



# The Cloak

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



## Saint Martin of Tours

November 11

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# Father Lee Hutchson



## Vestry Service

The vestry is the primary leadership body for an Episcopal Church. Vestries consist of elected members who serve three-year terms.

The vestry then chooses a senior and junior warden who take the lead in managing the church's financial matters and physical plant.

The vestry working with the priest, guide the spiritual life of the church.

This year we will have our vestry election on **Sunday, November 17**.  
Vestry members will begin their term on January 14.

Take a look at the Expectations for members of our vestry (page 4) and consider if serving on the vestry is for you. I hope you will choose to serve.

*Fa. Lee*



# What and When ...

November

<b>All Saint's Day</b> Friday November 1
<b>EYC</b> Sat November 2 - 6pm at church for Kings Dominion Sun Nov 24 - Spaghetti Dinner Fundraiser 11:15 am Sat November 30 - Decorate Church 11 am and Carol & Lesson rehearsal (pizza served)
<b>All Saints Celebration</b> Sunday November 3 - 10 am service
<b>Wednesday Morning Coffee</b> November 6 - after service
<b>Wednesday Night Discussion Group</b> November 6, 13, 20 at 7pm
<b>Men's Breakfast</b> Saturday November 9 at 8 am Nick's - 8051 Broad Call Sid Akens (804-740-5375) if you need a ride all men welcome! invite a friend!
<b>St. Martin's Day</b> Monday November 11
<b>St. Martin's Project</b> Saturday November 16 at 9:30 am, White Team
<b>Annual Election Meeting</b> Sunday November 17 after 10 am service see page 2 and 4
<b>UTO In-Gathering</b> Sunday November 24 at both Services
<b>EYC Spaghetti Fundraiser</b> Sunday November 24 right after 10am service
<b>Greening of the Church</b> Saturday November 30 - 11 am
<b>Advent Wreath Making</b> Saturday November 30 - 1 pm

## Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 & 10 am
Boy Scouts	Monday	7 pm
Meals on Wheels	Tuesday	10:15 am - 12 pm
Holy Eucharist	Wednesday*	10 am
*Healing Service every 3rd Wed.		
Cub Scouts	Thursday	6:45 pm - 7:45 pm
Sr. Choir Practice	Thursday	7:30 pm
Social Bridge	Friday	10 am - 1 pm
Ethiopian Christians	Saturday	6 am

## Regular Monthly Events

Event	Day	Time
Morning Coffee hour	1st Wednesday	after service
Vestry Meeting	2nd Tuesday	7 pm
Men's Breakfast	2nd Saturday	8 am
Daughters of the King	3rd Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6 - 7:30 pm
Book Club	3rd Thursday	10:30 am
St. Martin's Project	3rd Saturday	9:30 am
ECW	4th Tuesday	5:30 pm
EYC	Alternating Sundays	after church
Prayer Shawl Ministry	quarterly	11:30 am



Thursday  
November 28

## Bishop's visit

Sunday December 8 at 10 am service  
members being received and confirmed

**Cloak Deadline - please, submit by Sunday November 24 at 8 pm**

# Expectations of Vestry Members of St. Martin's Church

1. To live daily a life reflecting the Christian faith and to strive to grow spiritually through worship, prayer, and educational opportunities both within and outside St. Martin's (i.e. Adult Education, Diocesan Conferences, etc.)
2. To regularly attend and participate in the worship of the Church, especially the Holy Eucharist.
3. To work for openness and unity among the clergy, Vestry and congregation through free and open communication and through sharing in the ministry of the Church.
4. To contribute generously to the financial support of the Church and to make an annual pledge of such support.
5. To accept the role of leadership, to work diligently and congenially at assigned tasks, and to seek ways to improve the condition of the church. To fulfill such responsibilities as are given to all Vestry persons: i.e. to attend as many special services, including funerals of parish members, as my responsibilities permit; and to attend other functions such as the Newcomers' Reception.
6. To regularly attend meetings of the Vestry and any committee to which I am assigned, to prepare notes and report committee activities to the Vestry on a regular basis and to participate in the annual Vestry Retreat and in the activities of the church.
7. To develop interest and knowledge about the affairs of this church, its structure, its operation and its relationship to Region, Diocese, National Church and the community.
8. To make both new and regular members of the congregation feel welcome through personal greetings, visits, and offers of friendship.
9. To encourage all members of the congregation to become part of the activities of the church and to attend congregational meetings.
10. To know and fulfill the duties of Vestry members according to the Canons of the Diocese of Virginia and to subscribe to the vestry Declaration and Promise as stated therein. (Canon 11, Section 8, of the Diocese of Virginia, 1995).

