Saint Martin's Episcopal Church * Est.1963





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



Do Good! Seek Peace! Go after it! Psalm 34:14

St. Martin's VBS 2018

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Father Lee Hutchson

A Fisherman and Roman Soldier break down the Barrier of Prejudice

Prejudice is a preconceived opinion that is not based on reason or actual experience. When it takes on an adverse opinion about others it may lead to hostility. In Bosnia conflict developed between Muslims and Christians, in Rwanda conflict was based on tribal affiliation, in Northern Ireland the conflict was religious but also based on nationalism.

The early church struggled with who could become a Christian as originally all Christians were Jews. As faith in Jesus spread non-Jewish people wanted to join the faith which meant becoming a Jew first and keeping the Jewish Law.

In Acts Chapter 10, Peter, a leader in the church, was challenged by God. He received a vision in which God told him the dietary laws where no longer necessary in

At the same time Cornelius, who was a Roman Centurion, had been told by God to send for Peter to come talk to him and his non-Jewish Christian Community.

Peter went to speak to Cornelius and told him up front it was wrong for jews to be associating with a non-Jewish person. Since he had been born, Peter had been taught that Gentiles were profane and specifically unclean people. However, Peter would speak to Cornelius and his group. While speaking to them the Holy Spirit fell upon all who were listening and Peter ordered them all to be baptized saying: *"Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?"*

We all have our individual prejudices. It may be based on where other people live, how much money they have, or another person's race. Yet the 10th Chapter of Acts shows us that God's love cannot be put into a box. God's grace is open to all who believe in his Son Jesus Christ.

God often works among people and places we least expect. If someone would have asked Peter if a non-Jewish Roman Soldier who was part of an army occupying Peter's country could come to faith in Jesus, I am sure he would have said no.

Prayer had opened Peter up to hear that God was calling Gentiles to faith in Jesus and that God wanted Peter to make it happen.

Look around your own life. What prejudices are keeping you from inviting someone different from you to church. Take a step to connect with people different from you. Sharing the love of God with people different from ourselves is the one power each one of us has to change the world into the kind of place God would have it to be.



(left: seen on FaceBook)



Fir. Nee

What and When ...

September

Men's Breakfast

Saturday September 8 at 8 am - Nick's - 8051 Broad Call Sid Akens (804-740-5375) if you need a ride

> Rally Day and Blessings of Back Pack Sunday September 9 see page 4

EYC

Sunday September 9 - Rally Day Sunday September 16 - Crop Walk Saturday September 22 at 9:30 am - Chiari Walk

> Wednesday Night Discussion Group starting September 12 at 7 pm see page 10

St. Martin's Project Saturday September 15 at 9;30 am, Blue Team

> **CROP Walk** Sunday September 16 see page 5

Pastoral Care

Monday September 17 at 6 pm at Yen Ching Chinese Restaurant

Book Club resumes September 18 at 10:30 am

Conquer Chiari Walk

Saturday September 22 at 10 am Westchester Commons see page 13 in August Cloak!

ECW

Tuesday September 25 at 5:30 pm see page 5

St. Martin's Project Saturday September 29 at 9;30 am, White Team

Regular Weekly Events

Event	Day	Time		
Sunday Services	Sunday	8 & 10 am		
Boy Scouts	Monday 7pm			
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	6am		

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Men's Breakfast	2 nd Saturday	8am
Daughters of the King	3 rd Wednesday	11 am
Daisy Troop	1st & 3rd Wednesday	6-7:30 pm
BookClub	3 rd Thursday	10:30 am
St. Martin's Project	3 rd Saturday	9:30 am
ECW	4 th Tuesday	5:30 pm
EYC Prayer Shawl Ministry	Alternating Sundays quarterly	after church 11:45 am

Other groups from the community are meeting all the time

Make sure the room you need has not already been scheduled for use when you are planning a meeting. Write your event on the big calendar in the office.

Cloak Deadline $\,$ - please, if possible submit by Friday September 21 at 8 pm

Why do we Episcopalians ...?

