



# The Cloak



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



## Welcome, Bishop Goff!

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# Father Lee Hutchison



I believe that giving or generosity is at its heart a spiritual issue. How we spend or share our money, our talent or our love is a reflection of 2 things. The condition of our hearts, and our understanding of our relationship with God.

For example do we recognize the blessings we have from God? If so do we allow those blessings to flow thru our hearts and into the lives of others? Or do we hold onto life and love and money as if it was something to hoard to keep us safe.

Do we see a God as a loving father who wishing good for us or do we see God as an angry father looking to spoil our fun.

Healthy giving is a generous and loving response to God's love.

Too often we give in order to receive a reward. The prosperity gospel is very appealing, the notion that if I give money to the church my stock portfolio will increase tomorrow.

However the Christian life can be full of times of hardship and sacrifice, emotionally, spiritually and financially.

As Christians what makes our life worth living is our relationship with God - a relationship based on love, which if we allow it will change us.

It is a love which makes us act differently and think differently and that love provides us with hope and purpose in our lives.

It also provides us with an enduring strength to deal with whatever hardships life throws at us.

As we consider our financial commitment to our church I hope you will consider giving to God the first of your time, the first of your energy instead of offering to God the leftovers of your life. God is first in my life because I love God and I love God's church.

I believe that God continues to recreate and redeem this world through the church which is the body of Christ.

In the church the faith is taught, it's where people rejected by the world can be embraced. It's where our children encounter God. The church is where people of every race, economic background and gender can come together as family and worship their father in heaven. It is where the lost can find a new start.

So I want to be a part of what God is doing thru the church, especially here at St. Martins.

I participate with my energy, and money and prayers because I believe God is doing important work here.

I leave from our church activities with a sense of joy because the people at these events are the family of faith and I want to be a part of that family. I want my attitude and life shaped by what God is doing here.

As you prayerfully consider what you can do to financially support our ministry together remember too that how we give of our time, and love is a reflection of our love for God and for God's people.

*Fa. Lee*

# Announcements for October:

**7, 14, 21 and 28 Wednesday - 7 pm - Wednesday Night Bible Study**

**9 Friday - 9 am - Set up Yard Sale**

**9 and 23 Friday - 10am - Social Bridge Group** will meet the 2nd and 4th Friday,

**9 and 23 Friday - 6 to 9 pm - EYC meeting** read more on page 7

**10 Saturday** - Cancelled due to conflict with yard sale - **Men's Breakfast**

**10 Saturday - 8 am to 1 pm - Yard Sale**

**11 Sunday - 3 pm - Blessings of the Animals**

**13 Tuesday - 7pm - Vestry Meeting**

**15 Thursday - 10:30 am Book Club** Read more on page 8

**17 Saturday - 9:30 am - St Martin's Project**

**17 Saturday - 10 am - Pastoral Care**

**18 Sunday - 11 am - Youth Spaghetti Dinner** Fundraiser for EYC service trip

**21 Wednesday - 11am - Daughters of the King**

**25 Sunday - both services - UTO Ingathering**

**27 Tuesday - 5:30 pm - ECW monthly meeting**

**28 Wednesday - 11 am - Prayer Shawl Ministry** read more on page 13

**30 Friday - 7 pm - Movie Club**

**31 Saturday - noon to 2 pm - Fall Festival & Flu Shots** see board in hall way



from October 3rd to 10th  
because of inclement weather!  
Don't miss it!

# Why We Pledge

The stewardship committee's annual request for pledges of financial support frequently focuses on the virtues of giving to our church community. It uses scripture to illustrate the benefits to the community of giving. Sometimes the message does not appeal or reach the community effectively to inspire us. So this year, we would rather tell you why our families will choose to support the St. Martin's Community with a financial gift in 2016 by pledging.

Each of our families makes our financial promise to St. Martin's for purely selfish reasons. We pledge because we are grateful that the St. Martin's Community exists, because without it our families would miss so many things we treasure. We would miss having that sliver of time on a Sunday that we can focus on our spiritual & holy growth, in a place where we feel accepted and loved for who we each are. We would miss this community of friends, family and neighbors that we have developed through this church, some of whom we do not have the opportunity to see outside of church-sponsored events and Sunday services. We would miss the choir, and the children's sermons, and the opportunity to be a part of something that grounds us and adds meaning and perspective to our spiritual lives.

