



The Cloak



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



Serving others!
(while having fun)

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Father Lee Hutchison



Churches often develop plans for growth however a plan without a passionate belief behind it is unlikely to succeed.

If we hope for our faith to be strong and vibrant we need to have a passion for what we believe. Only people who truly believe in their faith will shed the necessary blood, sweat, and tears to make that faith a reality in their lives.

An example might be the development of manned flight. Samuel Pierpont Langley was hired by the U.S War Department to develop a way to fly.

Langley taught at Harvard and knew all of the great minds of the day. Given a budget of \$50,000, he hired the brightest minds that money could buy. Major newspapers followed his work closely. So why have you probably never heard of Samuel Pierpont Langley?

One hundred miles away from Langley's research, in Dayton Ohio, the Wright brothers were working on the same concept. The only money they had was what they earned from running their bicycle shop. Neither Orville or Wilbur or any one of their employees had a college degree. It is said they carried 5 sets of spare parts with them each day because that is how often they would crash trying to get their flying machine to take flight.

I think the difference was that the Wright brothers were driven by a purpose, by a belief that they could change the world by building a flying machine. Langley had made it well known that all he hoped to do was become rich and famous by building a flying machine.

In December of 1903 the Wright brothers' craft successfully took flight. Several days later the major newspapers picked up the story. When Langley heard of their success, he made no plans to improve upon it. Instead, Langley quit as head of the War Department's effort.



Jesus talks about the importance of passion in our faith in God when he said we need to love God with all of our heart, all of our soul, all of our strength, and all of our mind, and then use that passion towards loving our neighbor.

Do you believe in the dream of Christ for a better world? When your spouse or friend or co-worker comes up short a fourth time are you willing to try a fifth time? Strive to make it a purpose of your life to passionately reflect the love of Christ in this world.

Fa. Lee

Announcements



August 8 - 8am - Men's Breakfast

August 9 - 11am to 2pm - EYC Planning Meeting

August 10 - 6:30pm - Committee Head Meeting

August 11 - 7pm - Vestry Meeting

August 14 and 28 - 10am - Social Bridge Group will meet the 2nd and 4th Friday,

August 15 - 9:30am - St Martin's Project

August 16 - 2:30 to 4:30 pm ECW Craft workshop Read more on page 9 - Info: Christa Burr

August 17 - 6:30pm - Pastoral Care at the Grapevine

August 19 - 11am - Daughters of the King

August 21 - 7pm til 8am next morning - Boy Scout lock-in

August 25 at 5:30 pm - ECW monthly meeting

August 28 - 7 to 10 pm - Movie Club

August 30 - time - Ice Cream Social Read more on page 8

Happened in July:

St. Martin's Youth Group Service Trip took place July 12-15. Leaders were Kerry, Susie, Lee and Rick. Dean, Maggie, Jaiden and Eniola were the youth who put God's love into action on this 3 day service trip to the Episcopal Boys Home in Covington, Virginia. They assisted with landscaping and interacted with the boys having fun with kickball, s'mores and dined together.



Happened in July:

Sunday the 12th

The children of t Martin's were invited to come forward and witness the Baptism of Noah Anthony Romano.



About the Office:

Baby Vidal is still highly anticipated.

During Andrea's absence from the office Michele Hutchson will help out.

The office hours will be the same.

Happened in July:

The end of July brings **Vacation Bible School (VBS)** to St. Martin's. This year was no exception. VBS was held on July 20th through 22nd. It started promptly at 6pm and ended roughly around 8:30pm.

There were 13 pre-schoolers and elementary age children in attendance this year. They started VBS by eating dinner and a yummy dessert. On Monday they made their own pizzas and had Jericho pops. The next night they celebrated the building of Solomon's Temple by eating building blocks (chicken nuggets) with fries and had celebration cakes for dessert. The final night the children had soft tacos followed by friendship rolls to go along with the bible story.

After dinner they met with Coach Jennifer one of the 15 volunteers including 5 youth volunteers. She introduced them to the VBS mascot, Checkers. Checkers is a cheetah and was there to help the children learn their action words. They learned their action words and their bible verse for the week "In God we move, live, and exist". They learned God wants them to move, act, and care. They were encouraged in their lessons to complete these actions.

