



# The Cloak



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



## Uplifting EYC Mission Trip

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# Father Lee Hutchison



Paul writes that of the foundational Spiritual Gifts we have faith hope and love are the most important. The gift of faith is that moment we come to believe we have found God. A moment when we think AWW HA, I have found my meaning, a purpose and connection to God.

Hope is when we hold on tight to our belief in God when everything else in life is telling us to let go.

Love is when we embrace God in how we live our lives each and everyday by the action of our will.

- We return God's love when we choose to love God each and everyday of our lives.
- When we say our prayers each day whether we want to or not.
- When we love our neighbors even when we can't see a good reason to.
- When we share the truth of Christ no matter how it is received there are actions of a mature faith built upon the gifts of faith hope and love.

*Fr. Lee*



# What and When ...

## August

<p><b>Outreach Committee School Supply Drive</b> July 15 - August 12 see page 5</p>
<p><b>Men's Fellowship at the Flying Squirrel Game</b> Wednesday August 8 at 6:30 pm</p>
<p><b>Men's Breakfast</b> Saturday August 11 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</p>
<p><b>VBS = Vacation Bible School</b> after Sunday August 12 service and Monday, Tuesday, Wednesday 6 - 7:30 pm please sign up</p>
<p><b>St. Martin's Project</b> Saturday August 18 at 9:30 am, White Team</p>
<p><b>End of VBS Cookout</b> following Sunday August 19 service for details watch the weeklies</p>
<p><b>Puzzle Time! Deadline</b> Saturday August 26 at 8 pm</p>

### 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
*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
Vestry Meeting	2 <sup>nd</sup> Tuesday	7 pm
Men's Breakfast	2 <sup>nd</sup> Saturday	8 am
Daughters of the King	3 <sup>rd</sup> Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6-7:30 pm
Book Club	3 <sup>rd</sup> Thursday	10:30 am
St. Martin's Project	3 <sup>rd</sup> Saturday	9:30 am
ECW	4 <sup>th</sup> Tuesday	5:30 pm
EYC	selected Fridays (see calendar)	6-9 pm
Prayer Shawl Ministry	quarterly	11:45 am

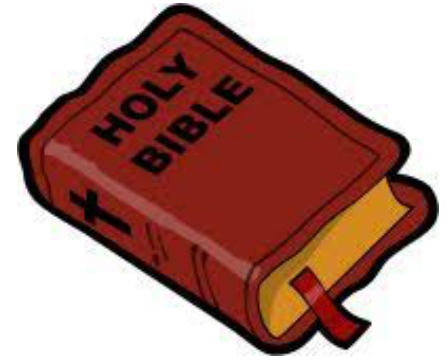
## September

<p><b>EYC participating in CROP Walk</b> Sunday September 16</p>
<p><b>Conquer Chiari Walk</b> Saturday September 22 see page 13</p>

**Cloak Deadline - please, if possible submit by Sunday August 26 at 8 pm**

# Why do we Episcopalians ...?

- by Father Lee



Did you know that the Bible is not just one book, but a collection of books? The number of books included in the Bible is based on the Apocrypha. The Apocrypha are seven Old Testament books written in Greek and not Hebrew and so were excluded from the Jewish Bible.

In the Episcopal Church we include these seven books in our Bible and consider them to be inspirational reading. However, no doctrine is based upon these books and no one may be forced to believe them as a sign of their faith.

The Old Testament has 24 books divided into what we call the Torah which are the first five (5) books of the Bible. The prophets (8 books) and the writings (11) books. Protestants broke up some of these books so in our Bible there are 39 books.

There are 27 books in the New Testament. Four (4) of the books are called Gospels and the others are letters written to churches by their church leaders.