St. Martin's must do more than just exist. Through all of us giving generously, this church can continue to thrive. We all know that it would be impossible for the St. Martin's Community to continue in its various ministries were it not for the fact that a very large number of you make an annual pledge. Your pledges allow the vestry to create a budget and plan for the coming year. Pledges allow St. Martin's ministries and programs to exist and do good work in the community. The fact that so many members of this church have been so faithful and generous over the years is a true blessing that permits all these activities to continue and, with God's help, to grow and bear fruit. We thank you for all you have done to support the Mission of St. Martin's this year and in years past!

As a church family, St. Martin's has stayed true to our commitment to outreach. We have expanded the opportunities for fellowship. Through guest teachers and speakers the St. Martin's Family have expanded their faith horizons. Adult and children's Christian education has been a blessing for all who attended. Your pledges support all these efforts. They also support the daily and weekly structural needs of our church home and grounds – roofs, heat, air conditioning, lawn equipment, cleaning, office supplies, maintenance... all the things that we just don't think about each week around our church home. This is all because of the generosity of each one of you.

Pledge cards should be arriving in your mailbox shortly. Please begin thinking prayerfully about your giving, and celebrate your commitment by returning it to the church by the end of October.

We are a congregation of generous people who give freely of our time, talent, and treasure whenever we are called upon. Please know that whatever you can pledge this year will be used to support the Christian ministry and mission in your church and in this community and beyond. May we all truly experience the joy of knowing what an important presence our church is in the world!

Blessings to all,  
Mike and Ellery  
Your Stewardship Chairs



# John C. Wallace Scholarship Fund:

**This is amazing!** (2006-2015)

Through the John C. Wallace Scholarship Fund, established in 2006, our church has awarded a total of 46 scholarships amounting to \$33,740. Thank you to our St. Martin's Church family for your generosity!

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## Happened in September:



Congratulations to Mikayla Fiasco, Tristan Howdyshell and Alex Cooper on their FIRST COMMUNION on September 20. It was an uplifting service with the children also singing.



# Bishop Goff's visit:

September 13th - 5 pm





*Baptism of Noah Sleeman,  
son of Sarah and Allen, grand-son of Janice Carpi and  
Garland Harwood*

## *The EYC Update:*



The EYC held its first meeting on September 25th. After we had dinner, we played some board games. Then we designed our own individual posters to decorate the wall in the youth room. An introduction to the book of Luke followed. We ended the evening by receiving parent consent and covenant forms. We also received a calendar for the year. This calendar is posted on the bulletin board in the parish hall. We look forward to seeing everyone at our next meeting on October 9th.

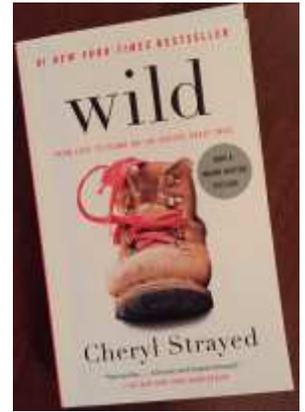
- Sallie Bright

# Book Club update:

I hope you found the books listed last month peaked your interest and that you may have already read one or two before you saw our list. Feel free to join in anytime. The book for October is Wild by Cheryl Strayed. We always learn something and the discussions are always interesting.

The books listed below were read in 2010:

South of Broad by Pat Conroy  
The Help by Kathryn Stockett  
Wish You Well by David Baldacci  
The Faith Club by Rayna Idiby  
The Boy who Harnessed the Wind by Kamkwambk & Wm. Brian Mealer  
Half Broke Horses by Jeanette Walls  
Playing for Pizza by John Grisham  
Hotel on the Corner of Bitter and Sweet by Jamie Ford  
Swimming by Jody Picault



Meeting time is 10:30 am. 3rd Thursday in the Parish hall.  
We meet January through June, and September through November.

- Pat Rourk

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## Outreach Committee:

The Outreach Committee is sponsoring a number of events this Fall.

**Coat Drive** during the month of October, so bring in all of those adult and children's coats and jackets that you have at home. Puritan Cleaners will have them dry cleaned and then send them to the Salvation Army to be distributed to those in need.

**Richmond Fisher House** From October 18th - November 15 we will be collecting items for the Richmond Fisher House, which is a facility that provides lodging to the families of veterans receiving treatment at the McQuire VA hospital, at no cost. Following are some of the items that you can give:

- Paper products, paper towels, plates, disposable utensils
- Movie tickets
- Tickets to local events and entertainment
- Gift cards ( Home Depot and Lowes (for the maintenance and repairs for the house), Wal-Mart and Target
- Checks (made payable to St Martin, memo:Richmond Fisher House)

**Thanksgiving food** From October 25th - November 20th we will be collecting food for Thanksgiving to give to needy families here in Henrico County. Two baskets will be placed in the hallway during that time.

