



The Cloak



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



St. Martin's
Celebration
ongoing!
Don't miss
anything.

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Father Lee Hutchison

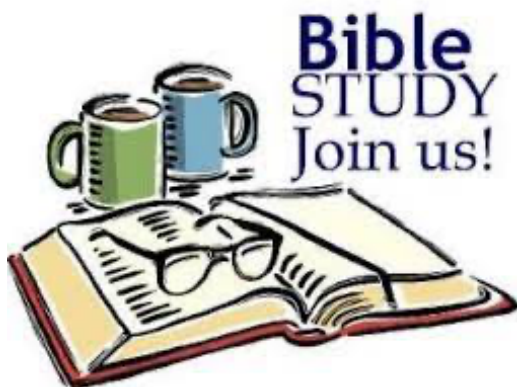


The essential 100 challenge

The essential 100 is a list of 100 stories which highlight some of the main themes of scripture which shape our theology and beliefs. Beginning the last week of September, we will begin reading from the essential 100 list beginning with the New Testament. You may attend one of our groups Tuesday mornings at 10 am or Wednesday evening at 7pm. Our goal will be to finish the New Testament reading before Christmas. After Christmas we will read the Old Testament stories. If you cannot make either group, please feel free to read on your own. A reading list is available on the table as you enter the church.

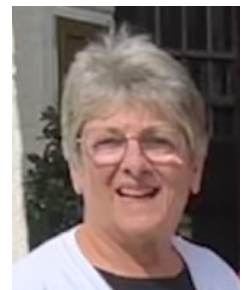
I hope you will make every effort to participate in this challenge.

Fr. Lee



Note from the Editor:

My recent problem to publish the monthly Cloak on time (because I was traveling and visiting with my family in Germany) reminded me that it would be very nice if somebody else knew the "How to" of doing it.



I really do love being the editor. It connects me with St. Martin's more than I would be otherwise. Whenever I hear from somebody how much they enjoy receiving it and reading it, that it makes them more connected with the congregation, I feel very happy.

Please, consider whether this is something you might like to do once in a while. If you would like to know what it takes to assemble an issue contact me.

Best to use both emails, Christa Burr

kygerman@hotmail.com

stmartinscloak@gmail.com

What and When

September

<p>Bridge Calendar adjustment September 1, 8, 14, 22, 28</p>
<p>Start Ticket Sale for Murder Mystery Sunday September 3</p>
<p>After Wednesday Service social First Wednesday of the month September 6 come and gather with us for a light brunch</p>
<p>Men's Breakfast Saturday, September 9 at 9 am @ Nick's Bistro all men welcome to join us</p>
<p>Community Movie Night Saturday September 9 at for details see page 7</p>
<p>Rally Day - Sunday School Starts Sunday September 10 for details see page 7</p>
<p>Vestry Meeting Tuesday September 12 at 7 pm</p>
<p>ECW meeting Saturday September 16 at 9 am at the church This is a date change!</p>
<p>St. Martin's Project Saturday September 16 at 9:30 am - Blue Team</p>
<p>WE (West End) Quilters Tuesday September 19 at 10 am all interested in quilting are welcome</p>
<p>Chiari Walk Saturday September 23 (detail page 9)</p>
<p>Preparing for Probate Hosted by ECW (detail see page 4) Saturday September 23 at 10 am</p>
<p>Our New Journey meeting Sunday September 24 at 3 pm</p>
<p>Bible Study - Essential 100 Starting again weekly - for detail page 2 Tuesday September 26 at 10 am Wednesday September 27 at 7 pm</p>

Regular Weekly or Monthly Events are usually not listed in the left column.

Regular Weekly Events

Event	Day	Time
Sunday Services	Sunday	8 am* & 10 am*
Boy Scouts	Monday	7 pm
MOW Meals on Wheels	Tuesday	10 am
Holy Eucharist	Wednesday*	10 am
Sr. Choir Practice	Thursday	7:30 pm
Ethiopian Christians	Saturday	6 am
Compline Service -live on Facebook	daily*	8 pm

* all these are streamed live on FaceBook

Regular Monthly Events

Event	Day	Time
Vestry Meeting	2 nd Tuesday	7 pm
Midweek Service social	1st Wednesday	after 10 am service
Men's Breakfast	2 nd Saturday	9 am
ECW	TBD	
St. Martin's Project	3 rd Saturday	9:30 am

Cloak Deadline
Wednesday September 20



The September meeting day has been changed to Saturday the 16th at 10 am. Most likely it will be in one of the class rooms since the Parish Hall might be needed otherwise. It probably is a bit late in the day to have breakfast but it probably would be nice if somebody wanted to share something to sample, may be something you have shared for the cookbook. We will (hopefully) be able to assemble the cookbook.