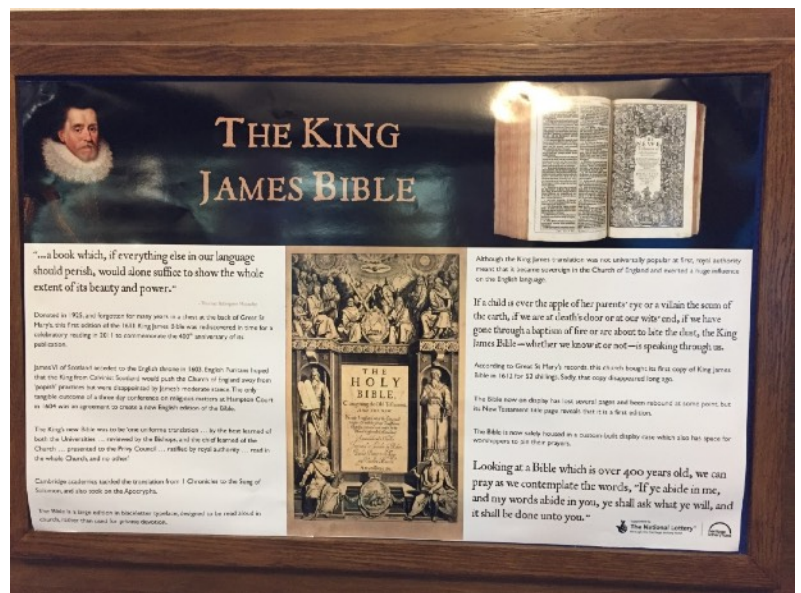
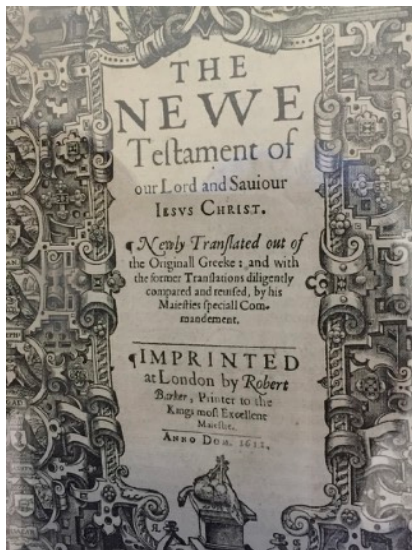


- note from James and Christa Burr

On our visit last month to England we also went to Cambridge to do some family research at the University Library.

In our spare time we did some site seeing.

When we visited the **Church of St. Mary the Great** we saw this bible: A first edition print of the 1611 King James Bible. More than 400 years old. This Bible is a large print edition designed to be read aloud in church rather than used for private devotion.



# The Outreach Committee

is having a School Supply Drive from Sunday, July 15th - Sunday, August 12th. We will be delivering these supplies to Longan, Ridge, and Crestview Elementary Schools. A container and a list of suggestions are in the Parish Hall. Thank you so much for your support for these children!

Thanks!  
Jean



## Beach Moon

Tonight, we could reach the moon  
by electric ocean stairway,  
waves reach, touch, taste  
its edge, with gleaming tongues.  
It bleeds light across water's flowing skin,  
spills a path, step by shimmer,  
widening on waves' green-black bodies,  
convulsing with undulation,  
sparkling on fingers spread  
to grasp beach, discarded shells, our unwary feet  
that venture in darkness, dare a hundred legends,  
world of monsters, sorcerers, witches  
in irresistible disguise,  
challenge this spirit, pulling,  
taunting, inviting  
to try that stair, running  
into silverness  
forever.

- Patsy Anne Bickerstaff

## ECW update!

- by Sally Dvorak

The ECW will not meet in August. The next meeting will be Tuesday September 25th at 5.30pm.

Please plan to support our annual Holiday Market on **Saturday November 3** as this is a time for fellowship as well as the major fundraiser for the ECW. In the recent past the proceeds have funded numerous activities at, and beautification of, St. Martin's including the youth mission trip, Daughters of the King, the Altar Guild and the purchase of a bench for the memorial garden as well as large print prayer books for the church and bibles for the youth group. The ECW also supports worthy causes within the community.

If you have an idea for a craft please share it with a member of the ECW or, better still, volunteer to lead a workshop during the summer or early fall. There are plenty of helping hands available. 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.



# VBS = Vacation Bible School

**August 12 to 15 and 19**

Great excitement for this year's VBS which will begin after service on August 12, and continue on Monday, Tuesday, and Wednesday from 6-7:30 p.m. Our wrap up celebration will be after 10 a.m. service on August 19.

There is a Sign-Up sheet posted on the board for much needed volunteers (food, games, music, etc.)