After meeting with Checkers and Coach Jennifer, they were taught Praise songs. Coach Jill led these practices and the children sang and danced to the songs. Alexander said his favorite song was "In God we live, move and exist." Lorelei said her favorite was "Unstoppable."

The children then moved to the classroom setting to watch a skit put on by Father Lee and the youth volunteers about the nightly bible story. Afterward, they separated into three groups; pre-schoolers led by Coach Ashley, Coach Susie, with Ms. Kim's help; Elementary schoolers led by Coach Kerry and Coach Amy; and both the adult and youth volunteers worked with Coach Jennifer. The groups learned The Bible story for the night through science experiments and age appropriate lessons. Dean was amazed by the instant snow experiment.

After the classroom exploration, the children enjoyed crafts with Coach Karen. They made prayer journals, crosses, and flower lollipops to give away to share God's love. The children also played temple run, helped an icy friend down out of the choir loft, and played a noodle ball game with Coach Sean. James said the noodle game with the balls was his favorite.

The youth volunteers with Ms. Kim and Ms. Ruth helped set up for the next night as the younger children worked with Coach Karen and Coach Sean. They were a big part of keeping the VBS running smoothly.

All in all, this year's vacation Bible school shared God's love with over 30 members of our church. It was a great year to be a part of VBS; moving, caring, and acting for God.

- text by Sean Cooper - pictures by several contributors



VBS!

Happened in July:



Thank you Jennifer for making VBS a wonderful learning and faith growing experience for our children at St. Martin's Episcopal Church
Thank you Grace, Andrew, Jaiden, Lauren and Dean our youth helpers and all the adults that also made this a fun time for all



VBS!



Happened in July:



more
VBS!



Coming soon: Ice Cream Social



"Everyone is invited to our Annual Ice Cream Social which will be held on Sunday, August 30th at 2:00 p.m. at St. Martin's.

We will also have music, so bring your friends and enjoy some great ice cream with your fellow Martinites!



John C. Wallace Scholarship Fund

Applications have been received, the committee has met and the GRANTS will be awarded during the service on August 2nd.

There's Nothing Like a Summer Barbecue

We had been hearing about it for weeks – the barbecue was coming! Finally, the last weekend in July, the promise was made good. Mike and Kim Shook arrived at St. Martin's, laden with dozens of pounds of pork barbecue, slowly smoked in their back yard. In all, 35 families ordered a total of 62 pounds of BBQ, along with two gallons of Kim's secret sauce. Some folks who picked up their orders on Saturday even came back asking for more on Sunday!

So after a week of cooking barbecue what did the Shooks eat for dinner Sunday night? We're betting it was anything but pork! The fundraiser benefits the John Wallace Scholarship Fund. The Fund provides grants to eligible St. Martin's parishioners and their children who are pursuing post-high school education. Thanks to everyone who helped make this event a success!



BBQ - Master Mike Shook

BBQ ... A great big THANK YOU to Mike Shook for providing the BBQ with the Shooks' "secret recipe" barbecue sauce. Kim provided the above picture!

ECW Craft workshops! To be ready for St. Martin's Holiday Market 2015 scheduled for Saturday November 14th several ladies meeting on Sunday afternoons. Don't hesitate to join in. No special talents needed. It's a lot of fun and great fellowship.

On July 19th we worked mainly on these Danish woven hearts.



Another project: A quilted wallhanging Advent Calendar with 24 cross-stitched Chrismons. In the left photo one of the Chrismons.

The next: August 16th



The ECW Update:

For July, the ECW had decided to have a quick business meeting combined with a pot luck supper and poetry reading. No two dishes were the same, but everything was delicious. We had to add tables as more joined us, and we moved over dishes to add more.

Patsy Bickerstaff, St. Martin's own poet laureate, kicked off the readings. Some poems were in free verse, some rhymed, some serious, thoughtful; some evoked memories; some were amusing. Several read original poems; some read familiar poems. We all enjoyed the night: good food and fellowship. Sally Dvorak had a great idea to include poetry.

.....Thoughts from Julie Crews



Experience

I have crawled, climbed, walked, flown and danced;
have sewn, baked, painted, hammered, written;
seen sunrise, sunset, sunburned desert, sunflowers, newborn sons;
breathed scents of gardenia, dog, fresh-baked bread, hospitals;
touched cactus, velvet, ice, fire, hands hard and soft;
tasted maple sugar, medicine, butter, lips, and tears;
listened to birdsong, thunder, symphonies, machines, katydids, words.