Other meetings scheduled (if you missed reading it in the August Cloak):

September 23 (Saturday at 10 am) - ECW will host for the whole congregation a Informational session on Preparing for Probate by Clerks of the Circuit Court of the County of Henrico - more info in the September Cloak

October 7 (Saturday) - regular meeting changed from Oct 14 - workshop to learn glass etching, possibly for bazaar

November 11 (Saturday) - workshop to learn making advent candles

November 17 (Friday) - CR Bazaar from noon to 5

December 9 (Saturday) - Christmas Party

The ECW is open to all ladies and we would welcome newcomers with open arms. Please, feel free just to show up.

ECW sponsored presentation:

Preparing for Probate



Saturday September 23 at 10 am - a presentation by Heidi Barshinger, Henrico Circuit Court Clerk's Office

We discuss when probate is needed, what to expect, where to go and what paperwork and fees are required. We give examples, share information and helpful suggestions, and answer commonly asked questions. It is meant to be interactive, so questions are always welcomed. My background is: 8 years as Henrico's Circuit Court Clerk, certified as a Master Circuit Court Clerk in 2018 through the National Center for State Courts. Prior to that, I worked as a criminal defense attorney for 4 years and a prosecutor for 25 years. I received my law degree from Tulane University and my Bachelor of Arts from Duke University.

This valuable informational meeting is offered to everybody in the congregation. To know about probate is important for elderly people but also for their children who at one point have to deal with it. Refreshments will be offered but **PLEASE, PLEASE sign up** on the sheet on the hallway board so we know for how many to prepare.

Something to think about!

Seen on Facebook:

So tonight, as I was cooking, I was thinking about life. And I said in my subconscious "I've reached my breaking point." I began to make cornbread and cracked these two eggs and I heard "Now I can use you!" You see an egg can't be used until it's broken. I immediately found joy in the breaking!! Not everyone will understand this, but to those who do, be encouraged.

Yes, you're at your breaking point! Yes, you are broken! But that's ok! You are now ready to be used.
copied



Five-Basket Raffle results

Congratulations to the five Raffle Winners! From Sunday August the 6th to Sunday, August the 20th, a Raffle Contest was held to raise money for our 60th Anniversary. It was a lot of fun for those making the baskets and for those putting in their bids.

Thank you to everyone who participated. The total amount of money raised was \$515.00.



The winners of the Baskets were:

Sports - Maggie Witt
Fun Night - Carolyn Mowery
Coffee and Tea - Ann Watts
Spa - Betty Horne
Spirits - Chris Smack



Something to think about!

Seen on FaceBook:

"...And after a long time the boy came back again.

"I am sorry, Boy," said the tree, "but I have nothing left to give you- My apples are gone."

"My teeth are too weak for apples," said the boy.

"My branches are gone," said the tree."You cannot swing on them."

"I am too old to swing on branches," said the boy.

"My trunk is gone," said the tree. "You cannot climb."

"I am too tired to climb," said the boy.

"I am sorry," sighed the tree. "I wish that I could give you something... but I have nothing left. I am an old stump. I am sorry..."

"I don't need very much now," said the boy, "just a quiet place to sit and rest. I am very tired."

"Well," said the tree, straightening herself up as much as she could, "Well, an old stump is a good for sitting and resting. Come, Boy, sit down. Sit down and rest."

And the boy did. And the tree was happy."

Shel Silverstein - The Giving Tree, 1964.



