



The Cloak



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



Our first
banner!

Contents:

2 ~ Father Lee's Message / October liturgies	10 ~ Words from Rev. Dr. Sandi
3 ~ What and When	10 ~ Sunday School Note
4 ~ Spaghetti Lunch / United Thank Offering	11 ~ ECW Update
5-6 ~ Parish Nurse	12 ~ Wine Club / Ministry Fair
6 ~ Fall Festival	13-14 ~ Rally Day
7 ~ Men's Club / Blessing of the Animals	15 ~ West End Quilters
7 ~ Finance Comm. Report	15-16 ~ Paniz's Birthday
8 ~ The Table as an Altar / Condolences	17 ~ Birthdays + Anniversaries
9 ~ October is Our Birthday Month	18 ~ St. Martin's Yellow Pages

Father Lee Hutchson

To Dip or Not to Dip

Intinction is the practice of dipping the communion wafer into the wine in a chalice. At one time it was rarely practiced because the Christian custom is to partake of a common chalice. The practice of intinction picked up after covid and seems to be growing again. Our bishop is strongly encouraging us to return to the partaking of the common cup.

As any lay reader can attest, lots of fingers wind up in the wine when a person self-intincts. Bishop Stevenson reminds us that if you receive only the communion wafer you have received communion in full.

So, what does this mean for us at Saint Martin's. If you do not wish to drink from the chalice, simply cross your arms, and the chalice bearer will move by. If you wish to have your wafer dipped into the wine, leave the wafer in your hand, and the chalice bearer will dip the wafer and place it in your mouth. Per bishop Stevenson's customary: "If intinction is made available, the clergy person or lay chalice bearer/ administrator should dip the edge of the host or bread in the wine and then carefully place it on the tongue or in the hand of the person receiving communion." Other procedures that live into the spirit of this direction may be developed in a local context. All efforts should be made to minimize the number of fingers potentially meeting wine that is to be consumed by mouth.

The practice of intinction has long been discouraged by medical authorities due to its own risk potential. Clergy and chalice bearers can attest to the frequency with which communicants who intinct inadvertently dip their fingertips into the wine. Intinction then holds a higher risk than drinking directly from the common cup, because fingers (and fingernails) are a repository for pathogens not found in saliva. See "Eucharistic practice and the risk of infection" by David H. Gould found [here](#). It should be made clear that all baptized persons may, but no person must, receive communion in both kinds to receive the fullness of Christ's body and blood. Our theology holds reception in one-kind (e.g., the bread alone) as full and complete. These guidelines are written to comply with the expectations of the Canons of the General Convention, the Book of Common Prayer, and the traditions and Eucharistic theology of the Episcopal Church.

In short, receiving the bread at communion is considered full communion. If you do not want to drink from the chalice, cross your arms, and the chalice bearer will move by. If you want your wafer dipped, let the chalice bearer do it for you. To read Bishop Stevenson's full customary, go to the Episcopal Diocese of Virginia website, highlight resources, and then click on customary.

Fr. Lee



Liturgies in October

Sunday, October 5: 17 Pentecost

Sunday, October 12: 18 Pentecost

Sunday, October 19: 19 Pentecost

Sunday, October 26: 20 Pentecost

What and When

October

After Wednesday Service Social First Wednesday of the month (October 1) come and gather with us for a light brunch
Wine Club (see page 12) Saturday October 4 at The Powhatan Wine Festival
Blessing of the Animals Sunday October 5 at 3pm (see page 7)
GriefShare Support Group Tuesday October 7, 14, 21, 28 from 6:30-8:30pm
Social Bridge Thursday October 9, 16, 23, 30 at 10am
ECW Meeting Saturday October 11 at 9am ?? (see detail on page 11)
Men's Breakfast Saturday October 11 at 9am @ Shorty's Diner all men welcome to join us (see page 7)
Spaghetti Lunch Sunday October 12 after the 10am service (see pg 4)
Vestry Meeting Tuesday October 14 at 7pm
St. Martin's Project Saturday October 18 at 9:30am - Red Team
Cloak Deadline Monday October 20
WE (West End) Quilters Tuesday October 21 at 10am (see page 15)
Fall Festival Saturday October 25 from 11am - 2pm (see page 6)
<u>UPCOMING</u>
Ministry Fair Sunday November 9 (see page 12)
UTO Ingathering Sunday November 16 (see page 4)