... cross ourselves and when?

We Episcopalians cross ourselves from time to time during the service but the Sign of the Cross or blessing oneself is made by members of most branches of Christianity.

Crossing is an ancient Christian gesture but varies in different denominations.

In the Episcopal Church we touch our forehead, heart, left shoulder and right shoulder, tracing the sign of the cross across our body. When we teach children what the gesture means, we tell them that we're asking God to be "in our heads" (when we touch our foreheads), "in our hearts" (when we touch our hearts), "and in all of me" (when we touch our shoulders).

Paul writes, "For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God." (1st Corinthians 1:18) Crossing oneself simply reminds us of the sacrifice Jesus made for us and of the power God demonstrated in Jesus' sacrifice.

The Eastern Orthodox Church uses three (3) fingers (thumb, index and middle) and move from right to left. The Catholic Anglican and Methodist Churches move left to right, using an open hand representing the five (5) wounds of Christ.

When do we cross ourselves?

The Sign is made usually while saying the words "in the name of the Father, and of the Son, and the Holy Spirit".

Local custom will vary, but generally Episcopalians cross themselves whenever the priest blesses them, for example, after the Confession of Sin during the Eucharist (see The Book of Common Prayer, p. 360).

Before the Gospel is read, the Gospel Book is carried from the altar to the middle of the people and read by the Deacon, if present. The Deacon will say "The Holy Gospel of our Lord Jesus Christ according to (whichever Gospel is being read)." As he says these words many Episcopalians choose to make the sign of a cross each on their foreheads, on their lips, and over their hearts. Usually this is done with the thumb. It signifies that we hope God will be on our minds, on our lips, and in our hearts.



Mark your Calendar for this year's Rally Day which is also the First Day of Sunday School on Sunday, September 9. We will also have the Blessings of the Backpacks.

A Spaghetti Luncheon will be provided. Please bring a salad or dessert to share.



ECW update!

- by Sally Dvorak

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

On the agenda is approving the budget, planning the Holiday Market and discussing an ECW "field trip" to Yoders Country Market, near Madison, VA.

The ECW annual Holiday Market will take place on **Saturday November 3rd**. This is a major fundraiser for the ECW which funds activities at, and beautification of, St. Martin's in addition to supporting worthwhile causes within the community. It is also an opportunity for fellowship and early Christmas shopping, so please plan to support your ECW by attending.

The ECW craft booth needs your ideas. There are willing hands and plenty of time available for workshops.

The ECW craft booth also needs your talent. If you have any hand made items please consider donating them for sale.



All women of St. Martin's are automatically members of the ECW and are welcomed at any of our meetings. We hope to see you on September 25th at 5.30pm.

Everyone brings their own dinner and if anyone needs a ride they may call Kim Shook at 804 387 8493.



On September 16, we will be participating in the 48th Richmond CROP Hunger Walk an event sponsored by Church World Service, which is a faithbased organization transforming communities around the globe through just and sustainable responses to hunger, poverty, displacement and disaster.

We walk in solidarity with our neighbors all around the world who have to walk long distances daily for food and water. Funds raised from the walk provide food and other resources for families in Richmond and around the

world. This year the walk will begin and end at Ginter Park United Methodist Church.

Pre-walk activity - walkers will have an opportunity to put together hygiene kits before the walk starts. Please plan to arrive early to assist with this activity. Hygiene kits are provided to displaced families by Church World Service when disasters occur in cities across the US as well as around the world.

The youth will have lunch following the 10 a.m. service on September 16 and leave St. Martin's about 12:15 to arrive in time to help with the hygiene kits. Everybody is invited to join us for the walk. Donations are due September 9 please write CROP Walk/ CWS in the memo line of your check. Thank you, Kerry Alloway

The Outreach Committee

Thanks to our St. Martin's family for their continued support of our outreach projects. We collected a nice selection of school supplies and delivered them to Longan and Crestview Elementary Schools. They were very happy to get our nice donations and will put them to good use to provide for students who do not have adequate supplies. It was particularly nice to deliver to Crestview because I actually attended that school from second to sixth grades. I was in second

grade when the school first opened. Now they are going through an extensive renovation and work is being done all over the school in preparation for the new year.