*Thank you!*

*Thank you!*

*Thank you!*

**Lois Gibbs** has been sending out Birthday and Anniversary cards to us for many years. She has been very faithful in remembering to send these cards out to arrive before or on the day of our celebrations and brought happiness to many. Father Lee and the congregation thanked her during the Sunday service on July 24 for her many years of service.

## Finance Report

faith  
hope  
love

Financial Highlights end of June 2018	MTD	YTD
Income	\$16,186.84	\$114,371.58
Expenses	\$16480.86	\$102,529.89
<b>Gain or Loss</b>	<b>-\$294.02</b>	<b>\$11,841.69</b>

# 3rd Annual Men's Fellowship / Flying Squirrels Game

On Tuesday July 17th, 23 St. Martinites and friends headed to the Diamond for food, fellowship and a 6:30 pm game. A steady downpour postponed the game until August 8, when the Binghamton Rumble Ponies come to town.

However, the food and fellowship more than made up for the postponed game. The menu included bbq, slaw, burgers, hot dogs, mac & cheese, salad, cookies, and assorted soft drinks -- and was available throughout the extended pre-game fellowship, until 7:30 pm when the game was called. The fellowship lasted more than 2 hours, with numerous small-group discussions as well as munching on the bagged, in-the-shell peanuts that Ellery Bradley brought.

At this writing, 21 of 23 participants can make the game on Wednesday August 8. Bonus!

- by Sid Akens 740-5375.



# EYC Mission Trip Report

... presented by Dean during the Sunday service July 1:

“Good morning.

I am here to share some highlights from our service trip with you.

We departed Saint Martins last Sunday after a lunch served by Kerry Alloway. Kerry has always supported our youth even when she has not been able to attend our trip. Thank You Kerry. Also thank you to all of you who provide Prayer and financial support to our church. Your generosity defrays the cost of the trip to us. Thanks for your support.

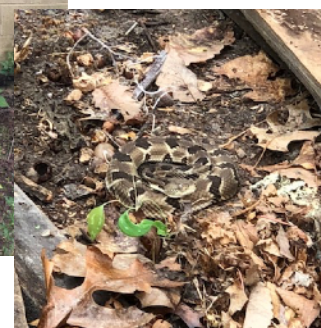
We had dinner at the boys’ home Sunday night and settled into our Houses. On Monday morning we drove up narrow mountain roads to a cabin built in the 1970s. For the next 3 days we cleaned the old paint and repainted 2 coats of paint on both the interior and exterior of the building. We also dug post holes in incredibly rocky soil for a new deck which will be built. While removing the old deck a timber rattle snake was discovered. After much coaxing it finally crawled into the woods. We had free time each evening. We were able to swim in a very cold creek which runs through the boys’ home property, play basketball in the gym and play chess and battle ship. Or chapel program was “Learning to Love well”, based on the command of Jesus to love God with all our heart, soul and mind, and our neighbor as ourselves. Thursday was our free day. We spent the day at Douthat State Park. We swam, paddle boarded and rowed in paddle boats. To our surprise our lunch was paid for by an unknown person who heard we were here on a service trip to the boys’ home. We returned home Friday afternoon.

Again Thank you for all of your support and prayers. It was an honor to be able to serve others in your name.”



# EYC Mission Trip

June 24 - 29 to Boys Home of Virginia,



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EYC Mission Trip continued ...  
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EYC Mission Trip continued ... from previous page



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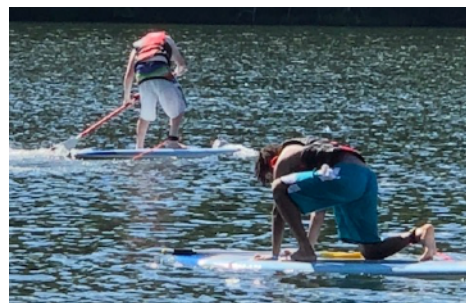
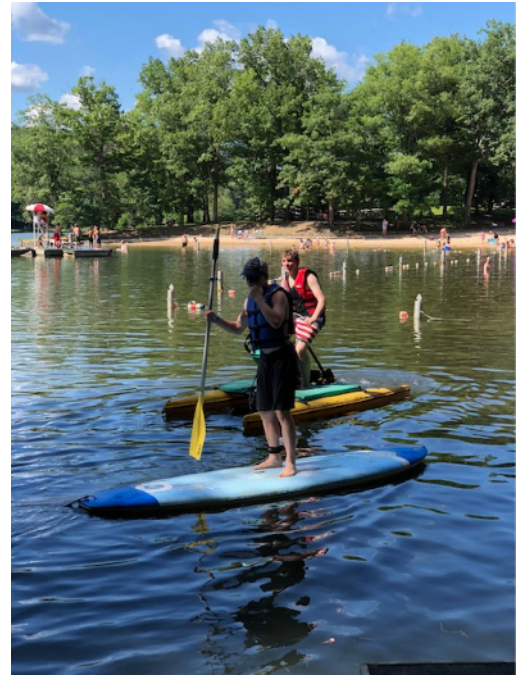
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EYC Mission Trip continued ... from previous page