I have been surprised, delighted, angry, anxious, eager, relieved;
have laughed, feared, failed, won, wondered, worshipped;
have dreamed, read, watched and learned; spoken and sung;
lost rubies, pearls, diamonds; found angels, heroes, and friends.

When my flesh is dust and ashes, may it seep
through earth, roots, stem – to flower, nectar,
honey, on a child's tongue. May God embrace
this stumbling, fumbling spirit with His grace.
May all those who remember, know
I have been blessed. I have loved.

- Patsy Bickerstaff

Notes about Music

As we are beginning the last month of Summer, it is time to think about Fall activities. If you like to sing and can carry a tune, you would undoubtedly love being part of the St. Martin's Adult Choir. Rehearsals are on Thursday evenings at 7:30, beginning on Thurs., Sept. 10. Rehearsals are held in the choir loft. The choir sings for all 10:00 Sunday Services, and also for special occasions, such as Christmas Eve and Maundy Thursday among others. Ability to read music is helpful, but not required. If you are not able to attend every rehearsal or service, perhaps you would enjoy singing for a season, such as during Advent and Christmas. Many options are possible. If you are proficient at an instrument, we would love to give you an opportunity to share your talents with the congregation.



For children who are interested in trying once more to form a Junior Choir, I will have a sign-up sheet on the bulletin board. Children should be between grades 2 and 8, and should be able to sit through at least part of a Sunday Service without too much adult supervision. I would like to have at least 6 children to form a choir. If we have enough interested children sign up, we will get together to choose rehearsal times and performance times which will be suitable to ALL.

If you have an interest in participating in the St. Martin's music ministry, please see Jackie Bitler or call at 264-0272. You will be warmly welcomed.

- from Jackie Bitler

“Lord, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me.” (Psalm 131:1, NKJV)



Parish Nurse

by Betty Horne

August is Children's eye health and safety month

Vision Development in Babies

Did you know that newborn babies have only peripheral vision in the first weeks of life? Gradually they develop the ability to focus on objects in front of them. Within a month the baby can focus briefly on objects up to 3 feet away. A month or so later they are able to follow moving objects and by 3 months start reaching out to touch the moving object. Your pediatrician should be checking for these steps in visual development.

Distance vision, light and images as well as color vision are also developing during this period. Babies are particularly fascinated by faces and will often reach out to touch a face.

Vision Development in Preschool and School-aged Children

It is important to observe your child for any difficulty focusing or eye alignment before the age of 7 years. At this stage both eyes should be focusing on an object simultaneously. The develop depth perception during this time. Nearsightedness (myopia), farsightedness (hyperopia) and astigmatism are also conditions discovered at this time. These are considered to be inherited. However there are some studies in the US and Australia which suggest that the amount of time spent outdoors in natural light, may have some impact on whether they develop mild myopia. Strabismus is another condition that is corrected by age seven. The key to maintaining your child's eye health is screening, early diagnosis and treatment.

Common Childhood Eye Diseases & Conditions

When the following diseases are suspected, the child needs to be examined by a primary care physician or children's health service, who will co-manage the child's care with an Eye M.D. when necessary.

Conjunctivitis (pink eye) can refer to either a viral or bacterial infection which are both very contagious, or an allergic reaction (not contagious). **Signs/symptoms:**

- * The eye appears red or pink due to inflammation of the conjunctiva, the thin, filmy membrane that covers the inside of eyelids and white part of eye.

- * The eye tears, has discharge or both, and is usually itchy and uncomfortable.

- * When a viral infection is the cause, the child may also have a fever, sore throat and runny nose.

The child will need to stay home from school or return home to avoid infecting others. This usually resolves in three to seven days. When the tearing and discharge from the eyes stops the child may return to school.

A sty looks like a red, sore lump near the edge of the eyelid; it is caused by an infected eyelash follicle.

Orbital cellulitis is an infection related to trauma, an upper respiratory infection or an eyelid infection.

Signs/symptoms:

- * The condition usually occurs in one eye, which may be swollen shut.

- * The tissues around the eye appear red and painfully swollen

- * The child may have a fever.