Again, thanks to all who participated in our school drive and for your support of our projects!

School Donation for 2018

- 65 Notebooks 13 Composition Books 18 Packs of Notebook Paper 10 Colored Pencils Pack 16 Pencil Packs 10 Pen Packs 32 Crayon Packs 14 Index Card Packs
- 16 Markers
 6 Highlighters
 15 Scissors
 12 Rulers
 4 Eraser Packs
 16 Glue Stick Packs (total of 58)
 34 Pocket Portfolios
 3 2" Note Books



- by Nancy Fleming



Advice

Don't criticize a man, they say, Until you've worn his shoes And walked a mile along his trail, And sung his brand of blues.

Don't blame until you've faced his fears His sorrows, his bad news; Don't judge until you've worn his skin And winced with every bruise.

Until your blistered feet have tripped, You've stumbled, paid your dues, Be chary of the way you speak And standards you may use

For then, if you *do* censure him, Whatever words you choose You're going to be a mile away And you will have his shoes.

- Patsy Anne Bickerstaff

3rd Annual Men's Fellowship Flying Squirrels Game

Wednesday August 8

Ha-ha, a two-fer! As you saw on page 7 in the last Cloak, the game was rained out ... after great fellowship was enjoyed.



But, the replacement tickets did not go to waste. Almost everybody was able to come again. And others happily accepted to step in.



The next meeting of the **Men's Breakfast** is on Saturday September 8 at 8 am - Nick's - 8051 Broad (close to Harbor Freight and Hancock Fabric). No reservations needed. Just come and bring a friend or neighbor along too. Call Sid Akens (804-740-5375) if you need a ride.

Book Club

First meeting of the new season is scheduled for Thursday September 20 at 10:30 am.

The book for September: "Dark Enough to See The Stars in a Jamestown Sky" by Connie Lapallo

The book for October: "The Other Einstein" by Marie Benedict





(Seen on FaceBook)

Finance Report

Financial Highlights end of July 2018	MTD	YTD	
Income	\$18,017.04	\$132,388.62	
Expenses	\$18,439.35	\$120,969.24	
Gain or Loss	-\$422.31	\$11,419.38	



Parish Nurse by Betty Horne

September is

National Food safety month

The US food supply is among the safest in the world, but organisms that you can't see, smell, or taste, such as bacteria, viruses, and tiny parasites, are everywhere in the environment. According to the Centers for Disease Control and Prevention (CDC) each year 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country can be traced to foodborne pathogens. The Partnership for Food Safety Education provides educational resources and tools for free download to learn more about foodborne illness

Foodborne illness costs Americans billions of dollars each year, and serves as a constant challenge for consumers, researchers, government and industry.

The Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to serious secondary long-term illnesses. For example:

- certain strains of *E.coli* can cause (HUS- Hemolytic Uremic Syndrome) kidney failure in young children and infants:
- Salmonella can lead to reactive arthritis, irritable bowel syndrome (IBS) and serious gastro intestinal infections; including Norovirus and various bacterial illnesses.
- *Listeria* can cause meningitis and stillbirths;
- *Campylobacter* may be the most common precipitating factor for a debilitating disease, Guillain-Barre syndrome, and diarrhea.

The CDC recognizes the pathogens outlined above as causing the most number of illnesses.

Many illnesses from E. coli O157:H7 occur from eating undercooked ground beef, but salami, raw milk, lettuce, and unpasteurized apple cider. E.coli can cause severe vomiting, bloody diarrhea, and even hemolytic uremic syndrome, which leads to kidney failure (CDC).

Hepatitis A virus

Symptoms: Begins with malaise, appetite loss, nausea, vomiting, and fever. After 3-10 days patient develops jaundice with darkened urine. Severe cases can cause liver damage and death.

Onset: 1-10 days.

