



The Cloak



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



God's Creation!

Who says it is
a weed?

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Father Lee Hutchison



Michele and I worshipped at Saint Martins Episcopal church in Severna Park Maryland last Sunday where our son Andrew was confirmed. It was a large church with a handbell choir as well as a regular choir both of whom were wonderful to listen to. When it came time for the bishop to lay his hands upon the confirmands he said the following prayer: "Defend, O Lord your servant ___ with your heavenly grace, that he may continue yours forever, and daily increase in your holy Spirit more and more until he comes into your everlasting kingdom."

The words "and daily increase your Holy spirit more and more..." stuck with me. There are some days I would rather not grow in the Holy Spirit. I think that all of us have days when we would rather be judgmental of others and keep score of who has been doing us wrong. Days where we would like to be arrogant boastful and rude rather than patient and kind as Paul writes about in his letter to a church in Corinth. This past Easter season our Gospel and epistle readings all talked about the presence of love as a sign of God's Holy Spirit being active in our individual lives. Paul writes about love: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

Read that passage again and where ever the word love is or the word it substitute your name. It is a simple exercise especially on those days we do not especially feel like acting in a Christlike way. However if we have the self discipline to live out the love of God each day especially on those days we would not like to live in a Christlike way then the holy spirit will continue to daily increase and our faith will grow more and more and strengthen us to be Gods love and grace in our world.

Fr. Lee

**"IF IT'S NOT
ABOUT LOVE,
IT'S NOT
ABOUT GOD!"**

*Presiding Bishop Michael B. Curry
The Episcopal Church*



What and When ...

June

Wednesday Night Discussion Group continuing in June at 7 pm
EYC Sunday June 3 from 11:30 am to 2 pm - mtg. Sunday June 10 from 10am to 2pm Youth Sunday Sunday June 17 from 11:30 am to 3:30 pm G-Force Sunday June 24 start of Mission Trip
Men's Breakfast Saturday June 9 at 8 am - Nick's - 8051 Broad (close to Harbor Freight and Hancock Fabric) all St.Martin's men are always invited bring a friend or neighbor along too Call Sid Akens (804-740-5375) if you need a ride
Graduation Celebration Sunday June 10 at late service and afterwards
Ice Cream Social Sunday June 10 from 2 - 4 pm
St. Martin's Project Saturday June 16 at 9:30 am, Blue Team
Father's Day Sunday June 17

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 & 10 am
Boy Scouts	Monday	7 pm
Women's Bible Study	selected Mondays	10-12 am
Meals on Wheels	Tuesday	10:15 am-12 pm
Holy Eucharist	Wednesday*	10 am
<i>*Healing Service every 3rd Wed.</i>		
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
Vestry Meeting	2 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	8 am
Daughters of the King	3 rd Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6-7:30 pm
Book Club	3 rd Thursday	10:30 am
St. Martin's Project	3 rd Saturday	9:30 am
ECW	4 th Tuesday	5:30 pm
EYC	selected Fridays (see calendar)	6-9 pm
Prayer Shawl Ministry	quarterly	11:45 am



Prayers go with our Youth
 June 24 - 29, EYC Mission Trip to Boys Home of Virginia,
 Covington Virginia
 We wish everybody a wonderful experience!

Cloak Deadline - please, if possible submit by Sunday June 24 at 8 pm

Why do we Episcopalians ...?

Holy Water Stoop

Perhaps you have noticed the small container hanging on the wall near the back door of the church. It is called a holy water font or stoop. The water in the font has been blessed by a bishop or priest.



It is customary as you leave the church to dip your finger into the water and then make the sign of the cross upon yourself. This, our last act as we leave the church, is to serve as a reminder that we have been adopted by God and marked and God's own forever. As a result of that adoption we are to have courage to live out the promises we made at our baptism and to live our lives in such a way that God's Will will be done.

Get to know your brothers and sisters in Christ

??????

Q: Are you a cradle Episcopalian?

A:

Q: Have you always lived in the Richmond area?

