

TALK STORY 2

St. Jude's Episcopal Church // Where Jesus Talk is a Daily Walk



LET THERE BE PEACE ON EARTH

Let there be peace on earth and let it begin with me

Church Happenings

BY CORDELIA BURT, BISHOP'S WARDEN

SOUP and SHOWERS

January has kicked off the New Year of 2023 with a wonderful group of family showing up for Showers and Soup. The first Saturday is always “Lemonade Party” aka “Work/Cleanup day” at St. Jude’s and everyone knows that means HOT DOGS!! Of course there was chili, if you wanted it, onions on top if you wanted them and Phyl’s hot dog sauce if you preferred. Chips and cookies and lemonade, ice tea and coffee rounded out the menu for the party. We served 81 hot dogs and 36 bowls of nachos to our hungry family members and heaven only knows how many cups of coffee, tea and lemonade. Thanks to our kitchen crew of Anna, Karen, Marvelle, Diane for keeping the kitchen running smoothly and thanks to Phyl for the hot dog sauce.

Shannon, Sandy and Lyn kept the showers moving and we were able to get 31 bodies showered and on their way home in about 4 hours time. Thank you to everyone who helps in anyway to keep this program running.

LEMONADE PARTY DAY

Since Epiphany was past, the Kings had made their way to the baby Jesus and all was well, it was time to remove the last traces of the Christmas season by taking down the Christmas tree and all the decorations to be put away for another year. Thanks to the help of Debbie, Gary, Thom, Elaine and two of our shower people who were tall and could reach the tall greens, we completed the task in about an hour and a half and all traces of the festivities we tucked away for another year.

Buddy and Gary were hard at work with the “weed whackers” getting the tall grass cut down. Debbie left the finished “undercoating” to pull weeds and Thom continued his regular first Saturday job of picking up “butts” (cigaret butts) for Jesus. We are so very thankful to all who come to help keep St. Jude’s maintained and especially those in the shower family that jump right in when asked to help. You are all so very special to us.

If you need something to do on Saturday come on down and help out with serving meals, sitting showers, pulling a few weeds or picking up the never ending trash that others leave around the church. I guarantee that you will be rewarded for your help. Come on down, we’d love to see you and talk story.

SENIOR NUTRITION

Senior’s continue to meet together for fellowship and meals at St. Jude’s on Monday and Friday (8:30 am. - 12:30 p.m.)and would love to have more seniors join them to get acquainted with people in the community. The fellowship is wonderful; to get out and play cards, talk story and have a meal together that you don’t have to cook for yourself. You also have company to talk to that actually responds, not like the cat and/or dog at home that just stares at you.

On Wednesdays, the Senior Club will meet to enjoy cards and fellowship (8:30 a.m. - 12:30 p.m.). If you have a favorite game I bet you could find someone in the group that would enjoy playing it with you. Come on down, dust the dust off and have a good time with others. It’s a great stress reliever!!

ST. JUDES FAMILY NEWS

Everyone seemed to enjoy all the holiday time spent together and we hope we've seen the last of the family leaving the island. All have reported that they are doing well and most also say that they truly miss the family they left behind. We wish all who are no longer here to worship with us well and keep in touch. Just because you left physically doesn't mean that we don't want to hear from you so, keep the news coming back to us.

January has brought two new faces to us to give us the WORD. Mother Linda and Rev. Sue are both a joy to be with and listen to. Thank you for your interest in St. Jude's and we look forward to spending January and February learning from you and about you. Welcome!!

Our Annual Congregational Meeting is coming up on January 29th, after the regular service. This is the time that you vote on new Bishop's Committee members, Delegates and Alternates to Diocesan Convention and hear what the Budget for 2023 is to be. Please stay for the meeting and give your input as this is your church and the Bishop's Committee works to make it the best church possible.

Coming up in February we will celebrate Mardi Gras on the 17th with our regular dinner. Once again we will serve from 4:00 p.m - 6:00 p.m. and there will be eat in or take out service. We will again do this as a free outreach dinner with any donations accepted gladly.

Lent begins with Ash Wednesday on February 22nd. Service will be at 4:00 p.m.

Reflections

SUBMITTED BY ANNA TOWNER

My best friend from 8th grade wrote this some years ago. I thought it might help us reflect on what brings us joy and peace.

Katherine says...