# September 22nd, 2018

## RICHMOND, VA

The Villiage Green at Westchester Commons  
15786 WC Main Street  
Midlothian, VA

**REGISTRATION: 9:00 AM**  
**WALK STARTS: 10:00 AM**



Like us on

**Facebook**

**CONQUER CHIARI**  
**RICHMOND, VIRGINIA**

## CONTACT:

**Rick Gibbs**

**(804) 437-4728**

**Ricksrvahomes@kw.com**

*Walk distance is 2 miles, walk at your fitness level.*



**Chiari Malformation** is a serious neurological disorder affecting more than 300,000 people in the US.

The Conquer Chiari Walk Across America is a series of local awareness and fundraising walks held on the 3rd and 4th weekend of September, uniting patients and their families across the country. Join us on this special day to help support the thousands of people struggling with this life changing diagnosis.

Proceeds will be used to fund Chiari research, education and awareness programs.

Participation is free. T-shirts will be provided for pre-registered walkers with a minimum donation of \$25 (deadline is 8/16).

Conquer Chiari, known formally as the C&S Patient Education Foundation is a Pennsylvania 501(c)3 nonprofit dedicated to improving the experiences and outcomes of Chiari patients through education, awareness, and research.

**MUSIC | FOOD | FACEPAINTING**

**\*LIMITED SEATING\* BRING YOUR LAWN CHAIRS**

**COME SEE THE CHICK-FIL-A COW & NUTZY MASCOT!**

**JOIN US FRIDAY 9-21-18 @ WESTCHESTER COMMONS FROM  
5:30 PM TO 8:30 PM FOR A FREE CONCERT BENEFITING  
CONQUER CHIARI FEATURING THE KINGS OF SWING!!**



**pre-register: [www.conquerchiari.org](http://www.conquerchiari.org)**





# Parish Nurse by Betty Horne

## August is gastroparesis month

Gastroparesis is a condition that affects the normal movement of the muscles in your stomach. Muscle contractions move food through your digestive tract. If you have gastroparesis, your stomach's motility (movement) is slowed down or doesn't work at all, preventing your stomach from emptying properly.

Gastroparesis can interfere with the way you digest your food. It can cause nausea and vomiting, and problems with blood sugar levels and nutrition. The cause of gastroparesis is not fully known. Sometimes it's a complication of diabetes, and some people develop gastroparesis after surgery. There is no cure for gastroparesis, but changes to your diet, and medication, can relieve some of the symptoms. Some people with gastroparesis do not have any reportable signs and symptoms.

### **Some signs and symptoms of gastroparesis include:**

- Nausea
- Vomiting
- A feeling of fullness after eating just a few bites
- Vomiting undigested food eaten a few hours earlier
- Abdominal bloating
- Abdominal pain
- Acid reflux
- Changes in blood sugar levels
- Lack of appetite
- Weight loss and malnutrition

Certain medications can lead to slow emptying of the stomach and produce the symptoms above. These medicines include opioid pain relievers, some antidepressants, and high blood pressure and allergy medications. People who already have gastroparesis, may have worsening of their condition with these medications.

### **Causes**

It's not always clear what causes gastroparesis. In many cases, damage to the vagus nerve which controls the stomach muscles is identified as a probable cause.