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
Bible Study	Tuesday	10 am or
	Wednesday	7 p
Holy Eucharist	Wednesday*	10 am
Yoga Stretch (\$3)	Will resume in the Fall	
Choir Practice	Thursday	7pm
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	1 st Wednesday	after 10 am service
ECW	2 nd Saturday	9 am
Men's Breakfast	2 nd Saturday	9 am
St. Martin's Project	3 rd Saturday	9:30 am



Important: Only church dates/events are listed in this calendar but our Lord's building is used by other groups. If you are scheduling an event for your group please consult with the large calendar in the copy room or the church office first.

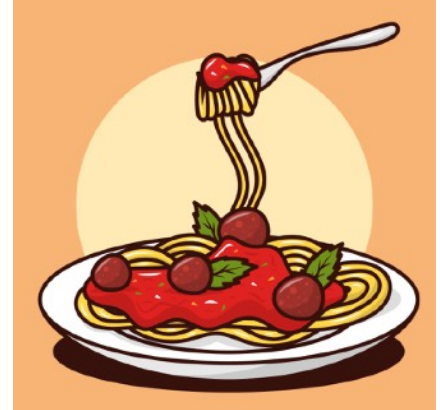
Spaghetti Lunch Fundraiser

Come and enjoy the delicious annual spaghetti meal!

October 12 after the 10am service

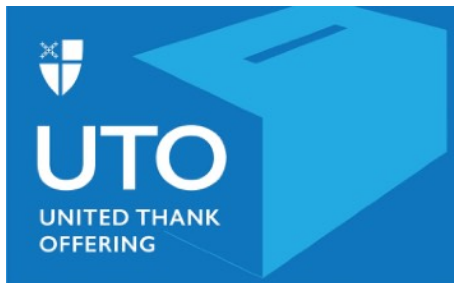
All proceeds go to the Annual Youth Mission Trip. This is the biggest fundraiser of the year for the mission trip.

Please join in for a great time of fellowship and good food!



United Thank Offering - Kim Shook

It's time for the ingathering of donations for the Fall United Thank Offering! The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings, and make an offering for each blessing.



100% of what is collected goes to support innovative missions and ministries throughout The Episcopal Church and Provinces of the Anglican Communion.

The best and easiest way is to bring your checks/cash (with the memo line inscribed "United Thank Offering") to church and put them in the collection

basket on Sundays, and we will happily send the donation on for you. The envelopes and boxes are on the table in the hallway outside the Parish Hall. I know that children like the ritual of filling the boxes with change. **We plan to do the final Ingathering of donations on November 16th this year.**

Thank you!



Parish Nurse by Betty Horne

October is Sudden Cardiac Arrest (SCA) Awareness Month

Sudden Cardiac Arrest is a life-threatening emergency that occurs when the heart suddenly stops beating. It can affect people of any age who would otherwise seem to be healthy, including children and teens. It is usually caused by a structural or electrical event. Sudden Cardiac Arrest is a primary cause of death in the US resulting in approximately 360,000 deaths. Often from an undetected heart condition, and in other instances, from an infection or a severe blow to the chest. 23,000 of those who died were younger than 18 years.

The person collapses and doesn't respond or breathe normally. They may appear to be having a seizure. If help does not happen promptly, death occurs in minutes. Survival depends on bystanders calling 911, initiating CPR, and using an AED as soon as possible. The National Academy of Medicine notes that the survival rate from Sudden Cardiac Arrest is less than 10%. It is crucial that bystanders initiate (hands only) CPR within three minutes of collapse, and using an Automated External Defibrillator (AED) in the first minute of collapse can increase the chance of survival to 90%. It is important to activate the Emergency Medical System (EMS) by calling 911.



A **heart attack** is usually a plumbing issue and occurs when blood flow to the heart is interrupted. It differs from Sudden Cardiac Arrest in that:

- There is blockage in the coronary arteries
- Usually occurs in people over the age of 35
- The person is usually responsive and breathing
- The person may complain of chest, arm, or neck pain, shortness of breath, nausea, or sweating
- If the person is responsive, has a pulse or is breathing he does not need CPR or the AED, but needs emergent care. In this case the sooner the blocked arteries are opened the less damage there is to the heart.