There are 3 activities I really enjoy and I get to do all today. Cycling, knitting, and dancing. They seem so different but I've realized they are all rhythm. I am the music when cycling. When the balance of cadence and effort is right it's a beautiful thing. The rhythm is in me and I shift without thinking about it to keep in that groove. I can talk, watch for hazards, sight-see, but the beat goes on. Knitting also has a rhythm but I'm much more aware of it. You can talk to me but don't expect an answer. I'm talking to my hands, like counting the beat when dancing, but k3, p3, etc. It's like reading music. Dancing adds a whole level of fun because I am moving with another person who may or may not be hearing the rhythm like I do. I have to listen to the music and my partner, not my brain, which will lead me astray every time. So, today is a good day.

What experiences might you like to share with us?

February Dates to Remember

Anna's Kitchen Corner

BY ANNA TOWNER

Red Lobster Cheese Biscuits

Karen absolutely loves them!

10 -15 minute prep time plus 10 - 15 minute bake time

4

Lemonade Party: Work in the yard 9 a.m.- 11 a.m.

Showers and Soup: 9 a.m. and on

Giving Tree in the Parking Lot: 7:30 a.m. – noon

2 cups flour (All purpose flour works best)

1 Tbs sugar

1Tbs baking powder

2 tsp garlic powder

1/2 tsp kosher salt (can use regular salt)

1/4 tsp cayenne pepper (recipe says optional but I think necessary)

1 cup buttermilk

1/2 cup unsalted butter, melted

1 1/2 cup shredded SHARP cheddar cheese (I used 2 cups)

11

Showers and Soup 9 a.m. and on

Topping

3 Tbs unsalted butter, melted

1Tbs chopped fresh parsley

1/2 tsp garlic powder

12

Sixth Sunday after the Epiphany 9:30 a.m.

14

Happy Valentines Day!

Preheat oven to 450 degrees. Line cookie sheet with parchment paper.

Mix flour thru cayenne in a large bowl.

17

Mardi Gras Dinner: 4:00 p.m. – 6:00 p.m. Dine in or take out FREE

In a large glass measuring cup whisk together butter milk and butter and then pour mixture over dry ingredients and stir with spatula until moist. Gently fold in cheese.

18

Showers and Soup: 9 a.m. and on

Working on lightly floured surface, knead the dough 3 - 4 times until it comes together.

19

The Last Sunday after the Epiphany 9:30 a.m.

You can use a rolling pin until you have a 1 1/4 " rectangle. Cut into 10 - 12 2 1/2" rounds OR make 10 balls and flatten between hands.

22

Ash Wednesday Service at 4 p.m.

Place in preheated oven for 10 - 12 minutes/ golden brown.

25

Showers and Soup: 9 a.m. and on

Topping

Whisk together butter, parsley and garlic powder (or onion powder).

Brush tops of the biscuits with butter.

26

First Sunday in Lent Last Sunday w/ Rev. Sue and Mother Linda

Eat.

About Hymn

BY DAN GARRETT

Rosemary Lime Chicken

Submitted by Anna Towner

20 minutes prep and makes 4 servings

4 boneless, skinless chicken breast halves (i.e, 4 boobs)

2 Tbsp. Canola oil

1/2 cup white wine or chicken broth

1/4 cup lime juice

2 Tbsp fresh minced rosemary or 2 tsp. Dried rosemary crushed

1/2 tsp. Salt and 1/4 tsp pepper

Flatten chicken to 1/2 inch thickness.

In a large skillet,

Brown chicken in oil over medium high heat.

Add the remaining ingredients.

Cook, uncovered, until chicken is no longer pink.

"Approach the New Year with resolve to find the opportunities hidden in each new day."

-Michael Josephson

Isaac Watts (1674-1748) was a Nonconformist. Not in the sense that the term is most often used today, but in the sense accepted to have been what the term meant when it arrived in general use in English. Watts, and his father for whom he was named, were both individuals at odds with the Church of England, theologically and actually. They were part of a movement that began the Congregational Church. This hymn writer's father went to prison twice for his beliefs, not at all unusual at the time for those with philosophical differences from the "State" church, but a bit less murderous than the time that preceded it in which "heresy" was often punished with torture and death for the dissident. Yet, despite the younger Watts' differences with the Church of England, seventeen of his more than 700 hymns live in the pages of our 1982 Hymnal, and he is seen by most sacred music scholars as being responsible for a revolution in how and what we sing in worship.

Precocious in general, Watts reportedly began Latin study at the age of four, and continued intellectual pursuits throughout his life, not only hymn writing and theological dissertation, but also publishing a treatise on logic that became the most common academic text on logic at Oxford university for more than 100 years, and that is still studied in the field today. In a legendary story, the younger Watts complained to his father that the music at church was boring. His father replied that if he thought he could do better, he should try. The adolescent did just that. During his youth, the style of music in worship was generally Psalms from the Bible set to tunes often from ten centuries or more before.