The vagus nerve signals the muscles in the stomach to contract and push food into the small intestine. Any damage to the nerve decreases the ability to signal the stomach muscles, causing food to stay longer in the stomach. This nerve can be damaged by diabetes, or surgery to the stomach or small intestine.

### **Factors that can increase your risk of gastroparesis include:**

- Diabetes
- Abdominal or esophageal surgery
- Infection, usually a virus
- Certain medications that slow the rate of stomach emptying, such as narcotic pain medications
- Scleroderma (a connective tissue disease)
- Nervous system diseases, such as Parkinson's disease or multiple sclerosis
- Hypothyroidism (low thyroid)

Women are often more to develop gastroparesis than are men.

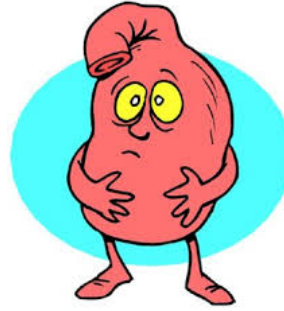
### Complications

Gastroparesis can cause several complications, such as:

- Nausea/vomiting – can cause severe dehydration
- Poor appetite can lead to malnutrition. Unable to eat enough or absorb enough calories to maintain good nutrition.
- Undigested food in your stomach can harden into a solid mass called a bezoar. Causing more nausea and vomiting. They can prevent food from passing into your small intestine.
- Your blood glucose may be more difficult to control as digestion is unpredictable. The rate and amount of food that passes through your stomach can cause wide swings in your blood glucose levels.
- Decreased quality of life. An acute flare-up of symptoms can make it difficult to function at home or at work. It often prevents you from doing some of the things you enjoy doing.

### Diagnostic testing for Gastroparesis include:

- Barium swallow or Upper GI series. You drink a liquid (barium), which coats the esophagus, stomach, and small intestine and shows up on X-ray.
- Gastric emptying scan. You eat food that contains a very small amount of radioisotope (a radioactive substance), then lie under a scanner. If the scan shows that more than 10% of food is still in your stomach 4 hours after eating, you are diagnosed with gastroparesis.
- Gastric manometry: A thin tube is passed through your mouth and into the stomach which measures the stomach's rate of digestion.
- The smart pill: This is a small electronic device that is swallowed. It sends back information about how fast it is traveling as it moves through the stomach and gastro-intestinal tract.



### Treatment

There is currently no cure for this disease, however there are measures to control the disease. They include drugs such as:

- Reglan (metoclopramide): This is taken before your meals. It causes the stomach muscles to contract and move food along. Reglan also decreases nausea and vomiting. Side effects include diarrhea, drowsiness, and anxiety.
- Erythromycin: This is an antibiotic that also causes the stomach to contract helping to move food through the stomach. Side effects include diarrhea and development of resistant bacteria from prolonged use.
- Antiemetics: These drugs help control nausea.

Other measures include:

- Eating a diet containing foods that are more easily emptied from the stomach such as skim milk, low fat dairy products, breads and cereals (not whole grains), cream of wheat, pasta.
- Controlling underlying conditions that may be aggravating gastroparesis e.g. diabetes
- Maintaining nutrition and hydration. In some cases a feeding tube may be used to provide adequate nutrition and hydration

As usual feel free to stop me with any questions you may have. Stay cool and hydrated through these hot months.

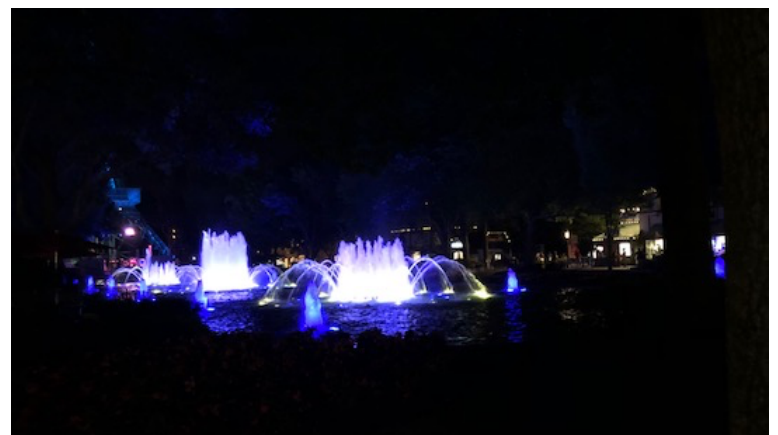
Be blessed!