Words from Rev. Dr. Sandra Levy-Mix

“Antidote to Loneliness: Embracing Your Church Community”

As I noted in my latest blog posted on my website (Sandralevy.net), we are apparently caught in an epidemic of loneliness! In a recent review of the scientific literature on loneliness by Elenor Cummins and Andrew Zaleski (The New York Times, Sunday, July 16), they point out that more than one-fifth of Americans over 18 say they often or always feel lonely and socially isolated. Social isolation—especially in the elderly-- has been linked to various adverse physical and psychological effects such as heart disease and dementia. The Surgeon General has said that “addressing the crisis of loneliness and isolation is one of our generation's greatest challenges.” But Cummins and Zaleski do include some hopeful words. They emphasize the following:

Whatever the root source of loneliness, given what we know about the brain's capacity to rewire itself, . . .lonely people could take steps to pull themselves out of it. This may involve forcing themselves to connect—even when they don't feel like it. . .spending 15 minutes each day to reach out to people [they] care about, introducing themselves to their neighbors. . .seeking opportunities to serve others, recognizing that helping people is one of the most powerful antidotes to loneliness.

A follow-up letter to the editor in response to Cummins and Zaleski's review, noted that in all their research studies reviewed, not one of them examined the effects of belonging to a religious community. In a recent issue of The Christian Century (August, 2023), an article appeared titled “Getting Ultrareal About the Church” by Martha Tatamic, an Anglican priest in Ontario.(See photo) In that article, she bluntly asks the question: Why should the church, rocked to its core by COVID, keep trying to gather?” And she answers her question in the following compelling way:

We bother and we gather because the church bears witness to the truth of who we really are. Whether or not an individual participates in a faith community, the inescapable truth for every creature on this planet is that we are connected. I might wish I could pick and choose which parts of creation and which of God's creatures share in that connection, but God is a pretty good door crasher when it comes to the gates of my heart. As COVID made clear, we are radically infected by one another's oxygen and water vapor and germs and skin molecules, and at the same time our souls actually can't know and love God without one another. The great crises of our modern-day living are all rooted in having lost sight of that truth. The gathered church bears witness for us and for the world—to the inescapable truth of how our lives are finally and forever bound together.

The church. . .is showered with the inconvenient blessing of the God who keeps showing up. . .I want to lift up those stories of God meeting us in the mess and binding, the heartbreak and confusion and truth of just how infected with one another we really are. I want to love and serve an offering that has a chance of speaking to a whole world of hungry, broken, messed-up people—who are also already brimming with stories of God's touch and looking for language and permission to speak of holy things. (Pg. 62)

Sacred community is an antidote to loneliness. I have made this point in the books I have written—citing research that has concluded that attending a church community is “brain soothing”. Feeling welcome and feeling that you belong, as well



Rev. Dr. Sandi continued ...
on next page

Rev. Dr. Sandi continued ... from previous page

as providing opportunities to serve others, express gratitude, enjoy the rhythm of music, chant and prayer. For many, the source of true grace and comfort in good times and bad.

Food for thought. And blessings on all.

For more insightful writings, please see my website: <http://www.sandralevy.net>.

Don't miss a good Time!

Finance Committee Report

by Garland Harwood

Amazon Smiles YTD - \$122.84
Kroger Rewards YTD - \$ 0.00

Financial Highlights 2023	end of previous month	MTD July	YTD end of July
Income	\$121,821.73	\$17,499.05	\$139,320.78
Expenses	-\$108,613.13	-\$17,538.35	-\$126,151.48
Gain or Loss	\$13,208.60	-\$39.30	\$13,169.30

Outreach Committee

- Jean Rollins

Thanks to everyone who brought in school supplies in August for the students who can't afford to buy them. Members of the Metropolitan Woman's Club were very generous in helping us with this Project. We delivered the supplies to Ridge, Skipwith, and Longan Elementary Schools. It will definitely make a difference to a lot of students.



Condolences!

to the family and friends of

Joanne Stebick

Wife of the late Joe Stebick
Mother of Amy Bailey (Kevin)

Grandmother of Brianna, Blake and Lauren

who died Sunday August 20, 2023.
Final arrangements will be announced
when known. Watch the weeklies.

If you shop at Kroger, you probably enjoy getting fuel points for your purchases. But did you know you Kroger will ALSO send contributions to St. Martin's just because you shop there? And it does not affect your fuel points! All you need is a Kroger shopper card, an online Kroger account -- which gives you access to coupons and even home delivery -- and about 5 minutes of your time! Simply follow these steps:



- log into your Kroger account at www.kroger.com
- Go to the bottom of the page and look for Kroger Community Rewards (under "Community" section)
- Complete the enrollment process -- it's easy! Search for St. Martin's Episcopal Church, look at the address to make sure it's OUR St. Martin's, and click Enroll!