Continued on next page.

I am only one of many, I am sure, whose faith has been nurtured by Watts' incredible work, that includes dozens of hymns that are considered "standards" across denominational divides, including, among many other, "Joy to the World", "Oh God, Our Help in Ages Past", and "Alas! And did my Savior Bleed." Many folk have a favorite hymn by Watts. The one that prompted me to share this with you is one I think is perhaps one of the best examples of Watts' signature departure from the previous style of "church music," and for me, marks the beginning of what I would refer to as the beginning of hymns being "sermons in song." I still remember as a teenager being moved to tears by the incredible beauty of its words in describing his personal relationship with Jesus, "Were the whole Realm of Nature mine, That were a Present far too small, Love so amazing, so divine, Demands my Soul, my Life, my All." Listen for this incredible hymn as we enter a season during which it is often used, and if that last verse is not enough of a clue, let me know when you've figured out which Watts' hymn is my most favorite.



Cordelia and Richard's 63rd anniversary blessing (left), January 28 Potluck at McKinney (below).



Flavors of the Month

The Rev. Dr. Susan Carter is a priest associate at St. Katherine's, Williamston in Michigan. She recently served as priest-in-charge at Christ Church in Clermont-Ferrand, France. Prior to that she served at St. Paul's Lansing and St. John's Howell, both in Michigan. She is a former professor of journalism at Michigan State University where she joined the faculty after working as a radio and television broadcaster in Detroit. Susan holds a master of divinity from the General Seminary in New York, along with a law degree and a PhD in medieval history. Susan's daughter and family live in New York.



Susan will be joined by the Rev. Dr. Linda Johnson who served for 25 years as the Episcopal chaplain at Indiana University in Bloomington. Linda is a graduate of Berea College in Kentucky and holds a master's degree from Ohio University. She also graduated from General Seminary and holds a PhD in the field of education from Indiana University. Prior to her ordination, Linda was the head of an Episcopal mission in southwestern Virginia.

"And now we welcome the new year. Full of things that have never been."

-Rainer Maria Rilke

February Birthdays

8	Gary Johnson
11	Lynne Reynolds
13	Richard Burt
17	Rev. Lindsey Hills
18	Carrie Branco
19	Tony Weaver
20	Stephen Ingerson

February Anniversaries

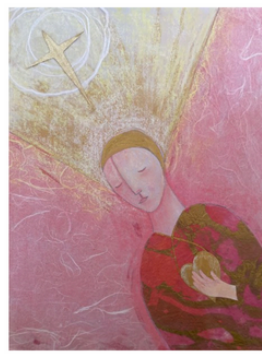
8	Rev. Richard Stetson & Michael Pidgeon
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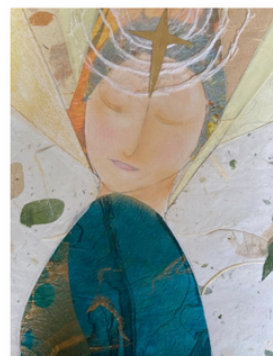
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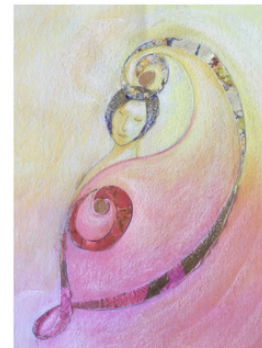
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016 SPREAD LOVE

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SHIPPING		Subtotal	\$0.00
1-10 Cards \$3.99			
11 or more \$9.99		Shipping	
	Tax	6.00%	\$0.00
		Total	\$0.00

Senior Wisdom

SUBMITTED BY CYNNIE SALLEY

I'm responsible for what I say, not what you understand.

Common sense is like deodorant. The people who need it the most never use it.

My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there's a new strain out there.

It's not my age that bothers me; it's the side effects.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.

Me, sobbing: "I can't see you anymore... I'm not going to let you hurt me again. My Trainer: "It was one sit-up.



Marvelle Rau's grandson's diaper cake

As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient.

I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.

Turns out that being a "senior" is mostly just googling how to do stuff.

I want to be 18 again and ruin my life differently. I have new ideas.

Continued on the next page.

Continued from page 10

I'm on two diets. I wasn't getting enough food on one.

I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.

My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.

Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.

Apparently RSVPing to a wedding invitation "Maybe next time" isn't the correct response.

She says I keep pushing her buttons. If that were true, I would have found mute by now.

So you've been eating hot dogs and McChickens all your life, but you won't take the vaccine because you don't know what's in it. Are you kidding me?