August is  
Gastroparesis  
Awareness  
Month



# EYC at Kings Dominion

Sunday July 15





# Puzzle Time!

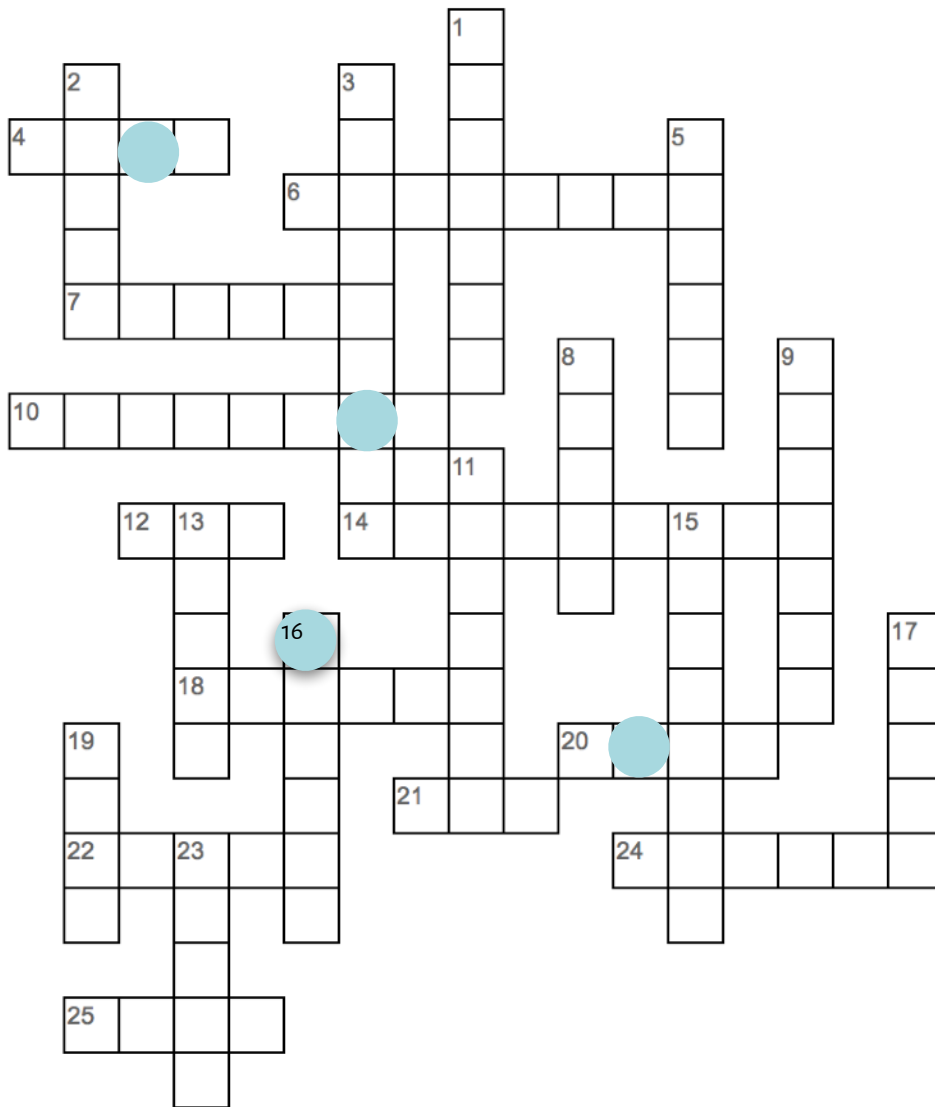
Are you ready?

Anybody can play!

Email the four-letter answer to the Cloak email address by **August 25 at 8 pm** to be "in the pot" for a prize drawing.

Prizes given after 10 am Service August 26.