Sudden Cardiac Arrest is usually caused by:

- Coronary artery disease – in people older than 35 years
- Abnormal heart rhythm
- Congenital heart disease
- Hypertrophic cardiomyopathy – caused by a thickened heart muscle affecting the ventricles in people younger than 35 years old (a rare finding in athletes)

Contributing factors are:

- Alcohol use
- Obesity
- Smoking
- Family history of cardiovascular disease
- Genetic disorders of heart muscle

Risk factors include:

- Previous heart attack
- Coronary artery disease
- A personal or family history of abnormal heart rhythms
- History of syncope – fainting episodes of unknown cause
- History of heart failure
- Significant changes in blood electrolyte levels, especially potassium and magnesium
- Diabetes
- History of using recreational drugs or drugs that trigger arrhythmias
- Physical activity as prescribed by your provider
- Low fat diet
- Quit smoking
- Medication as prescribed by your physician, e.g. for high cholesterol or arrhythmia
- Your provider may recommend an ICD -implantable cardiac defibrillator that shocks the heart if a lethal rhythm is detected
- He may prescribe invasive procedures such as catheter ablation or an angioplasty
- Having your family learn CPR and providing/ activating the emergency care system is very important



It is important to follow up with your providers as scheduled and to talk with them if you have any of the above risk factors. Your care plan will most likely include measures to reduce your risk.

Measures to reduce your risk of SCA include healthy changes in your lifestyle such as:

- Weight management

- Competitive athletes should have a physical exam and family history for heart condition before participating and updated annually. Any abnormal findings should be referred to a cardiologist.

Be well. Enjoy the cooler weather!

Fall Festival

Saturday, October 25

11am - 2pm

Come and enjoy a petting zoo, any rides, a bouncy slide, crafts, and more! There will be hamburgers and hot dogs sold by the Boy Scouts. Break out your Halloween decorations and decorate your trunk for Trunk or Treat. Wear your Halloween costumes because there will be prizes!



Men's Club at St. Martin's - Saturday, September 13



At their September breakfast, the Men's Club participants raised their coffee mugs to 16 years of Christian Brothers' fellowship. This all originated by James Burr's idea!

On the second Saturday of each month, the group enjoys breakfast together at Shorty's Diner (Libbie Place Mall/5625 West Broad St.). The breakfasts are a great time, and all men are welcome. The next breakfast will be on **October 11 at 9am**. Congrats to a vital group that is going strong!

Blessing of the Animals

Bring your pets for their blessing outside by the Saint Francis statue outside the breezeway. This coincides with St. Francis of Assisi Feast Day, occurring the day before.

Sunday, October 5
3pm



Finance Committee Report - Garland Harwood

Financial Highlights 2025	YTD end of July	MTD August	YTD end of August
Income	\$135,119.51	\$17,147.33	\$152,266.84
Expenses	-\$148,133.95	-\$20,148.08	-\$168,282.03
Gain or Loss	-\$13,014.44	-\$3,000.75	-\$16,015.19

The Table as an Altar

- Contributed by Powell Johann

The following was posted on St. Bride's Anglo-Catholic Parish's Facebook page on August 26, 2025. St. Bride's is located in Hampton Roads, VA. —

One of the most sacred spaces in any home is the dining table. It is where we gather, speak, listen, eat, and share. The early Christians understood this deeply. Breaking bread together was not just nourishment—it was communion.

To eat together is to acknowledge one another's presence, dignity, and needs. It is a profoundly human act, and a profoundly spiritual one. Christ himself ate with friends, outcasts, and disciples. His greatest gift—his Body and Blood—was given around a table.

The home table can be a place of reconciliation, joy, storytelling, and thanksgiving. And when we begin our meals with prayer, we acknowledge the Giver of all gifts.

In busy or fragmented households, even one shared meal a week can be a place of encounter and grace.

Today's invitation: At your next meal, whether alone or with others, take a moment to give thanks to God. If possible, eat without screens or rush. Let the table be a place of presence and peace.



Condolences!

to the family and friends of

Lorenzo Cowgill

He was a close friend of Susie Teachey's for over 30 years and passed away recently.

Please keep his family and friends in your prayers.



Condolences!

to the family and friends of

Becky Colona

She was a trusted friend of Susie Teachey's for over 15 years and recently passed away.