Thanks so much for supporting the Outreach Committee and to those in need!

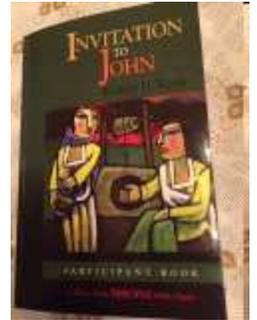
- Jean Rollins

# Wednesday Night Bible Study

See information in last month's Cloak. We started September 23 with an introduction and the 30th was the first lesson. It is not too late to join though.

This eleven week study includes a participant book outlining daily reading assignments. Cost of the book is \$15. Please feel free to contact me for details if you are interested.

- Father Lee



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## Congratulations

to David and Angok Dau on the arrival of their baby  
Deng Bul on September 6th..  
Pajieth and Dau are the big brothers.



Growing up in a congregation means there is always an arm to hold you!



- 10/01 Bill Shirey
- 10/03 Helen Walsh
- 10/03 Janet Areson
- 10/05 Keith Weimer
- 10/06 James Bristol
- 10/06 James Burr
- 10/06 Vicki Newcomb
- 10/06 Blake Bailey
- 10/08 Marci Jerina
- 10/10 Charles McIntosh
- 10/10 Judi Bragg
- 10/11 (Christopher) Bo Greenwood
- 10/12 Francis Stephens
- 10/12 Warrick Stephenson
- 10/15 Molly Bristol
- 10/16 Lauren Alloway
- 10/20 Dodie Corpening
- 10/21 Bennett Jenkins
- 10/22 Vaiden Lindsey
- 10/23 Betty Horne
- 10/24 Avery Lansing
- 10/25 Amanda Prskalo
- 10/31 Joanne Stebick



- 10/01/1994 Trudy & Wayne Britton
- 10/09 Rick Fowler & Ginny Munoz
- 10/10 Janet & Todd Areson
- 10/12/2002 Kim & Mike Fiasco
- 10/16 Mark & Sloan Lindsey
- 10/18/1986 Kathie & Randy Longbricco

## Advice for the Present Day

When “news” is all politics, war and disaster,  
 Collapse of the World coming faster and faster,  
 When a squirrel comes in, and the power goes down,  
 When the scratch in your mouth means you’ve broken a crown,

When what the dog ate disagrees with the rug,  
 And it seems that the cat’s coming down with a “bug,”  
 Retractable awnings refuse to retract,  
 And you start to suspect you’re computer’s been hacked,

When the river is flooding, the plumbing is blocked,  
 The lawnmower left when the shed was unlocked,  
 When the heat pump goes out, and so does your back,  
 And the sliding glass door has developed a crack,

when your shoes and your fuel injectors are dirty,  
 The kids pout and whine – (and they’re all over thirty,)  
 Then, just stop. Take a breath, and get down on your knees:  
 Give thanks for the carpenters, nurse-EMT’s,

For plumbers, physicians, mechanics, repairmen,  
 Firefighters, Animal Control, rescue airmen,  
 For dentists, police, electronic technicians,  
 Veterinarians and electricians,

Be grateful for those who know more than you might,  
 And bring in their skills to make everything right.  
 Then give thanks for the power you claim as your own,  
 Turn off the TV, and hang up the phone.

- Patsy Bickerstaff

If you know of somebody  
 not on these lists (including  
 yourself) please let the  
 office know.  
 If we don't know ...

# ECW Wish list:

for the Holiday Market on Nov.14, 2015 - 10 am to 2 pm



BAKED GOODS

YOUR HOMEMADE CRAFT ITEMS – please price

BETTER THAN A WHITE ELEPHANT – ONE ITEM ONLY

This should be as good as new (or a “family treasure” you are ready to donate). **This is not a yard sale item.** Please price your item. If the item does not sell, you can retrieve it on Sunday or it will be donated.

Donations for the White Elephant Table and the bake sale can be brought to the church on Friday, November 13 between 12 and 2 or early Saturday morning after 7 am but before the Holiday Market opens at 10. If you have any question about what to bring for the White Elephant Sale, you can contact Julie Crews. Kim Shook will post a donation sheet for bake sale items.



We have 18-20 vendors participating including Scentsy, Pampered Chef, Thirty-One, Mary Kay, Jamberry Nails and others who have participated in the past. Please view their items and thank them for their support of the church. The ECW has been very active making craft items as well. Come see what we have done. Remember to preorder your Chrismons (see last month's Cloak) if you want a special design and to purchase your raffle tickets for the FANTASTIC ADVENT NLT that will benefit the Scholarship Fund and ECW projects.