Sometimes the Universe puts you in the same situation again to see if you're still a dumbass.

There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest.

Comforting News, for a Change!

SUBMITTED BY CYNNIE SALLEY

The inventor of the treadmill died at the age of 54

The originator of gymnastics died at the age of 57

The past world bodybuilding champion died at the age of 41

The best soccer player in history, Maradona, died at the age of 60

And then . . .

KFC inventor died at 94

Cigarette maker Winston died at the age of 102

The inventor of opium died at the age of 116 in an earthquake

Hennessy cognac, Irish inventor died at 98

How did doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping, but it lives for only 2 years.

The turtle that doesn't exercise at all, lives 400 years.

So . . .

Have a drink,
Take a nap,

And when you wake up, have bacon and eggs.

Building and Grounds Annual Report 2022

Like any home our church home needs constant care so that it is kept in good repair. Thank you to the many people that work in the yard, keep an eye on things that need repair in/on the buildings and give endless hours of their precious time to keep our God's House beautiful. In addition to the regular maintenance of changing water filters, checking the levels in the water and butane tanks, changing light bulbs, pulling weeds, etc.,etc., etc. There are the major things that seem to need attention no matter how good you are about taking care of things.

This year we needed to get some major work done on McKinney Place since it was going on 14 years old, can you believe it! The wooden lanai was changed out to manufactured wood and should last for quite awhile, new fixtures and lights were installed in the carport/lounge area and then there were the headaches of the summer. The pressure pump began acting up in May and just when we thought we had it resolved, here we'd go again. A new pressure tank was installed in July and we knew that everything was just fine....well in August with a new family of 4 visiting the liner on the water tank sprung a leak. Now a liner is something that has to be ordered so thanks to Derek he kept enough water in the tank that the Huber family didn't have to carry water from the church. Thank you Derek for the work you put in and a big THANK YOU to the Huber family that were so good about "rolling" with whatever was happening. The rest of the year has been pretty smooth and we've made it through another year of tears and laughter.

Thank you to everyone that helps when needed. This job is a many person one and I thank everyone who is there to help when needed.

Richard Burt
Building and Grounds



The wonderful potluck up at McKinney on January 18. Nice turnout. Great food and talk story. Photos submitted by Karen Pucci.

Talk Story 2 Offerings

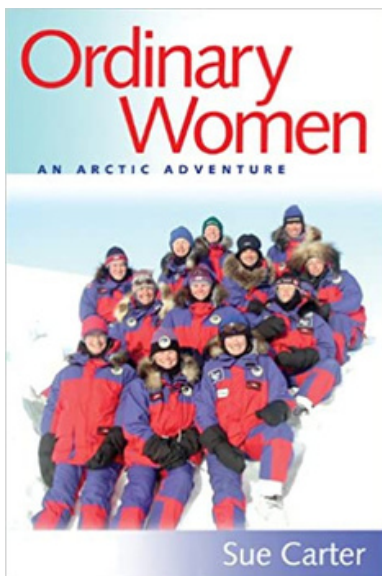
BY SUE CARTER

The Big Island of Hawai'i was beckoning in 2001.

How marvelous it would be to dive with manta rays, those enormous creatures that are filter feeders, with a wingspan that can reach 23 feet. They seemingly “fly” through the water. Gentle giants they are, clocking in at nearly a ton-and-a-half, more than twice the weight of an average horse. The best part: unlike other rays, they don't sting. Oh, to swim with these marvelous creatures.

The second reason Hawai'i Island appealed to me was one of climate. Earlier that year I returned from the arctic, having organized an all-women ski expedition to the North Pole. It was time for another adventure, but one that did not require sleeping in -20° in unheated tents on the ice cap. The freezing details are in *Ordinary Women: an Arctic Adventure*.

With the help of wonderful friends, a fine dive shop in Kona and the desire to “do a warm adventure” we assembled a half-dozen women with a similar spirit of hana ho'opīhoihoi – a desire for adventure. During our time here in late 2002, this giddy gang of women logged nine dives, including five night dives with the manta rays – mostly near the Kailua-Kona airport where the gargantuan fish gather to feed on zooplankton attracted by the landing field's lights.



The comradery of the women from New Zealand, Australia, the Mainland and Hawai'i was special and worth all of the planning that had gone into it. What was unexpected was the pilioloha, the warm friendship we encountered at every turn. A piece of Hawai'i, and the Big Island in particular, were forever sealed in my heart.