Please keep her family and friends in your prayers.

October is Our Birthday Month!!

St. Martin's original banner graces the cover of this issue of The Cloak. The photo was recently sent to me by Christa Burr, and I chose to put it on this month's cover as an homage to our church's first Eucharist on October 13, 1963. The banner itself has a wonderful, rich history, as does our lovely parish. Thanks to some very valuable information from Jill Grumbine and the history section on our website, I've pieced together a small tribute.

The idea of a mission on the site of Saint Martin's was conceived in the hearts and minds of the Vestry of Saint James' Episcopal Church here in Richmond. In celebration of their 50th anniversary, the members of Saint James' raised the necessary funds needed for the establishment of a new mission church in the "growing West End of Richmond." The campaign to raise the funds began in 1962 and was fully funded in less than 30 days. The idea of Saint Martin's became a reality when the Diocese of Virginia called The Reverend Eugene E. Grumbine, the assistant at Saint James, to form the congregation of Saint Martin's.

Our name was selected to honor the chimes in the tower of Saint James Episcopal Church, which were themselves inspired by the chimes of Saint Martin's-in-the-Field in London, England. Saint Martin's celebrated its first Eucharist on October 13, 1963 in the cafeteria of J.R. Tucker High School. Services were first held in the present location on August 2, 1964.



The original banner was handmade by Marylaine Grumbine, wife of the Reverend Eugene E. Grumbine and grandmother of Kim (Fiasco) and Jill Grumbine (whose middle name is Marylaine in honor of her grandmother). She was quite the seamstress and even made the original altar hangings that were used in the church for many years. She was a perfectionist and was known to completely redo the altar hangings if they were not exactly even when hanging on the altar. She also made at least one chasuble used by celebrants.



Jill also shared what she was told about the images depicted in the banner.

Top left: the musical instrument and notes represent our strong musical foundation

Top right: a bishop's mitre represents our strong ties to the Diocese (not to be confused with a sailboat, which several congregants have thought it was throughout the years)

The bottom images: these both represent our quaint church in the woods with plenty of wildlife to watch and enjoy

Happy 62nd Birthday, St. Martin's!

Words from Rev. Dr. Sandra Levy-Mix

“Family Histories: All That Makes Us Who We Are”

As a psychologist, I realize that the whole topic of family histories and how they shape who we are as people is fraught with complexity. But I have a particular family history that is mine, and I would like to share it with you. So here goes.

The photo shown here is a portrait of my grandmother Pauline at age 16. At that point in her life, she eloped with a man named Louis (my grandfather as it turns out, although I never met him). He abandoned my dad and grandmother when my dad was a teenager, but that's a whole other story. But the interesting part of this tale is that Louis's mother was a Cherokee Indian (a princess as the story goes—probably just a squaw!) So that makes me about an 8th Indian, right?

Anyway, besides that, my grandma led an interesting life. She spoke German only until she was about 12, and her grandfather was some kind of German official. She also inherited a castle along the Rhine, and we had a letter written in German and translated for us, awarding her that estate.



I was close to my grandmother and grew up with the understanding that I took after her, and that became an important part of my identity. Let me close this little Cloak piece with a quote from Kate Bowler and Jessica Richie's book, *A Hundred Blessings for Imperfect Days* (Commergent Books, 2023), from their essay “For What Makes Us Us.”

Blessed are you who have found your people. . . Blessed are the details of your life. The specifics that make you, you. . . you, my dear, in all your intricacies. . . are a marvel. (pg 11)

And so—whatever your own family histories might be—you are all marvels indeed!

If you would like to read more insightful writings, please see Rev. Dr. Sandi's website: [Sandra M. Levy-Achtemeier, Ph.D. – Website & Blog](#)



Sunday School

Sunday School is back in session for the school year. All children participating in Sunday School are encouraged to bring a donation for St. Martin's Blessing Box on the 2nd Sunday of each month. The donation Sunday for this month is **October 12**.

