choir
 Led by our wonderful
 Ray Hendricks



All are welcome even if you think you are not a great singer – you will lend a joyful voice.

Practice 7-8 p.m. at church on Dec 7-14-22

Carols Christmas Eve 8 pm



Winter Classical Concert

Sun, Dec 11, 3 pm Lebanon
 First Assembly of God, 726
 W. Oak

Tickets \$10; \$6 students & seniors. Buy tickets from Ray Hendricks, Bi-Mart, Lebanon Chamber of Commerce, or at the door.

St. Martin's members will be performing



The Greening of the Church



Saturday December 17 – Meet at church by 9 a.m. to make wreaths, swags, bows, bells, Prepare the crèche. All helping hands are welcome

A Liturgy for the Greening of the Church

**How shall we prepare this house
for the coming of the King?**

~~ With branches of cedar, the
tree of royalty.

**How shall we prepare this house
for the coming of the King?**

~~ With garlands of pine and fir,
whose leaves are ever living, ever
green.

**How shall we prepare this
house for the coming of the
King?**

~~ With wreaths of holly and
ivy, telling of his passion, death
and resurrection.

Lessons for December 2016

Revised Common Lectionary

Read Along and Think

December 4 Advent 2

Isaiah 11:1-10
Romans 15:4-13
Matthew 3:1-12
Psalm 72:1-7, 18-19

December 11 Advent 3

Isaiah 35:1-10
James 5:7-10
Matthew 11:2-11
Psalm 146:4-9

December 18 Advent 4

Isaiah 7:10-16
Romans 1:1-7
Matthew 1:18-25
Psalm 80:1-7, 16-18

Dec 21 Longest Night

Isaiah 43: 1-7
Psalm 139
Romans 8: 26-39
Matthew 11: 28-30

Dec 24 Christmas Eve

Isaiah 9:2-7
Titus 2:11-14
Luke 2:1-14(15-20)
Psalm 96

Dec 25 Christmas Day

Isaiah 9:2-7
Titus 2:11-14
Luke 2:1-14(15-20)
Psalm 96

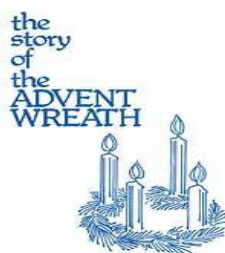
December Saints

Dec 6 – St. Nicholas
Dec 21 – St. Thomas the Apostle
Dec 26 – St. Stephen, Deacon and Martyr
Dec 28 – The Holy Innocents

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/>

Did you know?



The Episcopal **Advent Wreath** is a circle of greenery, marked by four candles that represent the four Sundays of the season of Advent. An additional candle is lit as each new Sunday is celebrated in Advent. The candles may be blue, purple, or lavender, depending on local custom. Our Advent wreath includes a white candle in the center known as the "Christ Candle," which is lit on Christmas Eve. Each week in Advent a different group will light it.

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 will participate in the Lebanon Twilight Parade which starts at 5:15 PM downtown on December 3 up front carrying flags with the annual lighting of the Christmas Tree in Ralston Park
- ✓ Scouts have done a great job fundraising by working concession stands at OSU Home Games at Reser Stadium this year! GO BEAVS! GO SCOUTS & CREW!
- ✓ Scouts participated in the Albany Veteran's Day Parade
- ✓ Ask how you can help with Points 4 Profit participation



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.

December Birthdays

- 1 – Leslie Carroll
- 2 – Austin Ward
- 4 – Michelle Hamilton
- 7 – David Johnson
- 10 – Tim Richard
- 15 – Jill Smith
- 16 – Ray Hendricks
- 17 – Kaytlynn Libra Barnett
- Lois Ward
- 25 – Roger Munk
- 28 – Sylvia Young
- 31 – Jennifer Munk



Anniversaries

12 – **Cory & Leslie Carroll**

Thanks to Florence for sending cards!

Let's help the Sunday School with their Christmas project with the Lebanon Police Department Giving Tree



Details and dates coming soon from Amy R.

ECW Episcopal Church Women

Minutes from November 19

are on the bulletin Board.

Next meeting is Jan 28.

Next lunch is Monday

Feb 13 in Scio.



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

Friday, December 30

at Lebanon Soup Kitchen

Please help



40 Wash Cloths

20 Pairs of socks

30 Bottles Shampoo

20 Boxes Laundry Detergent

50 Rolls Toilet Tissue (indiv wrapped)



Thanks for everyone's help with our beautiful basket to raffle at convention for the Commission on Poverty & Homelessness which helps fund our ministry!

THANK YOU!

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.

November-December Event

Is Wed Nov 30

Patty & Dale Nelson

Sara Jameson



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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