"I do believe the Holy Scriptures of the Old and New Testament to be the Word of God, and to contain all things necessary to salvation; and I do yield my hearty assent and approbation to the doctrines, worship and discipline of The Episcopal Church; and I promise that I will faithfully execute the office of Vestry member of St. Martin's Episcopal Church, in Region XII, in the County of Henrico, according to my best knowledge and skill."

No person shall act as a Vestry member until this declaration and promise have been subscribed to.

(Canon 11, Section 8, of the Diocese of Virginia, 1995)



**MEETINGS** - at the **October** meeting Carol Henderson Witt gave a presentation about Chiari Malformation. This is a structural malformation at the base of the skull and cerebellum. Her son, Branden, had surgery for this rare condition several years ago and Rick Gibbs showed photos called "The Journey of a Chiari Warrior". It was extremely interesting and informative.

The ECW will NOT meet in **November**.

**December** CHRISTMAS PARTY - please watch the weeklies, bulletins and December "Cloak" for details about the ECW Christmas party.

**RAFFLE** - once again the ECW is raffling an exquisite Advent calendar quilt made by Christa Burr with Chrismons stitched by Christa's sister-in-law, Jane. Tickets are 1 for \$5 or 3 for \$10. They will be on sale November 10th thru December 1st after both Sunday services with the drawing after the 10 am service on Sunday December 1st. You won't want to miss the opportunity to win this one-of-a-kind quilt at the same time as supporting your ECW.

**SANITIZER** - flu season is upon us once again. Bottles of sanitizer, provided by the ECW, are in the pew racks for your convenience.

**SPEAKER** - Awut Mayom Agok, (Deborah), a 2011 graduate of Sudan's Hope and Resurrection Secondary School, started many years ago by Jennifer Ernst of Richmond, is on an inspirational speaking tour of the USA. She is an international speaker on equality for women, and peace and reconciliation. Don't miss one of her talks in Richmond. Various venues and dates in early December, along with a more comprehensive biography, are posted on the bulletin board.



Carol and Branden at the Chiari walk earlier.



note from Christa:  
This was the 2017 Raffle. This year's will be similar (hopefully even better).

## United Thank Offering In-gathering

- Kim Shook

The fall in-gathering will be on Sunday, November 24 at both services. If your family needs a blue UTO box or envelope you may find them on the table in the hallway outside the parish hall. Please remember to put your coins into your blue box with thanksgiving, so that blessings may be awarded to expand God's mission in Virginia, the USA and the world.



# Outreach

## November 3-10

On November 3<sup>rd</sup> the **Outreach Committee** will be handing out slips of paper on which will be written suggested donations of cans or boxed food to benefit the Lamb's Basket this Thanksgiving season. Please return donations the next Sunday (11/10) and place them in a basket on your way into church.



## List for Outreach Thanksgiving Donations

Bring these to church: November 10.  
Think Thanksgiving when you shop:

Peas, carrots and mac and cheese,  
Green beans, apple sauce,  
Corn, yams, and cans of fruit,  
Gravy, stuffing, cranberry sauce,  
.....and always thanks to you!



### **YOU ARE MAKING A DIFFERENCE!**

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



**LAMB's Basket**

"Love to home and welcome"  
October 2011

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# EYC Spaghetti Fundraiser

Save the date: **November 24** right after church

## **Menu:**

Meat sauce with mushrooms  
Meat sauce without mushrooms  
Marinara sauce  
Garlic bread -or- Non-garlic bread  
Salad  
Desserts  
Various drinks



We hope that you can make it. The youth will take your spaghetti order and deliver your food. This has always been well attended and a lot of fun.