Since that diving adventure, there have been several trips back to the Islands, and Hawai'i. Some were for pure enjoyment; others were for business. Always, though, the aloha joy has been a strong presence in my mind.

Imagine my delight when several years ago I saw a posting in the Episcopal News Service about supply opportunities at St. Jude's on the Big Island!

I made the initial contact, and also indicated that I was a "two-fer" as my spouse is also an Episcopal priest. Some of you may know that the application process is thorough and a bit arduous – and long. When Mother Linda and I were initially accepted, we signaled that January and February would be ideal months for us to join the people of St. Jude's. Who wouldn't mind escaping the heart of winter in the Upper Midwest?

There were a few complications, however.

The chance to serve as priest-in-charge at an Episcopal in Clermont-Ferrand, France arose. Centered in the ancient volcano region of south-central France (and yes, those volcanoes have been dormant for six-thousand years) the pastorate was wonderful, though challenging. Covid was just as virulent in Europe as elsewhere, and it was five months before I could meet the congregation in our little chapel.

When I accepted the call, an important part of the agreement was that in January and February of 2023 we would not be in France, but instead in Hawai'i. A variety of reasons ended our stay in France a bit early, but not before we had to produce clean police records for our time there. (It's good to know that l'absence de condamnation means we behaved ourselves while in country!)

Through all manner of twists and turns, we now find ourselves celebrating the joy of Jesus Christ with one of the most faithful – and fun – congregations we have ever served.

To all who have made this journey and this time here with you, Mahalo!



St. Judes Visitors

BY THOM WHITE

In November our Tina, Grandson Austin and Family came from Wasilla Alaska to visit us and St Judes.

It was Austin's wish to meet our Church Family and to say Thank You for all our Prayers for him these many years after a car accident left him a paraplegic at 5 years old. Ten years ago Tina had to make the decision if he should live or not. Now 16 years old and in high school his story inspires all who meet him.

He and his specially equipped Spider Van are invited to ride in the 4th of July Parade. He is a proud uncle to big brother Robert's children. He whips around in his super tech wheel chair in his green house n barn yard. Tina has started a charity in his name, lending medical equipment that would have been discarded to anyone in need of a walker, wheel chair, hospital bed etc, at no cost.

We are so Grateful and Blessed for the visit. After the Service we celebrated with a special Aloha Hour n pot luck. The picture was taken in the church yard.

Mahalo ke Akua



Can you believe that we are already one month into 2023? I was glad to see 2022 end as it wasn't a good year for me or for many of my friends. I decided that I was going to move forward and leave the past behind. However, I'm bringing Ray with me. My admiration for him grows on a daily basis. I am so grateful for all that he did to help keep our family on an even keel. And I never thanked him enough. Be sure to thank your significant other for their contribution to your family's unity.

New Year's resolutions don't really work for me, as they get broken almost before they've begun. I used to give up eggplant because I didn't like it...but then I finally liked it, so didn't give it up anymore. However, this year, my resolution word is kindness. So, if any of you see or hear me being unkind...call me on it!

Groundhog Day is coming up on February 2nd. That's the day that is going to tell us whether winter will continue. Punxsutawney Phil will poke his head out of the hole where he has been hibernating and look around and see if he can see his shadow. If he does, there will be six more weeks of winter. If he doesn't, spring might be earlier. On a personal note, I hope he doesn't see his shadow!

Valentine's Day is next on the calendar...the day of cards, flowers and candy and anything else in a heart shape. It is difficult to understand how any one of the many people named Valentine came to represent all of those warm and fuzzy things and love. It started out as a fairly violent pagan festival, where they murdered and beat women. Two Valentines were even beheaded, and it seems as though Chaucer was the one who turned the brutal beginnings around to feature love. So, thank Chaucer as you munch on that delicious heart shaped chocolate that came in a beautiful red heart shaped box.

The next holiday in February is President's Day (formerly Washington's Birthday). This is followed in two days, by Ash Wednesday a time of confession and repentance and the beginning of the 40 days of Lent. Lent is a period of learning and discernment, a time to grow in spirituality, a time for prayer and fasting. What will you sacrifice or do without during Lent, or what will you add to get deeper into and more prepared for what comes next? Or will you do both? I prefer to add something and it will be the reading of a book that hopefully will expand my journey with Christ. I haven't chosen it yet, but I better get cracking because it will be here in a nanosecond.

Where Do You Get Your Nutritional Information?

BY RAY HATCH

One of my favorite sayings is “FOR YOUR HEALTH, THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY IS WHAT YOU CHOOSE TO EAT.” As you know, Lodema and I advocate a Whole-Food, Plant-Based way of eating. Why? Because we know what it has done for our health since we discovered it!