ECW Update

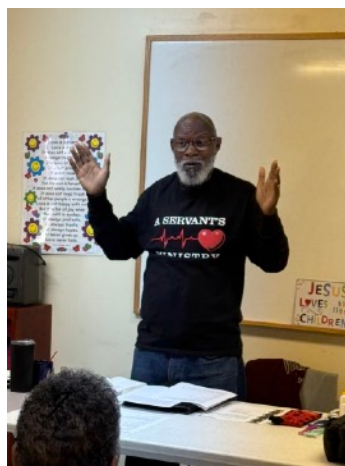
- Christa Burr

The September 13 meeting was an eye-opening event. As always, we started by sharing breakfast. Because the parish hall was used by a different group, the food was set up in the library, and we met in the large classroom.

As you have read in the previous Cloak, our Deacon Dawn had invited the Reverend Remmie Chew, Director of "A Servant's Heart Ministry". We were



happy to welcome him, his wife, and other members of the group. The Rev. Chew explained the purpose of his group, answered questions, and had set up the tables with the things they usually bring to the meetings with the unhoused people in Richmond and Henrico. Deacon Dawn even did role-playing to show how an interaction might happen. Those attending were sure that the St. Martin's ECW would like to support this group.



Our next regular meeting: - would be on Saturday, October 11 at 9am (TBD whether this meeting will be actually the "field trip" to the following...)

because

... this is also the day of the Diocese of Virginia ECW Fall Meeting. The keynote speaker will be our Bishop Mark Stevenson. Theme: "Along the Way - A Journey of Faith". I have now attended several such Spring or Fall Meetings and always came back happy that I did. Please, study the material pinned up on the ECW board in the long hallway.

The deadline to register is October 1. Please also note the sign-up sheet for carpool, etc.

No email to all women in the congregation will be sent this month.

Impromptu invitations to gatherings/workshops to get ready for the CR Bazaar might be announced in the "Weeklies".

Don't miss the FUN!

The St. Martin's Wine Club - Nancye Greenwood



Our next wine club event will be on Saturday, October 4, at the Powhatan Wine Festival. This event is a true festival with tastings, music, craft booths, a little history, and local merchandise. KOS (Kings of Swing) is playing at 2pm.

Since this is different from attending a vineyard, we don't need to get there quite so early. Please sign up on the bulletin board at church and indicate if you WISH to carpool. For those who wish to ride together from church, please be there at 11:30.

Here is info from their website about the wine festival:

Join us for this year's Festival of the Grape as we celebrate 22 years!

All of your favorites will be back - craft breweries, local distillers, ciders and meads, arts and craft vendors, live entertainment, delicious regional favorite foods, and, as always, a large selection of Virginia wines.

Tickets include entry to the festival grounds in the historic Courthouse Village, and 21+ tickets include tastings from our participating wineries to go along with our esteemed festival wine glass.

St. Martin's Ministry Fair

Place: St. Martin's Church

Date: November 9th

Time: 8:00 to 11:30 am

Hello, Martinites! I have some exciting news. Our Committee Chairs have decided they would like to have a MINISTRY FAIR to make sure ALL of our members are acquainted with the many different opportunities for service at St. Martin's. The Committee and Father Lee decided to have the Fair on November 9th. It would be nice for all the committees to set up a table/display on November 9th so members at both services will see what's happening at St. Martin's. Some of our ministries are Altar Guild, Outreach, ECW, Choir, and Pastoral Care. We all look forward to seeing you there and having a chance to get to know you better.



Happy Fall. If you have questions give me a call.

—Rick Gibbs

Rally Day

- Sunday, September 14





West End Quilters

- Tuesday, September 16



A few photos from the group's September meeting

Happy Birthday, Paniz! - Sunday, September 21







*

10/06 Blake Bailey
 10/06 James Burr
 10/06 Vicki Newcomb
 10/06 Tori Pinner
 10/08 Marci Jerina
 10/09 David Mix
 10/11 Bo Greenwood
 10/11 Hannah Andrews
 10/12 Francis Stephens
 10/12 Warrick Stephenson
 10/13 John Ogle
 10/13 Lisa Johnson
 10/14 Pat deFur
 10/15 Reece Hartman
 10/16 Lauren Rowley
 10/19 Lisa Hummel
 10/20 Cameron Baughan
 10/20 Nancy Suthard
 10/21 Bennett Jenkins
 10/22 Vaiden Lindsey
 10/23 Betty Horne
 10/24 Walter Hartman
 10/28 Martha Sneary
 10/29 Caleb Greene
 *