# Finance

## Report

Financial Highlights 2019	end of previous month	MTD September	YTD end of September
Income	\$137,139.40	\$15,822.00	\$152,961.40
Expenses	\$153,048.69	\$16,881.49	\$169,930.18
<b>Gain or Loss</b>	<b>-\$15,909.29</b>	<b>-\$1,059.49</b>	<b>-\$16,968.78</b>

### Condolences!

to Bob Kirby & Ria Springer on the death of her daughter

**Krista Springer**  
who died October 10, 2019

### Condolences!

to Linda Fairtile on the death of her mother

**Martha Beard**  
who died October 29, 2019  
She will be buried in Rhode Island

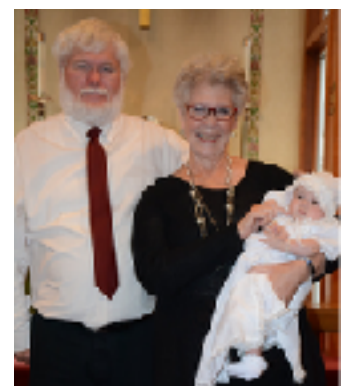
## Baptism

Sunday October 13, 2019

We welcome

**Natalie Anne Romano**

daughter of Anthony and Samantha and sister of Noah  
grand-daughter of Dennis and Vicki Pinner





# Parish Nurse by Betty Horne

## November is national skin care month

The skin is the largest organ in the body. It covers an area of about 20 square feet. It consists of three layers: **The epidermis**, the outermost layer provides a waterproof barrier and creates the color of your skin. **The dermis**, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands. **The hypodermis** is the deepest layer and is made of fat and connective tissue. The skin protects us from microorganism and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold. What you eat, how much water you drink, protecting your skin from ultraviolet rays of the sun, smoking can affect the health of your skin. Good skin care and a healthy lifestyle can help delay natural aging or skin cancers. The following are some tips to keep your skin healthy.

### Protect yourself from the sun:

- Use sunscreen with at least 30 % SPF every 2 hours or more if swimming or perspiring
- Wear loose, light colored clothing, covering arms and legs and wide brimmed hats
- Avoid working outdoors between 11 am and 4 pm when it is most hot



### If you smoke, quit

- Smoking contributes to wrinkles, making your skin look older
- Smoking increases your risk of skin cancers, particularly squamous cell cancer

### Daily skin care is essential

- Limit bath time-avoid taking long hot showers as it tends to leave your skin too dry
- Use mild soap or cleansers
- Pat your skin dry rather than vigorously drying. Allow some moisture to remain on your skin
- Use a moisturizer if your skin is dry. Preferably one with sun protection factor (SPF)
- If you shave, apply shaving cream, gel or lotion before shaving. Use a clean sharp razor

### Manage your stress

Stress can trigger skin problems including acne or even outbreaks of eczema. Managing your stress by setting realistic limits, getting plenty of rest, carving out time for exercise, doing things you enjoy and eating healthy all go a long way towards healthy skin,

### Eating healthy

A healthy diet which includes fruits, vegetables, whole grains and lean proteins is essential. Don't forget water to keep your skin hydrated.

You may want to consider the following foods:

Parish Nurse continued ...  
on next page





- **Fish** such as Salmon, mackerel and herring contain omega 3 fatty acids needed for healthy skin. Omega 3 fatty acids reduces inflammation and may fight autoimmune conditions such as psoriasis and can promote wound healing. They are also a good source of protein, Vitamin E and zinc.
- **Avocados** also contain healthy fats essential to keep skin flexible and moisturized. Avocados are also a good source of Vitamin C and E. They are also said to protect your skin from sun damage.
- **Walnuts** and **Sunflower seeds** are a good source of essential fats, protein, zinc, vitamin E, and vitamin C, all needed for healthy skin.
- **Sweet Potatoes** are a good source of Beta-carotene. Other sources are oranges, carrots, and spinach. They help keep your skin healthy by acting as a natural sunblock, preventing sunburn and wrinkling.
- **Red or Yellow Bell Peppers** are also rich in beta-carotene and Vitamin C necessary to create collagen, the protein necessary for keeping skin strong.
- **Broccoli** is a good source of vitamins, minerals and carotenoids that are important for skin health. It also contains sulforaphane, which may help prevent skin cancer and protect your skin from sunburn.
- **Tomatoes** are rich in Vitamin C. They also contain carotenoids which protect your skin from sunburn and wrinkling
- **Soy** may also improve skin dryness, increase collagen production, improving skin elasticity and protecting your skin from sun damage
- **Dark Chocolate** is high in antioxidants. The skin is smoother and less sensitive to sunburn. The skin is more hydrated with better blood flow to the skin
- **Green Tea** is thought to reduce redness from exposure to the sun. It also improves moisture, roughness, thickness and skin elasticity.