- * May cause decreased vision, or the inability to move the eye,

Cellulitis is a serious condition requiring urgent medical attention. The child's pediatrician may other qualified health professional who will co-manage the child's treatment with an ophthalmologist.

Blocked Tear Duct is when the eye's drainage system for tears is either partially or completely obstructed. Tears

cannot drain normally, causing a watery, irritated or chronically infected eye. **Signs/symptoms** of a blocked tear duct may include watery eyes or tears running out of the eyes.

Sometimes a baby is born with a blocked tear duct, but this usually resolves on its own within the first year of life. In some cases, your ophthalmologist may recommend a special massage technique to help open up the membrane covering the lower opening into your baby's nose.

Children's Eye Injuries

When children participate in sports, recreation, crafts or home projects, it's important for them to know eye safety practices and use protective glasses as appropriate. Each year thousands of children sustain eye damage or even blindness from accidents at home, at play or in the car. More than 90 percent of all eye injuries can be prevented through use of protective eyewear.

When an eye injury occurs, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor at first. A serious eye injury is not always immediately obvious. Delaying medical care can cause further damage or result in permanent vision loss or blindness.

Fireworks can cause serious injury of the eye, cause chemical and thermal burns, corneal abrasions and retinal detachment. All of these can cause permanent damage and affect vision.

- * Never let young children play with fireworks of any type, even sparklers.

- * People who handle fireworks should always wear protective eyewear that meets the parameters set by the American National Standards Institute and ensure that all bystanders are also wearing eye protection.

- * Leave the lighting of professional-grade fireworks to trained pyrotechnicians.

What to do for a fireworks eye injury

If an eye injury from fireworks occurs, remember:

- * Seek medical attention immediately.
- * Do not rub your eyes.
- * Do not rub your eyes.
- * Do not rinse your eyes.
- * Do not apply pressure.
- * Do not remove any objects that are stuck in the eye.
- * Do not apply ointments or take any blood-thinning pain medications such as aspirin or ibuprofen.

Preventing eye injuries

Eye injuries occur fairly often during sports in children and young adult athletes. Between the ages of five and 14, most sports-related injuries in the U.S. occur while playing baseball. Basketball and racket sports also cause many injuries.



In baseball, ice hockey and men's lacrosse, a helmet with a polycarbonate (an especially strong, shatterproof, lightweight plastic) face mask or wire shield should be worn at all times. It is important that hockey face masks be approved by the Hockey Equipment Certification Council or the Canadian Standards Association (CSA). Protective eyewear with polycarbonate lenses should be worn for sports such as basketball, racquet sports, soccer and field hockey

- * Consider the risk of flying debris or other objects during activities and wear appropriate eye protection.

- * Remember that eyeglasses aren't sufficient protection.

- * Be careful during activities or games involving projectiles and other sharp objects that could create injury if in contact with the eye. Some sources have fishing as the number one cause of sports-related eye injuries.

- * If you wear contacts or eyeglasses, pack a back-up form of vision correction during bike trips or other activities where you could lose or shatter a lens.

- * Protect the eyes from UV rays of the sun including children's eyes

- * Children should wear sports eye protectors made with polycarbonate lenses for baseball, basketball, football, racquet sports, soccer, hockey, lacrosse, paintball.

- * All chemicals and sprays must be kept out of reach of small children.

- * Parents and others who provide care and supervision for children need to practice safe use of common items that can cause serious eye injury, such as paper clips, pencils, scissors, bungee cords, wire coat hangers and rubber bands.

- * Only purchase age-appropriate toys.

- * Read all warnings and instructions on toys.

- * Avoid toys with sharp or rigid points, shafts, spikes, rods, and dangerous edges.

- * Keep toys intended for older children away from younger children.

- * Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those less than five years old.