*

11/04 Claire Baughan
 11/07 Nancy Greenwood
 11/07 Linda Fairtile
 11/08 Melissa Machalinski
 11/10 Karen Hood
 11/12 Alexander Cooper
 11/14 Ashley Howdyshell
 11/15 Kevin Howdyshell
 11/18 Colin Borders
 11/18 Dianne O'Kelley Lamb
 11/19 Gina Reid
 11/19 Caleb Waller
 11/20 Mike Fiasco
 11/22 Kenzie Howdyshell
 11/24 Lee Hutchison
 11/26 Christine Watt
 11/27 Katie Hall
 11/28 Holly Thirion
 11/29 George Crowell
 11/30 Paris Lindsey
 *

*

10/01/1994 Trudy & Wayne Britton
 10/06/1979 Linda & Harold Nelson
 10/07/2017 Gina & Sean Reid
 10/09/ Ginny & Rick Fowler
 10/12/2002 Mike & Kim Fiasco
 10/18/2008 Holly & William Thirion
 10/21/2017 Claire & Chris Baughan
 10/23/2023 Grace & Jonathan Cole
 *
 *
 11/05/1966 Jim & Chris Smack
 11/16/2019 Rob & Lauren Rowley
 11/18/2016 Tatiana & Jonathan Horne
 11/26/1975 Christa & James Burr
 11/27/ Tiffany & Daniel Clements
 *



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 registrar@saintmartinschurch.org. (We like to know the year too but only for demographic purposes. Birth years are sometimes published for children only.)

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

registrar@saintmartinschurch.org

Please send any changes to do with the directory like the portrait photos, addresses, emails, telephone/cell phone numbers, birthdays, and anniversaries to the above address as well.

Newcomers, please don't hesitate to let us know if you would like to get the weekly email and/or The Cloak.

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

For private Piano Lessons

contact

Carolyn Mowery

434-391-4938 (please leave message)

or

clmowery61@hotmail.com



Blessing Box

Stock the Little Free Pantry!

When you have to shop for your food anyway, why not also pick up a few non-perishable items for the "Little Free Pantry?"

No glass containers please.
Also, nothing which could spoil in the summer heat like mayonnaise, dressings, etc.

We are happy to report that the contents of the box is very well used. It is often empty.

Help to keep it filled!



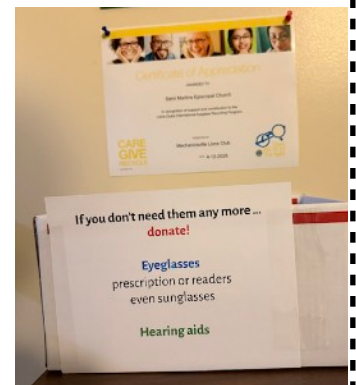
YOUR OLD EYE GLASSES & HEARING AIDS!

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

Same with hearing aids that are no longer needed. They can really help people who cannot otherwise get any.

The ECW will take care of them.

THANK YOU!



ST. MARTIN'S STAFF

Rector: The Rev. Lee A. Hutchison
Priest Associate: Rev. Dr. Sandra Levy-Mix
Priest Associate: Rev. Jerry Sneary
Deacon: Rev. Dawn McNamara
Monastic Associate: John Ogle
Organist & Choirmaster: Powell Johann

CHURCH OFFICE

(804) 270-6786 (Phone) (804) 270-3286 (Fax)
E-mail: office@saintmartinschurch.org
Website: <https://saintmartinschurch.org>

Office Hours

Tuesdays & Wednesdays 10 am-2 pm

It is best to call the office or Thomas Anthony
(804-944-5620) before you come.

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

VESTRY

2025	2026	2027
Linda Fairtile	Krestin Gibson	Rick Gibbs
Jim Moss	Garland Harwood	Joe Lamb
	Bill White	Elaine Markey

Senior Warden: Bill White
Junior Warden: Rick Gibbs

Clerk:
Treasurer: N'neka Logan (interim)
Assistant Treasurer: Mike Fiasco
Cloak Editor: Ashley Borders



St. Martin's Episcopal Church

9000 St. Martins Lane · Richmond, VA 23294
804-270-6786 (tel) · 804-270-3286 (fax)
Website: <https://saintmartinschurch.org>
E-mail: office@saintmartinschurch.org

To submit articles or ideas for The Cloak, email:
cloak@saintmartinschurch.org