A:

Q: How did you find St. Martin's?

A:

Q: What would you like your church friends to know about you, your family, your occupation, hobbies etc?

A:

Please don't wait for Christa to ask you.
We would like to get to know **you** better too.
We would like to hear especially about
St. Martin's early days.
It's fine for couples 'tell' together.

ECW update!

- by Sally Dvorak

A report on the ECW sponsored Paint Night will appear in the July "Cloak".

The ECW will not meet in June, July or August.

The next meeting will be Tuesday September 25th at 5.30pm.

Please put Saturday November 3rd on your calendar and plan to attend the annual Holiday Market. If you have a talent for knitting, crocheting, tatting, embroidering or any other handiwork, please consider donating it for sale at the ECW craft booth.

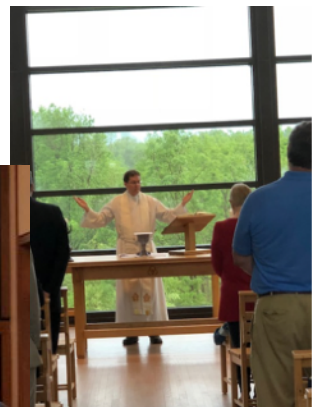
Previously Christa was able to lead workshops to make items to sell either at the church or in her home but this year her timing seems to make that difficult, and also the lack of ideas. No workshops are scheduled at this time but please keep an eye on the weeklies. There is always hope. The workshops are always a lot of fun and nothing needs a special talent. If anybody else has an idea and would like to lead a workshop, there are willing hands available.



Ascension Day Service



at the beautiful Bishop's Chapel at The Virginia Diocesan Center at Roslyn. Our own Father Lee was officiating. Sr Warden Rick Gibbs was attending and shared these photos (and most of the photos in each Cloak issue).



Finance Report

- from Garland Harwood

What a glorious Easter Month St Martin's experienced in April!

All the financial sins of the 1st quarter were washed away! We now find ourselves well ahead of budget in both loose plate and adult pledged income, slightly over budget in expenses, but well ahead of our 2018 Budgeted Plan and in the black year-to-date.

Thanks to all our generous parishioners for making this possible!

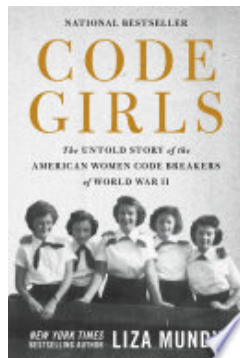
Financial Highlights end of April 2018	MTD	YTD
Income	\$23,682.80	\$72,915.42
Expenses	\$15,686.86	\$70,713.67
Gain or Loss	\$7,995.94	\$2,201.75

Daughters of the King

On May 20, a prayer candle was lit at the icon of our Lady of Walsingham, and a rose was given to the Glory of God and in thanksgiving for the ministry of The Rev. Walter F. Hendricks, III (affectionally known as Father Frisby) who retired on this day.

Father Frisby

enjoy your retirement!



Book Club

The Book for **June**: "Code Girls" by Liza Munday

This is the last meeting until September. During the summer you may find something you are reading would be a good selection for the fall. Keep that in mind when we get together again.



Save the day! July 17



Flying Squirrels' Baseball Game

The Men's Breakfast Club will be holding their Annual Baseball Game on July 17th. Tickets are \$28. This includes seating and all the food and desserts you can eat from 5 pm to start of game at 6:30 pm at the Pavilion in right field area.

Sign-up sheets will be in Parish Hall. We need to purchase 20 tickets or more to get this deal. Any questions, call Sid Akens 740-5375.

Your Vestry at Work!

Father Lee and seven Vestry members did some brainstorming at the retreat on Saturday May 19 at Roslyn.

Everybody agreed that it was very productive. Opportunities were discussed to strengthen the ministry of our congregation and priorities were set for the coming year.



Outreach Committee collecting ...

See last month's Cloak or weekly announcements!

A few days left to help out.