# ECW Update:

Pictures from the September workshop. Only one more until the Holiday Market. Please watch the weekly announcements for the date and time.





# Parish Nurse

by Betty Horne

## October is Breast health month

The breasts are a collection of fatty tissue and glands, responsible for making, storing and delivering milk after a pregnancy. They are responsive to many female hormones such as estrogen and progesterone. Milk is made and stored in the glands inside the breast tissue, when needed it flows through special ducts to the outside via the nipple.

The underarm contains many lymph nodes. These are specialized structures that allow excess fluid to drain back from the breast and arm to the blood stream. These lymph nodes play a role in fighting infection. However breast cancer could spread to other parts of the body through lymph nodes.

Many women experience breast changes. This can occur with age, hormone levels and medicines you may take. Most are not life threatening, but some changes can be caused by serious problems. It is important to seek medical advice if you notice any changes in your breast. Some women do regular breast self-exam to check for lumps and changes. This makes it easier to find any changes in the breast.

### Common Causes of Breast Changes include:

- \* Fibrocystic breast – painful, lumpy breasts are likely caused by hormone changes that occur during the menstrual cycle.
- \* Cysts – fluid filled lumps. They often get bigger and painful just before the start of your menstrual cycle.
- \* Fibro adenomas – hard round lumps that may feel like a marble. They move around easily and are usually painless. They are more common in young women less than 30 years old.



- \* Intraductal papilloma – wart like growths in the milk duct of the breast, found closer to the nipple. There may be clear, sticky, or bloody drainage from the nipple. You may feel a lump or pain.
- \* Mastitis – caused by a blocked or clogged milk duct. The breast may look red and feel lumpy, warm and tender. This is sometimes seen in nursing mothers.
- \* Milk production when a woman is not breast feeding
- \* Injury to the breast.

### Contact your physician.

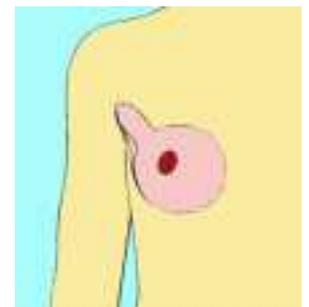
See your physician as soon as you notice any breast changes which include: **Better to be safe than worry.**

If you perform regular breast self-exam you may be the first to detect a lump in or near your breast or under your arm.

- \* Thick or firm breast tissue, change in shape or size of your breast.
- \* Changes in the size, shape or direction of the nipple may occur. You may also notice some dimpling.
- \* Discharge from the nipple – any fluid that is not breast milk
- \* Itching
- \* Redness
- \* Scaling
- \* Dimples
- \* Puckers

### Tests and diagnosis

Screening for breast disease may include:



## Breast Self-Exam

Examination by your gynecologist or other health care provider

A **Mammogram** may be ordered at regular intervals, determined by your doctor. This can detect lumps and bumps felt on exam. They may detect lumps that are too small to feel on exam. If you have a family history of breast cancer your doctor may recommend mammograms earlier.

An **Ultrasound** of the breast may be done to learn more about changes in your breast. It can provide information about the type of lump, whether it is a solid lump or a fluid filled cyst.

An **MRI** is a powerful magnet which takes detailed pictures of areas inside your breast. It can detect changes in the breast that may not be seen on a mammogram or ultrasound.

A **biopsy** is done to obtain a sample of the breast tissue in question. This is then examined under a microscope to find out if the tissue is cancerous.

***The important thing is to remember to contact your doctor if your notice any changes in your breast. The earlier it is evaluated may make the difference in your life.***

# Prayer Shawl Group:

## HELP NEEDED!

The 'Prayer Shawl' group could use your help. We are a small group of three or four women trying to knit or crochet shawls, scarfs, lap blankets and baby blankets. We usually meet one morning a month. We know everyone has busy lives, but if anyone can make some of the above items and give them to our group so we can present them to shut-ins, new babies and graduates, we would appreciate the help.

For more information contact Carolyn Wallace or Pat Akens.



**LAMB's Basket**

*"...I was hungry and you fed me"*  
Matthew 25:35

## YOU ARE MAKING A DIFFERENCE!

The Wednesday announcements will tell us what is needed especially this month. Please place your donations in the basket in the hallway.

**Cloak deadline:  
Sunday October 25 - 8 pm**

# Pilgrimage

- James & Christa Burr

First of all James and I want to thank all of you who accompanied us with prayers. They were truly heard and felt because often we were amazed how things worked out for us .. for the better. Especially the "Camino" part was incredible. I walked a mere 120 km (75 miles) compared to James' 800 km (500 miles) 2 years ago, but it was a very special experience.