- * Be aware of items in playgrounds and play areas that pose potential eye hazards.
- * Keep BB guns away from kids.
- * Read our [Safe Toy Checklist](#) for more children's eye safety tips
- * Avoid projectile toys such as darts, bows and arrows, and missile-firing toys.
- * Look for toys marked with "ASTM", which means the product meets the national safety standards set by the American Society for Testing and Materials.
- * Use safety gates at the top and bottom of stairs. Pad or cushion sharp corners. Put locks on all cabinets and drawers that kids can reach.
- * Children four years or younger may have eye injuries caused by dog bites. It is recommended that any dog that bites a child be removed from the household.
- * When travelling, make sure children are properly secured in baby carriers and child safety seats as age appropriate. Children age 12 and younger should never ride in the front seat. Store loose items in the trunk or secured on the floor, as they can become a dangerous projectile in a crash.
- * Give your eyes a break: wear your glasses!
- * Don't sleep in your contact lenses, even if they are labeled "extended wear."
- * Always use good cleaning practices.
- * Avoid touching the lenses with water; use fresh solution every time for cleaning and storing.
- * Rub your contacts when you clean them, even if you use a no-rub solution.
- * Clean your storage case regularly (with fresh solution, not water) and replace it every 2 to 3 months.



First Aid

Seek medical help, care for the child as follows:

- * DO NOT touch, rub or apply pressure to the eye.
- * DO NOT try to remove any object stuck in the eye.

If you get a particle or foreign material in your eye:

- * DO NOT rub the eye.
- * Lift the upper eyelid over the lashes of your lower lid.
- * Blink several times and allow tears to flush out the particle.
- * If the particle remains, keep your eye closed and seek medical attention.
- * Do not apply ointment or medication to the eye.
- * A cut or puncture wound should be gently covered.

In case of a chemical burn to the eye:

- * Immediately flush the eye with plenty of clean water.
- * Seek emergency medical treatment right away.

If your eye has been cut or punctured:

- * Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- * DO NOT rinse with water.
- * DO NOT remove the object stuck in eye.
- * DO NOT rub or apply pressure to eye.
- * Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- * After you have finished protecting the eye, see a physician immediately.

Stop wearing your contact lenses and see an ophthalmologist (Eye M.D.) right away if you develop any of these problems: Eyes that are red, blurry, watery, sensitive to light, or sore; eye swelling or discharge.

Help keep those eyes as healthy, for as long as you possibly can!

**Cloak deadline:
Wednesday August 26 - 8 am**

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

Located directly on the beach in Hatteras
Village, NC. Contact Bob or Max Barritt
(h) 270-3862 or (c) 512-4586



DERING'S CLEANING SERVICE:

If interested getting your home
super good cleaned, call Leslie at 239-5865.
Licensed, Insured & Bonded

Original Art Work and Photography by Pat Rourk

Note cards and Placemats
Card \$1.50 ea. or 4 for \$5.00
Placemats \$8 ea.

Several samples of cards and a placemat
can be found in a folder in the Library
Pat Rourk, 270-1887



ST. MARTIN'S STAFF

Rector: The Very Rev. Lee A. Hutchson
Liturgical Deacon: Monastic Associate John Ogle, SF
Organist & Choirmaster: Jacqueline L. Bitler
Administrative Assistant: Andrea Vidal

CHURCH OFFICE

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Office Hours

Monday – Friday, 9 am - 1 pm

Trustee Emeritus: Robert I. Kirby
Trustees: Kerry Alloway, A. P. Hall, Jr.
& Garland Harwood

VESTRY

2015	2016	2017
Sallie Bright	Lauren Alloway	Steve Alloway
Rick Gibbs	Garland Harwood	Sean Cooper
Larry Reid	Susan Teachey	Barbara Campeau

Senior Warden: Rick Gibbs
Junior Warden: Garland Harwood
Treasurer: Darrell Jenkins
Register: Nan Scott

Assistant Treasurer: Christa Burr
Editor: Christa Burr

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 & 10 am
Boy Scouts	Monday	7 pm
Women's Bible Study	Tuesday	10 am - 12pm
Meals on Wheels	Tuesday	10:15am - 12pm
Holy Eucharist	Wednesday*	10 am
* <i>Healing Service every 3rd Wed.</i>		
Cub Scouts	Thursday	6:45pm - 7:45pm

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Social Bridge	2 nd & 4 th Friday	10am - 1pm
Men's Breakfast	2 nd Saturday	8 am
Daughters of the King	3 rd Wednesday	11 am
Book Club	3 rd Thursday	10:30am - 12pm
St. Martin's Project	3 rd Saturday	9:30 am
ECW	4 th Tuesday	5:30 pm
Prayer Shawl Ministry	4 th Wednesday	11 am



St. Martin's Episcopal Church

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