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

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



Parish Nurse by Betty Horne

June is National Migraine month

It is often difficult to tell whether the pressure or pain you feel in your head is either a headache or migraine. Knowing the difference can mean faster relief through better treatments. It can also prevent future occurrences.

Headaches can range from mild to severe, and usually occur on both sides of your head, forehead, temples, or back. These can last anywhere from 30 minutes to a week.

Migraine headaches are intense or severe and often have other symptoms in addition to head pain such as:

- Seeing flashing lights
- Nausea/vomiting
- Pain behind one ear or eye
- Tingling or numbness in the face or hands
- Having unusual sense of smell, taste or touch
- Feeling less mentally alert or having trouble thinking
- Irritability
- Unusual food cravings



the central nervous system. Many factors can trigger migraine including:

- Changes in emotional stress levels.
- Hunger or dehydration (avoid skipping meals)
- Changes in the weather conditions (barometric pressure humidity, temperature)
- Bright lights
- Loud sounds
- Strong odors
- Intense physical activity
- Hormonal changes in women
- Certain foods and chemicals

Some migraine sufferers may find that avoiding the following food triggers may decrease the risk of migraine:

- Processed meats- canned, aged or cured, hot dogs sausage, pepperoni etc.
- Cultured dairy products – sour cream, buttermilk, cheeses
- Fruits such as raisins, papaya, plums, figs, banana
- Vegetables such as beans, snow peas, onions and raw garlic

Symptoms may start a day or two before the actual migraine occurs. The exact cause of migraine is not fully understood. Researchers are finding that, while blood vessel constriction can result in pain, the cause of migraine, itself, is most likely a disorder of

- Breads such as sourdough, freshly baked yeast bread, pizza
- Caffeinated drinks or alcoholic beverages can also trigger migraine (beer, wine, sherry)
- Desserts containing chocolate or nuts

Keeping a food journal may be helpful in identifying the foods you eat that trigger migraine.

Your doctor may recommend changes to your diet and steps to reduce stress.

He may prescribe medication for nausea, over the counter pain meds and migraine medicines such as Imitrex, Maxalt and Axert. It is important to follow your doctor's instruction for taking these medicines

Headaches usually occur on both sides of the head and can cause pressure and aching. They can occur in the forehead, temples and back of the neck. They may range from mild to severe and last from 30 minutes to a week. The most common type of headache is the **tension headache**. People may experience sinus headaches with a sinus infection, stuffy nose or head congestion. **Cluster headaches** occur on one side of the head come in clusters

Headaches are usually treated with:

- Over the counter medicines such as Tylenol, Ibuprofen or aspirin.
- Relaxation techniques such as massage, neck stretching, massage, meditation, yoga, warm compresses or a warm shower.

Whether you have migraine or headaches, if they persist you must follow up with your health care provider to rule out any other cause of your headaches.

Be well



Canaan Dog

In a Garden, not a garden
I preen, pose, run
the same circle as the proud Ibizan,
his head and sharp ears high, favorite
of kings and warriors.

I, *Kelev Kna'ani*, stand less tall,
not so commanding, maybe somewhat wild,
but carry memories in my blood
no dog can match:

I whimpered by the pit where Joseph lay;
whined for his brother Reuben's mercy;
followed to the castle, where the slave
became a prince.

I played at David's side;
watched him gather river stones,
ran to him, tail wagging, when
the giant fell;

I guarded flocks of Amos at Tekoa,
and those that grazed in mountains, that still night
Heaven filled with light and angel songs –
miracle in a manger.

My tongue recalls the taste
of my young mistress' warming cheek;
her mother's tears, not once ashamed to be
compared to me.

I grieved, my head between my paws,
a little distance from the Cross;
might have lost faith in humans, but —
The stone rolled back!

Never Best in Show, I need
no ribbons, trophies, accolades,
only these memories, a bit of love, the children;
only the scraps that fall
beneath the table.