Keep in mind what you eat can have a huge impact on your skin. Maintaining healthy skin can be a frontline to harmful microorganisms. Taking proper care of your skin can slow down aging, lower your risk of skin cancer leaving your skin looking healthier and younger.



## Giving Thanks

Praise God for starry nights, a universe  
of worlds and suns in perfect order;  
now and then, a plane  
blinks its way through dark and distance;

Praise God for mornings, cattle and deer  
grazing in rose-gold mist, gossamer lace, distant chimes;  
a small girl wakes, holds power  
over her world, one silent moment.

Praise God for snowy middays, windows  
like frosted artworks; soup bubbles in kitchens;  
boys suck icicles, wrestle with dogs, build  
ephemeral walls and hills.

Praise God for rainy afternoons, leaves and petals  
filling with life and color, air washed clean;  
old hands inside, watching, shuffle books,  
move a chair, find a spot to read and watch.

Praise God for sunsets and twilights,  
minutes for joining hands and hearts, filling days  
with meaning and remembrance; hours  
for praise, thanks, love; a day completed well.

- Patsy Anne Bickerstaff

The annual



Saturday October 5





Fish Fry continued ... from previous page





# Blessings of the Animals

Sunday October 6

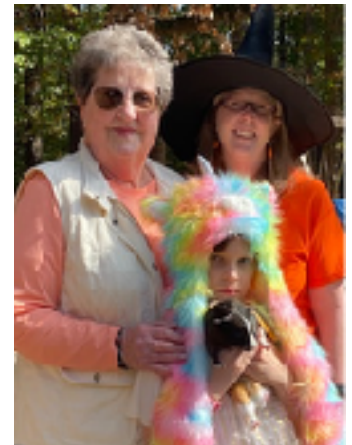


## Fall Festival

Saturday October 26

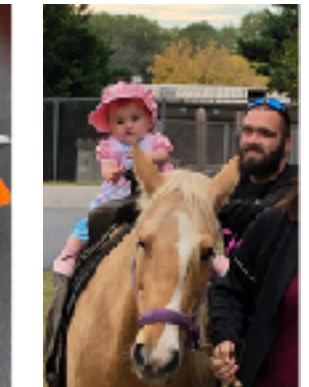
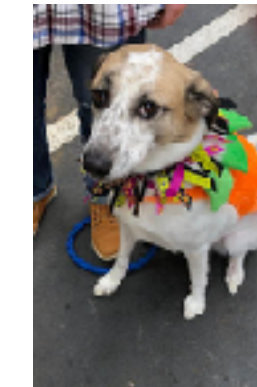
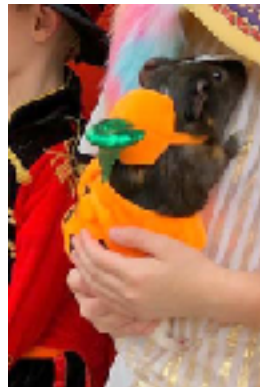


- Noah Sleeman won under 5
- William Sykes won 6 and up
- Esme Borders pig won best pet costume
- Glenn and Erin Sprouse won best car