Source of Illness: Mollusks (oysters, clams, mussels, scallops, and cockles) become carriers when their beds are polluted by untreated sewage. Raw shellfish are especially potent carriers, although cooking does not always kill the virus.

THE CORE FOUR PRACTICES

Right now, there may be an invisible enemy ready to strike. Fight BAC![®] to reduce your risk of foodborne illness. It's as easy as following these core four Fight BAC![®] practices for food safety:



CI FAN

Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot

Parish Nurse continued ... from previous page

soapy water after preparing each food item and before you go on to the next food.

- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

SEPARATE

Don't cross-contaminate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for crosscontamination. As a result harmful bacteria can spread to food and throughout the kitchen.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

СООК

Cook to the safe internal temperature

The best way to Fight BAC![®] is to:

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.

- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

CHILL

Refrigerate promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.

Excerpts taken from the <u>CDC website</u> and <u>Fight Bac</u>

Puzzle Time!

6 participants had fun doing the crossword puzzle in last month's newsletter! Thank you for participating.

Only 6 though, so the winners had it easy!

Congratulations! Christa (editor)



First prize: Nan Scott A tatted Cross in a mat.



Second prize: Ann Robbins A large Angel Chrismon



Third prize: Betty Horne A Manger Chrismon (not in the from St. Martin series)

Congratulations!



Garrett Mathews Greenwood

... to the whole Greenwood family.

The twins arrived on Monday, August 20 at 2:20 am and 2:22 am. The babies, parents Megan and Bo and brother Jack are all well and happy.



Elliott Mark Greenwood



Wednesday Night Discussion Group starts meeting again on

Wednesday September 12 at 7pm and will meet thru November 14 ~ no need to sign up ~ topics about the Episcopal church vary ~ each week's topic lead by either Father Lee, Rev. Sandy or Friar John

UBS = Vacation Bible School

August 12 to 15 and 19 $\,\sim\,$ I enjoyed seeing the photos provided to me. I think they just say: FUN FUN FUN



















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 $\mathsf{VBS}\xspace$ continued ... on next page



















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End of Vacation Bible School + Cook-out Sunday August 19



Practice before the service and Children's sermon time.







Nothing like a meal with friends!















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VBS cook-out cont. ... on next page





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 09/15 Mike Murphy 09/15 Logan Thirion 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 *

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

10/01 **Bill Shirey** 10/03 Helen Walsh 10/03 Janet Areson 10/05 Keith Weimer 10/06 Vicki Newcomb 10/06 James Bristol 10/06 James Burr 10/06 Blake Bailey 10/08 Marci Jerina 10/10 Charles McIntosh 10/10 Judi Bragg 10/11 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 10/23 Betty Horne 10/24 Avery Lansing 10/25 Amanda Prskalo 10/27 Betsy Lett 10/29 Caleb Greene 10/31 George Ward 10/31 Joanne Stebick

Heartfelt apologize from

the editor. The following birthday was left out by mistake last month: 08/30 William Thirion 09/02/1995 09/02/1961 09/09 09/09 09/25/1999 * * 10/01/1994 10/09 10/10 10/12/2002 10/18/1986 10/18/2008

09/01/1990

*

Lee & Michele Hutchson Mike & Martha Murphy Sid & Pat Akens Kevin & Ashley Howdyshell Keith & Ashley Borders John & Sally Dvorak

Wayne & Trudy Britton Rick & Ginny Fowler Todd & Janet Areson Mike & Kim Fiasco Randy & Kathie Longbricco William & Holly Thirion



Sunday July 29 ~ In Father Lee's absence Rev. Sandy officiated and Sr. Warden Rick Gibbs gave the children's sermon. (Thanks to Mike Shook for providing the photo)

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.





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Monastic Associate:	Friar John Ogle, SF				
Organist & Choirmaster:	David R. Hopkins	VESTRY			
Administrative Assistant	Sherry Wilson				
Head of Nursery:	Nicolette Philippi	2018	201	9	2020
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