A contribution will be made by Kroger to St. Martin's for each dollar you spend at any area Kroger store.

Thanks for your support!

September 23rd, 2023

Register @ walk.conquerchiari.org

RICHMOND, VA

Westchester Commons Shopping Center
15786 WC Main Street
Midlothian, VA

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



CONTACT:

Rick Gibbs
(804) 437-4728
Rhgbaseball@gmail.com

Walk distance is 1 or 2 miles, walk at your fitness level.

MUSIC | FOOD | FACEPAINTING

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

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

**CONQUER CHIARI
RICHMOND, VA**



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 Saturday 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 who have raised a minimum of \$40. (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.

TOGETHER We Walk. TOGETHER We fight. TOGETHER We Win.



Parish Nurse by Betty Horne

September is Food Safety Education Month

It goes without saying that unsafe handling of food can cause a multitude of problems including gastroenteritis and food poisoning. The following are steps which should be taken to handle and prepare food safely.

4 STEPS TO FOOD SAFETY



Clean: Wash your hands and prepping surfaces, including countertops, often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your hands for at least 20 seconds with soap and water before, during and after preparing food and before eating. After using the bathroom
- Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate

- Raw meat, chicken and other poultry, seafood and eggs can spread germs to ready-to-eat food unless you keep them separate.
- When grocery shopping, keep raw meat, poultry, seafood and their juices away from other foods.
- Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
- Store raw meat, poultry and seafood in sealed containers or wrap them separately so the juices don't leak onto other foods.
- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread and other foods that won't be cooked.
- Raw chicken is ready to cook and doesn't need to be washed first. Washing these foods can spread germs to other foods, the sink and the kitchen counter, making you sick. If you choose to wash chicken, do so as safely as possible.

Cook to the right temperature

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. Apart from seafood you can't tell if food is safely cooked by checking color or texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.

- Whole cuts of beef, veal, lamb, and pork including fresh ham should be cooked to internal temperature of 145F then allow the meat to rest for 3 minutes before carving or eating.
- Fish with fins also at 145F or cook until the flesh is opaque and separates easily with a fork.
- Ground meats, such as beef and pork - 160F
- All poultry, including ground chicken and turkey - 165F
- Leftovers and casseroles - 165F
- Microwave food thoroughly: Follow recommended cooking instructions including wattage, cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely. Should be heated to 165F



It is important to know that certain groups are at risk or have a higher chance of food poisoning. They include:

- Adults aged 65 and older
- Children younger than age 5
- People who have health problems or take medicines that lower the body's immune system such as people with diabetes, liver or kidney disease, HIV, or cancer.
- People who are pregnant

If you or someone you care for has a greater chance of getting food poisoning, it is especially important to take steps to limit the risk when preparing food.

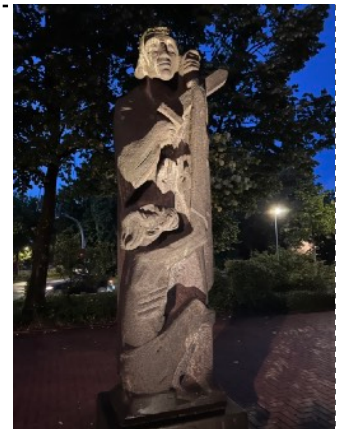
Let us be safe as we enjoy all the fruits and vegetables this fall.

Source: CDC website

Chill - refrigerate promptly

- Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40F - 140F
- Keep your refrigerator temperature at 40F or below and your freezer at 0F or below, and know when to throw food out before it spoils. If your refrigerator doesn't have a built-in thermometer inside it to check the temperature, keep an appliance thermometer inside it to check the temperature.
- Package warm or hot food into several clean, shallow containers. It is ok to put small portions of hot food in the refrigerator since they will chill faster.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90F, as in a hot car or picnic, refrigerate within 1 hour.
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

On our recent visit to Germany visiting with family we had one evening when we were by ourselves. We wandered from where we stayed into the old town with charming half-timbered houses and on our way home we suddenly met HIM. Saint Martin,



reminded us of our loving church family back home. It's fun to be reminded.