Hope you have fun! Christa (editor)



## Across

- 4 Easter flower
- 6 Happy date
- 7 In charge of newsletter
- 10 what should we say more often?
- 12 women's group
- 14 Who watches the littlest?
- 18 Name of our secretary
- 20 calling us to worship
- 21 can be hard to sit on
- 22 present at 10
- 24 Patron Saint
- 25 do it often

## Down

- 1 Christian sacrament
- 2 Bishop's hat
- 3 Monastic Associate (see last page)
- 5 found in pew
- 8 passage in church
- 9 sad service
- 11 red-dressed server
- 13 important symbol
- 15 name of newsletter
- 16 church leaders
- 17 liturgical color
- 19 senior warden
- 23 not everybody can play the ...

Answer:

Very important to give = ●●●●

( mail four-letter answer to [stmartinscloak@gmail.com](mailto:stmartinscloak@gmail.com) )



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



- \* 08/02 Bill Chowning
- 08/02 Anne Lansing
- 08/03 Randy Longbricco
- 08/03 Maya Atkins
- 08/05 Jay Sykes
- 08/06 Jacob Henderson
- 08/07 Kyle Stephenson
- 08/10 Jeremy Atkins
- 08/11 Adrienne Stephens
- 08/11 Maggie Witt
- 08/11 Evelyn Watt
- 08/11 Glenn Sprouse
- 08/12 Ruth Barrett
- 08/13 Adam Marcus
- 08/14 Mike Shook
- 08/14 Cylas Machalinski
- 08/14 Kyle Stephenson
- 08/15 Barbara Lockridge
- 08/15 Taylor Murphy
- 08/15 Joshua Weimer
- 08/16 Martha Hall
- 08/16 Andrew Wood
- 08/18 Andrew Bright
- 08/18 Jaiden Logan
- 08/20 Jean Rollins
- 08/23 Layne Hood
- 08/24 George Stone
- 08/26 Virginia Tucker
- 08/27 Kirsten Weimer
- 08/27 Jonathon Horne
- 08/28 Rosaline Lawrence
- 08/29 Sandy Goolsby
- 08/30 Sid Akens
- 08/31 Todd Areson
- \*

- \* 09/01 Christine Areson
- 09/01 Bob Barritt
- 09/02 Cameron Britton
- 09/03 Julia Stephenson
- 09/04 Richard Thomas
- 09/04 Nancy Fleming
- 09/06 Abraham Dau
- 09/07 Kevin Lett
- 09/08 Jody Harlow
- 09/08 Ann Robbins
- 09/09 Daniel Clements
- 09/09 Anne Stephenson
- 09/12 Sarah Sleeman
- 09/13 Amy Bailey
- 09/15 Lauren Bailey
- 09/15 Rick Fowler
- 09/17 Vicky Echevarria
- 09/19 Sandra McAllister
- 09/20 Jean Machalinski
- 09/22 Gavin Patoray
- 09/23 Raja K.Rajaratnam
- 09/25 Erin Sprouse
- 09/25 Rick Gibbs
- 09/27 Yeatoe McIntosh
- 09/28 Andrew Hutchson
- 09/28 Nancy Davis
- 09/29 Wayne Britton
- 09/29 Janet Titley
- \*

- \* 08/01 Barbara & Russell Campeau
- 08/07/1993 Errol & Adrienne Stephens
- 08/07 Ian & Natalie Watt
- 08/11/2007 Jay & Carrilynn Sykes
- 08/16/1958 A. P. & Betty Hall
- 08/16 Rob % Barbara Lockridge
- 08/17/1996 John & Marie Atkins
- 08/19/2012 Harrison & Sharon Alloway
- 08/28/1987 Bob & Max Barritt
- \*
- \* 09/01/1990 Lee & Michele Hutchson
- 09/02/1995 Mike & Martha Murphy
- 09/02/1961 Sid & Pat Akens
- 09/02/2006 Kevin & Ashley Howdyshell
- 09/09 Keith & Ashley Borders
- 09/25/1999 John & Sally Dvorak
- \*

**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.

# 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

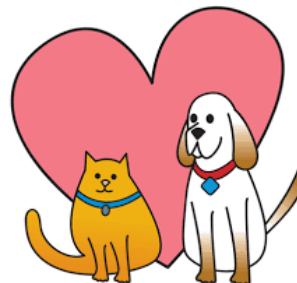
## Amazon Smiles:

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

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

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

To submit articles or ideas for The Cloak, email:  
[smartinscloak@gmail.com](mailto:smartinscloak@gmail.com)