

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

At the April Bishop's Committee Meeting the board voted to offer showers on Wednesdays from 9:00 AM - 12:00 PM with the same rules of sign up by 11:30 AM. The first Wednesday shower had 10 people come to shower and the next Wednesday had 15. On the third Wednesday we competed with the shower that God was providing from the heavens and only had 10 people partake of warm/cold shower which ever droplet happened to be hitting you at the time. There is no coffee or food provided because the Senior card players are using the building at this time. People have told us that this is fine they just want a second shower during the week. Saturday showers have been busy during April with 118 showers and 411 plates being served (and we have one more week to count). New people have signed up to set the showers so there should be some relief for those faithful 3 that are always around. Thank you one and all who help keep this outreach to our community going.

It was wonderful to welcome Pastor Mary and husband Jim back into the family circle. Holy Week was very special with foot washing and altar stripping on Maundy Thursday followed by a Lamb Dinner. Friday was Stations of the Cross with all that wanted to read participating. Easter Sunday dawned with bright sunshine and the shouts of "Alleluia Christ is Risen, The Lord is Risen Indeed, Alleluia".

As we celebrate Cinco de Mayo this year we really do get to celebrate it on the 5th of May. We'll be having the usual dinner menu and we're serving from 4 PM-6 PM, take out or eat in. Everything is free but any donations are always accepted. Come out and enjoy a fun time with us. We'll celebrate Mothers Day on the 14th with Pancakes and Bacon for the Aloha hour menu. It seems impossible that it's May already and we'll be heading into June and summer fun before you blink an eye.

All the other programs are perking right along and all have room for more to join them. Seniors could always make room for more to fellowship together and hula is looking for new members to join them also, remember this is a great way to exercise without saying the word.

Things are short this month because I couldn't get people to call me back with information.



Buddy's first solo as LEM with the Reverend Mary Janda.



Buddy, our new LEM

Cineo

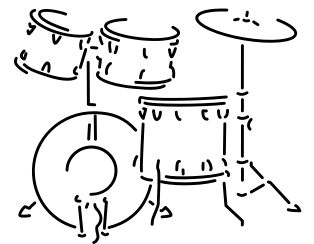
de Mayo

May 5th

Doors open 4:00pm
Eat here or take home



Enchilada
Spanish Rice
Refried Beans
Desert



St. Jude's Episcopal Church
Paradise Circle
Ocean View

From Hwy 11 turn mauka
on Donola Dr to Paradise
Pkwy Right to the Church

Big Island Bites

BY KAREN PUCCI

KONA SALT FARM & LAVA LAVA BEACH CLUB



Maundy Thursday Agape workers-
Cordelia and Deb

*May, more than
any other month
of the year,
wants us to feel
most alive.*

Fennel Hudson

Our pal and good friend, Carolyn Coil, came over for a week for a visit and to spread her late husband's, the Reverend Doug Coil, ashes. She deposited some of him at St. Jude's at the last Sunday with Paster Coe Hutchison. Great service and send off for our dear friend Doug. Doug and she had served us many times over the years and they knew more about the island than we did. We wanted to not only re-visit places they had enjoyed together but also create a few new memories. So first up was the KONA SALT FARM TOUR. This is new to all of us but thanks to a steer from Cynn timer Salley, we took the plunge. This is down at the HOTECH or Natural Energy center or whatever name you know or knew it by. It is at the south end of KOA. This was a very interesting, educational tour about sea salt that we all enjoyed immensely. They do not take the same track to process their salt as conventional open air salt pond evaporation. They pull deep, deep cold sea water up-around 2,200 feet down. And my God, even I could taste the difference! The rest of you will have to take the tour to see. It is well worth it. 45 mins, mostly outside. GREAT view too! Right now, they only hold the tours at 9 a.m. and 11 a.m. I suspect the limited touring has more to do with heat and wind in the afternoon more than anything. However, the property is available to rent for larger events. No Kama'aina rate for the tours. Right now \$25/pp. Open daily and you must book it on line. I think it is worth it.