James & Christa Burr



*		*		*	
09/01	Christine Areson	10/01	Bill Shirey	09/01/1990	Lee & Michele Hutchson
09/01	Bob Barritt	10/03	Janet Areson	09/02/2006	Kevin & Ashley Howdyshell
09/02	Cameron Britton	10/06	Blake Bailey	09/02/1995	Mike & Martha Murphy
09/02	Alicia Fox	10/06	James Burr	09/02/1961	Sid & Pat Akens
09/03	Julia Stephenson	10/06	Vicki Newcomb	09/09	Keith & Ashley Borders
09/04	Nancy Fleming	10/06	Tori Rhodes	*	
09/04	Richard Thomas	10/08	Marci Jerina	*	
09/08	Ann Robbins	10/09	David Mix	10/01/1994	Wayne & Trudy Britton
09/08	Jody Harlow	10/10	Judi Bragg	10/06/1979	Linda & Harold Nelson
09/09	Owen Waller	10/11	Bo Greenwood	10/07/2017	Gina & Sean Reid
09/09	Colin Waller	10/12	Warrick Stephenson	10/09	Ginny & Rick Fowler
09/09	Daniel Clements	10/12	Francis Stephens	10/10	Todd & Janet Areson
09/13	Amy Bailey	10/13	John Ogle	10/12/2002	Mike & Kim Fiasco
09/15	Lauren Bailey	10/15	Reece Hartman	10/18/2008	William & Holly Thirion
09/15	Rick Fowler	10/16	Lauren Rowley	10/21/2017	Chris & Claire Baughan
09/15	Mike Murphy	10/20	Cameron Baughan	*	
09/15	Logan Thirion	10/21	Bennett Jenkins		
09/17	Selasi Horne	10/22	Vaiden Lindsey		
09/17	Vicky Echevarria	10/23	Betty Horne		
09/19	Sandra McAllister	10/24	Walter Hartman		
09/22	Gavin Patoray	10/25	Nanette Lofaro		
09/24	Mary Moss	10/28	Paul Rhodes		
09/24	Harold Nelson	10/28	Martha Sneary		
09/25	Erin Sprouse	10/29	Caleb Greene		
09/25	Rick Gibbs	10/31	George Ward		
09/28	Andrew Hutchson	*			
09/28	Sandi Levy-Mix				
09/29	Wayne Britton				
09/29	Mary Arnold				
*					

Every Member and Friend of St. Martin's is important. If you have not given us your birth dates and wedding dates, please email them to stmartinscloak@gmail.com.

We would like to say a prayer for you too on your special day.

(We like to know the year too but it is for demographic purposes only. Birth years are sometimes published but for children only.)

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

Perfect for a couple or family of 4.

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

openings for House Cleaning or Pet Sitting

call Leslie Dering at 804-239-5865
or email LDerino7@yahoo.com



Your old eye glasses,

Please remember that those glasses you don't use any longer could mean a lot to somebody who can't get any or can't effort any.

Somebody from the ECW will take care of them.
THANK YOU!



YOU MAKE 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

Do you need ideas what you could bring for the Lamb's Basket?

You can find the answer for most needed items in most of St. Martin's weeklies.

ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchson
Priest Associate: Rev. Dr. Sandra Levy-Mix
Monastic Associate: John Ogle
Organist & Choirmaster: David R. Hopkins
Parish Coordinator:
Head of Nursery:

CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)

E-mail: office@saintmartinschurch.org

Website: <https://saintmartinschurch.org>

Office Hours

Monday to Friday 9 am-1 pm
(it is best to call before you come)

Trustee Emeritus: Robert I. Kirby,
Trustees: Kerry Alloway, Garland Harwood
& Jim Greenwood

VESTRY

2023	2024	2025
George Crowell	Nancye Greenwood	Leslie Dering
Rick Gibbs	Mike Shook	Linda Fairtile
Jean Rollins	Betty Horne	Jim Moss

Senior Warden: Nancye Greenwood

Junior Warden: Rick Gibbs

Clerk:

Treasurer: Darrell Jenkins

Assistant Treasurer: Mike Fiasco

Cloak Editor: Christa Burr



St. Martin's Episcopal Church

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smartinscloak@gmail.com