What exactly is a Whole-Food, Plant-Based (WFPB) way of eating? In summary:

- It maximizes the intake of whole (not processed) plant foods and minimizes the intake of processed and animal-derived foods.
- It emphasizes food-as-grown: vegetables, fruit, whole grains, beans, greens, herbs, nuts and seeds, and spices.
- Consumption of all animal or animal derived products are minimized or eliminated.
- Processed foods are minimized or eliminated.

Remember, you don't have to eat 100% WFPB! Just changing 10% of what you eat to WFPB will help! A 20% change will help even more and changing your diet to 50% WFPB even more.

About 12 years ago, I weighed 220 to 230 pounds. I was on metformin for prediabetes, I was on Lipitor for high cholesterol. I was also undergoing prostate cancer treatment at Loma Linda University hospital. While there, we heard a lecture by Dr. Hans Diel about the benefits of a WFPB way of eating. I was skeptical because if it was that good, why hadn't I heard about it before??

In his lecture, Dr. Diel recommended a book called *China Study* by Dr. T. Colin Campbell. The University bookstore had this book, so I bought it and was amazed at how Dr. Campbell described his research at Cornell University that showed that he could turn on or off cancer in the laboratory by changing the amount of protein in the diet of the animals he was testing it on. The protein he was using was casein, the predominant protein in milk! He later found that plant-based protein did not promote cancer at the same levels!

In his book, Dr. Campbell mentioned a Dr. McDougall who ran a live-in program in Santa Rosa, CA. We looked up Dr. McDougall's program online and went to a 5-day program where you ate WFPB food for breakfast, lunch, dinner and snacks and listened to several lectures each day about the value of a WFPB way of eating. One of the lecturers was Dr. Michael Greger. He talked about the value of the WFPB way of eating and introduced us to his website, nutritionfacts.org, which has tremendous resources on the science supporting a WFPB way of eating.

So, if I have a question about nutrition, where do I go? First, I go to nutritionfacts.org and search for what I am interested in. Why do I start here? This website has thousands of short videos on just about every aspect of nutrition and health. The videos are only 4 to 7 minutes long and a transcript is available for each so you can read what is covered. There is also a list of scientific journal references so you can see the sources of the information he based the video on.

Depending on what I find there, I might look at Dr. McDougall's website, drmcDougall.com. Like nutritionfactd.org, Dr. McDougall's site has many articles on any health search item. A search for diabetes yields 16 pages of links to articles mentioning diabetes! A search for arthritis listed 10 pages of articles! I will also search more traditional sites like webmd.com to see what traditional medicine says.

Check this video out, https://nutritionfacts.org/video/the-best-diet-for-healthy-aging/?utm_source=NutritionFacts.org&utm_campaign=1ed8b47a95-EMAIL_CAMPAIGN_7_26_2022_12_48_COPY_01&utm_medium=email&utm_term=0_40f9e497d1-1ed8b47a9521948305&mc_cid=1ed8b47a95

This just came out August 29, 2022 and is titled The Best Diet for Healthy Aging. Give it a look.

BTW, I am now 170-180 lbs., off all prescriptions, and I wish I had known about a WFPBed way of eating before I considered treatment for prostate cancer.

And remember "FOR YOUR HEALTH, THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY IS WHAT YOU CHOOSE TO EAT."

**views in this article are the Author's and do not reflect the opinions of St. Judes.*

Inner Joy

BY SRI CHINMOY

True inner joy is self-created. It does not depend on outer circumstances. A river is flowing in and through you carrying the message of joy. This divine joy is the sole purpose of life.

“When you do the right thing, you get the feeling of peace and serenity associated with it. Do it again and again.”

ROY T. BENNETT

2022 BISHOP'S WARDEN'S ANNUAL REPORT

2022 - where did you go? It sure doesn't seem that a year has gone by since our last Annual Meeting and I was giving a report about the happenings of 2021.

It was a wonderful feeling to be able to meet in our building again and be able to open showers and the feeding program for our wonderful extended family. It's so great to see their smiling faces and be able to be involved in their lives once again. We filled 3,009 plates with food and made 1,137 people very happy to be able to have a great hot shower clean their bodies and hair. Once again Thank You to all who take their time to cook and serve meals or set the showers every Saturday Thank You to those who come to us to allow us to be of service as our Lord as he has instructed us to be. We are honored to serve.