Fall Festival continued ... from previous page











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11/01 Shelley Godfrey  
11/04 Claire Baughan  
11/06 Allen Hall  
11/06 Memphis Machalinski  
11/07 Nancye Greenwood  
11/07 Linda Fairtile  
11/08 Melissa Machalinski  
11/10 Karen Hood  
11/10 Sharon Boyd  
11/12 Alexander Cooper  
11/14 Ashley Howdyshell  
11/15 Kevin Howdyshell  
11/18 Colin Borders  
11/18 Dianne O'Kelley Lamb  
11/20 Mike Fiasco  
11/21 Rachel Horne  
11/22 Kenzie Howdyshell  
11/24 Lee Hutchison  
11/24 Steve Alloway  
11/26 Christine Watt  
11/27 Katie Hall  
11/28 Holly Thirion  
11/29 George Crowell  
11/30 Paris Lindsey

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12/01 Lorelei Cooper  
12/01 James Logan  
12/02 Jennifer Cooper  
12/03 Victoria Hughson  
12/03 Errol Stephens  
12/04 Alex Woolwine  
12/05 Katie Bright  
12/06 Marie Atkins  
12/07 Roanna N'neka Logan  
12/07 Joe Lamb  
12/10 Nasira Horne  
12/10 Ria Springer  
12/12 John Dvorak  
12/15 Carter Hood  
12/16 Chris Patoray  
12/17 Kevin Bailey  
12/17 Beverly Stone  
12/18 Scott Goodman  
12/19 Austin Newcomb  
12/20 Robert Melia  
12/20 Sean Reid  
12/25 Merielle Horne  
12/25 Carl Newcomb  
12/26 Christa Burr  
12/29 Bill Godfrey

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11/01/2001 Sherry & Robert Wilson  
11/04 Shelley & Bill Godfrey  
11/26/1975 James & Christa Burr  
11/27 Daniel & Tiffany Clements

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12/01/1990 Jim & Victoria Hughson  
12/15/2013 Bob Kirby & Ria Springer  
12/21/2018 Sandy Levy & David Mix  
12/21/1965 Ruth & James Barrett  
12/22 Jim & Jenny Richardson  
12/22/1984 George & Beverly Stone  
12/22 Darrell & Melinda Jenkins

\*

Thank to all for sharing photos:  
Betsy Crowell  
Rick Gibbs  
Betsy Crowell

**If you know of  
somebody not on  
these lists (including  
yourself) please let  
the office know.**

## Condolences!

to the Family of

**Luke Getchell**

nephew of Vicki Pinner and  
cousin of Samantha Romano

December 19, 2004 - October 20, 2019

# 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.



## DERING'S CLEANING SERVICE:

If interested in your home getting a super good cleaning,  
call Leslie at 239-5865.

**Now also offering house or pet sitting,**

Licensed, Insured & Bonded



## 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

## Amazon Smiles:

1. Go to <https://smile.amazon.com/> or click the box above.
2. Create an amazon account or log in.
3. Go to "Or pick your own charitable organization" and type "**St. Martin's Episcopal Church**" then click Search.
4. Locate "**St. Martin's Episcopal Church**" in Henrico VA.
5. Then start shopping!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases **to St. Martin's!**

We are grateful for your participation!

## Need a pet or house sitter?

Available for overnights and drop-ins. Call for pricing.  
References available. Jessica Shook (daughter of Mike and Kim). Phone # 804-380-0117.



**At Home Pet Sitters**



## ST. MARTIN'S STAFF

**Rector:** The Rev. Lee A. Hutchson  
**Priest Associate:** Rev. Dr. Sandra Levy-Mix  
**Organist & Choirmaster:** David R. Hopkins  
**Administrative Assistant:** Sherry Wilson  
**Sunday School Coordinator:**  
**Head of Nursery:** Nicolette Philippi

## 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

2019	2020	2021
Nancye Greenwood	Christa Burr	Steve Alloway
George Crowell	Garland Harwood	N'neka Logan
Rick Gibbs	Kim Fiasco	Craig Watt

**Senior Warden:** Nancye Greenwood  
**Junior Warden:** Rick Gibbs

**Register:** Nan Scott  
**Treasurer:** Darrell Jenkins  
**Assistant Treasurer:** Mike Fiasco  
**Cloak Editor:** Christa Burr



## St. Martin's Episcopal Church

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