- Patsy Anne Bickerstaff

Fish Fry

Saturday May 12

Thanks to the hardworking crew in the kitchen, the Youth Mission Trip benefited from the donations given.



Pentecost

Sunday May 20



Do you see red?
It's the traditional color for Pentecost. A wonderful service with the children playing the bells after their sermon.



A happy day with a potluck following. After all, Pentecost is the birthday of the church. Mike, Bob and Kim did a marvelous job in



the kitchen. Your editor failed though. Being used so much to our friend Rick providing most of the photos, I almost forgot to take some. The leftover dessert looks pretty good though, right? Hope Mike, Bob and Kim got some. They deserved it.





The "art piece" was made by Caleb this morning during children's church. The yellow are flames which do not burn because it's the Holy Spirit!





*
 06/02 Henry Sleeman
 06/03 Carrilynn Sykes
 06/05 Betty Hall
 06/07 Jacob Weimer
 06/08 Lauren Murphy
 06/08 Julie Hall
 06/09 Melinda Jenkins
 06/10 Cindy Adams
 06/13 Jenny Richardson
 06/14 Caroline Echevarria
 06/15 Sally Tucker
 06/15 Janice Carpi
 06/17 Barbara Campeau
 06/17 Max Barritt
 06/18 Gregory Echevarria
 06/19 Ian Watt
 06/21 Garland Harwood
 06/21 Maddie Alloway
 06/22 Natalie Watt
 06/24 Henry Scott
 06/27 Sean Cooper
 06/29 Kim Fiasco
 *

*
 07/01 Ellery Bradley
 07/02 Jonathan Horne
 07/06 Caitlin Woolwine
 07/08 Ashley Borders
 07/09 Kim Shook
 07/09 Sara Thomas
 07/10 Jack Greenwood
 07/11 Wayne Zold
 07/12 Jackie Bitler
 07/13 Yohance Elon Iervolino
 07/22 Alison Potter
 07/23 Leslie Dering
 07/25 William Sykes
 07/29 Rob Lockridge
 *

*
 06/02/2007 Erin & Glenn Sprouse
 06/06/2015 Dianne & Joe Lamb
 06/06/2009 Beth & Mike Miller
 06/10 Linda & Brian Fairtile
 06/11/1977 Dennis & Vicki Pinner
 06/14/1958 Henry & Nan Scott
 06/17/2012 Igor & Amanda Prskalo
 06/21/1980 Sandy & Sallie Bright
 06/24/2000 Kyle & Anne Stephenson
 06/26/1976 Stephen & Jody Harlow
 *
 *
 07/03 Garland Harwood & Janice Carpi
 07/04/1968 Sharon & James Ragland
 07/07/2006 Sean & Jennifer Cooper
 07/08/2004 George & Betsy Crowell
 07/10/1996 Allen & Merry Beth Hall
 07/12 Charles & Margarette McIntosh
 07/12/2008 Samantha & Tony Romano
 07/22/1995 Kevin & Amy Bailey
 07/27/1972 Richard & Sara Thomas
 *

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

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.
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

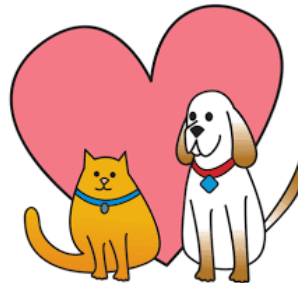
Amazon Smiles:

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.



ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Achtemeier
Monastic Associate: Friar John Ogle, SF
Organist & Choirmaster: David R. Hopkins
Administrative Assistant: Sherry Wilson
Head of Nursery: Nicolette Philippi

CHURCH OFFICE

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Office Hours

Monday–Friday 9am–1pm

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

VESTRY

2018	2019	2020
Linda Fairtile	Nancye Greenwood	Christa Burr
Betty Horne	George Crowell	Garland Harwood
Sandra Goolsby	Rick Gibbs	Kim Fiasco

Senior Warden: Rick Gibbs
Junior Warden: Garland Harwood

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



St. Martin's Episcopal Church

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