We have reached out this year with 6 dinners to bring opportunities of fellowship to our community. These dinners were free this year but donations were gratefully accepted. We held Marti Gras in February, Cinco de Mayo in May. We had a picnic for the 4th of July with hamburgers and hot dogs grilled in the courtyard. Our annual Oktoberfest was held in October with the Last Fling Band getting back together to play for us. A full Thanksgiving was served in November and Christmas Eve found us serving Ham with side dishes. We had take out only for the first two dinners but by the 4th of July we were having take out or eat in dinners. Steve decorated the hall for each event.

The Prayer Posse in North Carolina made and decorated 100 Christmas Stockings that were filled with stuffed animals, coloring book and crayons, glow bracelets and backpack clip on's that Phyl's sisters made. Santa and Mrs. Claus were in attendance to hand these out with cookies and lemonade. Debbie manned Rudolph's Library passing out books for the children to take home. The Giving Tree was there passing out toys and cloths for everyone that came. What a wonderful time everyone had seeing the joy on everyone's face as they gathered up their gifts.

We welcomed 6 new priest's and their families this year to join the regular's that have been supporting this ministry since 2013. We have many returning in the years to come and we hope to meet many more in the years ahead. Sadness visited us when we lost Father Doug Coil in April and Father Tom Eklo in November, They will live forever in our happy memories.

In July Beverly moved back to California, in September Don moved to Texas, Cindy moved to California in October and Teri moved to Arizona in November. All of these very important family members are greatly missed. We also lost Tammie in July to ALS and Ray in November. Rest in Peace dear loved ones until we are together again.

My spare time was spent answering e-mails from the diocesan office, checking on absent/ill parishioners, filling the priest schedule through 2024 and into 2025. I attended Diocesan Convention as a delegate in October. I help the Junior Warden when I can, set the altar each Sunday, help with Saturday Showers and Soup and make myself available to anything that comes along. I appreciate the trust you show me and hope to serve you for as long as God and you wish me to. Thank you for always being there for me and our wonderful family of St. Jude's.

Cordelia Burt, Bishop's Warden

“Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures.”

PRESIDENT JOHN F. KENNEDY

Ministries at St. Jude's

Monday

8:30 a.m. - 12:30 p.m. Senior Nutrition Program
3:30 p.m. - 6:30 p.m. - Pahala School Tutoring
7:00 p.m. - 9:00 p.m. - Full Gospel Men's Bible Study
10AM - Womens' Bible Study (online event)

Tuesday

3:30 p.m. - 6:30 p.m. - Pahala Schol Tutoring
9:00 AM - Education for Ministry (online event)

Wednesday

8:30 a.m. - 12:30 p.m. - Senior Club
1:00 p.m. - 4:00 p.m. - St. Jude's Hula Halua
4:00 p.m. - 6:00 p.m. - Kau' Band
7:00 p.m. - 9:00 p.m. - NA

Thursday

3:30 p.m. - 5:00 p.m. - Kau'Keiki Choir

Friday

8:30 a.m. - 12:30 p.m. - Senior Nutrition Program
1:00 p.m. - 5:00 p.m. - Ohana Health Care

Saturday

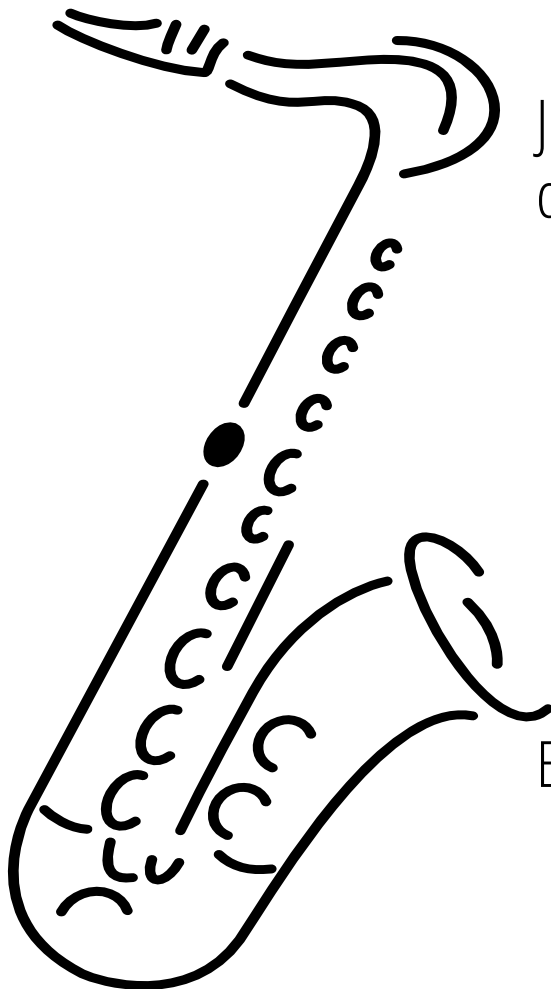
8:30 a.m. - and on - St. Jude's Showers and Meal Service
7:00 p.m. - 9:00 p.m.- NA