Our last stop was in Windsor, England, where James grew up. Of course on Sunday we went to where his family has worshiped for more than 150 years. Before we left the church I saw a free pamphlet on the backtable to take. "PILGRIM-AGE - a simple guide" published by the Diocese of Oxford (I think). Is the timing coincidence? Here are some excerpts:

**Pilgrimage at Home** For many of us, it is not possible to make long journeys. But even if we remain within our local environment, it is possible to gain the same insights and wisdom as those who are free to journey great distances.

Our God is not only the God of wide open spaces but of the domestic and local, who can be found in the everyday as well as the new and unfamiliar.

\* You might begin at the front door, asking God to bless you on your journey as you listen to what he has to say to you. Travel mindfully through your home.

\* Pause to rest in your favourite chair: pray for a proper balance of activity and leisure, or simply enjoy the sensation of sitting quietly in the presence of God.

\* Sit to pray for those who might share a meal with you at your table.

\* Look carefully at the photographs and souvenirs you have in your home, asking God to give those you love the things they need.

\* Sit or lie on your bed and give thanks (or pray) for the gift of refreshment and sleep.

\* Visit the bathroom and give thanks for water. Pray for those millions who lack clean water.

\* Return to the front door and pray for good encounters with other people whenever you leave.

Walk slowly and prayerfully; physical movement makes the act of pilgrimage and the prayer of pilgrimage more intentional, more deliberate. Offer to God your whole self, heart, mind and body.

**Pilgrimage in the Community** Making a pilgrimage through our local neighbourhood gives us new opportunities for personal spiritual growth and to pray for our community.

\* Take time to walk mindfully, aware of being fully alive in the present moment.

\* Travel slowly through landscape that is familiar, taking the opportunity to look through different eyes - eyes made aware of God's glory in creation - to the extraordinary range of people and places through which we pass, often blindly, each day.

\* As you go, pray for significant places and the people who visit them: the school, the pub, the shops, the post office.

\* At the town/village hall, pray for those involved in local government. At the car park, pray for drivers.

\* Sit in the park, resting in God and thanking Him for the gift of relaxation and leisure. Spend time simply being in God's presence.

\* Think of the journeys that Jesus made in his lifetime, from that first journey to the stable in Bethlehem, through the teaching and healing in the villages around Jerusalem to that last bitter walk to the cross and afterwards along the road to Emmaus.

These journeys will bring us back to where we started but we may no longer be the same people. With open eyes and hearts we may have discovered God where he has always been - right in the midst of the everyday.

**Pilgrimage further afield** If you do have a few days or weeks to spare, you could join the hundreds of thousands of people each year who journey to one of the world's pilgrim sites.

The three biggest Christian pilgrimage sites are Jerusalem (holy city where Jesus died), Rome (tomb of St Peter) and Santiago de Compostela (tomb of St James the Apostle), but there are many smaller pilgrimage places.

Santiago de Compostela has probably the most straightforward walking routes, with clearly marked paths. It is commonly known as "the Camino", the Spanish word for "way". There are many Caminos though starting in England, France, Germany or Portugal ... thousands of years ago, the first pilgrims just started at their homes and then joined others on the main routes, until they all arrived at the destination.



# 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

(804) 270-6786 (Phone) (804) 270-3286 (Fax)  
E-mail: [saintmartinsec@gmail.com](mailto:saintmartinsec@gmail.com)  
Website: [www.saintmartinschurch.org](http://www.saintmartinschurch.org)

## 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
Sr. Choir Practice	Thursday	7:30 pm

## Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 <sup>nd</sup> Tuesday	7 pm
Social Bridge	2 <sup>nd</sup> & 4 <sup>th</sup> Friday	10am - 1pm
Men's Breakfast	2 <sup>nd</sup> Saturday	8 am
Daughters of the King	3 <sup>rd</sup> Wednesday	11 am
Book Club	3 <sup>rd</sup> Thursday	10:30am - 12pm
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am
ECW	4 <sup>th</sup> Tuesday	5:30 pm
Prayer Shawl Ministry	4 <sup>th</sup> Wednesday	11 am
EYC	selected Fridays (see calendar)	6 - 9 pm



# St. Martin's Episcopal Church

9000 St. Martins Lane · Richmond, VA 23294

804-270-6786 (tel) · 804-270-3286 (fax)

Website: [www.saintmartinschurch.org](http://www.saintmartinschurch.org)

E-mail: [saintmartinsec@gmail.com](mailto:saintmartinsec@gmail.com)

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