Sunday

9:30 a.m. - St. Jude's Episcopal Church Service
1:00 p.m. - Full Gospel Worship Service
6:30 p.m. - First Assembly Worship Service

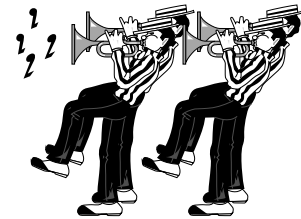
Mardi Gras February 17th

Doors open 4:00pm, Serving until 6:00pm
Free - - Donations Welcome



Jambalaya, red beans,
cornbread
dessert, BEVERAGES

Good Food



Eat In or Take out
Fun filled evening

St. Jude's Episcopal Church
Paradise Circle
Ocean View

From Hwy 11 turn mauka on
Donola Dr to Paradise Pkwy
Turn right to the church

In Our Prayers

Thanksgiving

We offer thanksgiving for the many answered prayers we have received at St. Jude's.

This month we pray for:

Kindness, tender-hearted forgiveness and love in our relationships;

The people of all nations: give us a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will;

Health protection, in COVID post-pandemic: for our kupuna, our loved ones, our leaders, our medical personnel, ourselves. We pray for an end to health issues that impact the ebb and flow of St. Jude's ministries.

Healing: Pastor John Mark, Bob, Sherry, Thom, Elaine, Carl, Faye, Ed, Kathy, Amanda, Cynn timer, Diane, Angie, Austin, Phyl, Caroline, Ginger & Brian, Fr. Richard & Michael, Sam, Pastor Constance, Butch, Don, Jeanne, Ron, Zach, Sigi, Dave, Richard M, Warren.

Comfort & Peace for all caregivers.

Strength and comfort for those who suffer loss.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling, comfort for all those who are unable to travel.

Safety, wisdom and courage for those in protective or public service (firefighters, law enforcement, emergency responders, military personnel, teachers, administrators, clergy, physicians, nurses, medical team members, civil leaders, cashiers, truck drivers, postal employees, and all workers);

For protection from COVID-19, natural disasters, violence and tragedy: we pray for restoration of lives, financial loss and displacement of families forever impacted;

For our church and all her ministries, re-ignite us Lord, in a safe environment of warmth, music, Holy Communion and divine connection. Bring us new volunteers to help us continue our many outreach projects;

Blessings, wisdom, energy, enthusiasm, discernment and encouragement for the leaders of St. Jude's, our visiting priests and for the many volunteers who keep our church operating; and for local, national and international world leaders, help us to work together for peace.

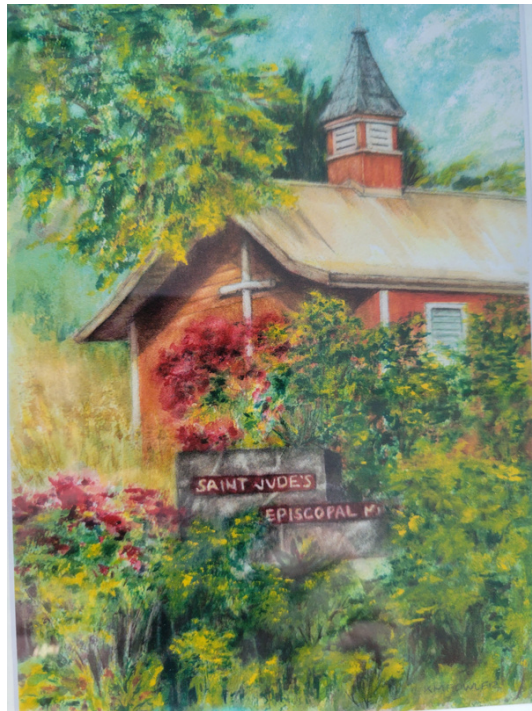
Lord, hear our prayer.

Talk Story 2 welcomes submissions!

Submission Guidelines: 500 words maximum. Uplifting, informational and reflective stories, news, recipes, photos, memories, etc. Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: StJudesNewsletter@gmail.com. Deadline for newsletter submissions is the 20th of each month. Authors retain copyrights to their submissions.

For more guideline details visit www.stjudeshawaii.org.



Talk Story 2

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Previous Talk Story editions available on our website at www.stjudeshawaii.org