LAVA LAVA BEACH CLUB is down in Waikoloa. This is Doug and Carolyn's fave spot. After going there, I could see why. It is right on the beach at A' Bay, spectacular views of the water and included lots of tables out on the sand. It also has a huge covered lanai and then a handicap accessible ground level cement area covered in large umbrellas. This is run by the folks who own Huggos so the food is ono-licious! Dinner seating starts at 4. 1st come, 1st served.

If you don't wish to wait around all evening for dinner, get there before 4. It was over a 90 min wait by the time we left and the sun had not even gone down yet. We rolled in around 3:30, got into the handicap parking right by the restaurant. We each had a cocktail--Anna and Carolyn had the "sandy toes" concoction (\$16) and I had the coconut mai tai (\$17). The food menu is a bit limited but they hit all the food groups -beef, pork chicken, fish, salads and of course dessert. When we were seated (on the beach in the sand no shade but thankfully overcast), we started with their onion rings pupu (\$11). Quite yummy and the onion stayed in its cocoon of a light beer batter.

Carolyn had the "Spinugula" salad (\$18) a balsamic vinaigrette salad composed of spinach and arugula and other goodies. Happy lady. Anna had Huggo's terikyaki steak (\$43). She was delighted with the prep and taste. I had a bite. Very ono! I had the Hook, Line & Sinker, which is the fish special of the day (\$52). It was ono fish, prepared with a delightful sauce of some sort. Outta da park yum! We all had ice tea with our meal. No idea the final prices but we think, what a great place with a great view! There was live music but it was not loud nor obnoxious. Perfect for us. We will be back. Prices start \$8 and zoom to \$52. They can do gluten free, vegan if you ask. Full bar. All credit cards accepted. Get in your car, hit the Salt Farm and then finish your day at Lava Lava Beach Club.

LAVA LAVA BEACH CLUB. 69-1081 Ku'uuali'i Pl, Waikoloa Village, It's off the Beach Road the next stop the block AFTER the Queen's Marketplace on the beach of A' Bay (there is a sign posting its direction). Gate opens at noon every day and closes at 9 p.m. Parking after 3 gets pretty tricky. Dinner starts at 4. No rezzies accepted.



The Lava Lava Special, on it's own (special) plate

A Story about the St. Judes Bell Tower

BY JOE MCDANIEL

One night Ocean View had a terrible storm with terrific winds. The next morning I went down to Saint Jude to check for damage. The bell tower was missing from the roof. Half of it was in the church parking lot and the other half was across the street in the ball park.

I went to John Turner's shop, stuck my head in and told John and any of his customers, "John, God has sent me a message." John in amazement said "God sent YOU a message?" I said "Yep, I've been worrying about that flimsy bell tower and last night He took it off the roof. We need a new one and I need you to design it so I have some type of plan to work from. I can build but I'm lousy at designing — that's your job."

So John gave me several drawings. We were working with Anne Johnson at the time and when she heard of the problem, volunteered to pay for the new tower.

The actual bell, from an old steam locomotive, was securely bolted to the roof framing. There was no worry about it falling into the church or rolling off the roof.

I bought a roll of sheet copper and with lumber left over from building our home, I built a new tower, in two pieces, in my garage and took it to St. Jude. Don Keagan, Chris Truman, and Robin Lamson helped to get the pieces on the roof. I attached it to the roof with the idea it was never going to blow off.

The last touch was a small brass plaque to thank Anne Johnson for her donation. I misspelled her name of course. She told me not to worry about it.



About Hymn

BY DAN GARRETT



The Rev. Mary Janda with the lit Pascal candle



Following the candle into church



The Sundays of Easter are filled with many wonderful and familiar hymns. It's time to sing Alleluias again, and sing about resurrection, Christ's, as well as the ones He promised those who believed in Him and follow Him. It is a time when we consider the frailty of our physical being and our earthly character in the Light that is our risen Lord and Savior, a time of unspeakable joy, but also deep contemplation. Many of our "favorite" hymns, the ones that bring memories of childhood in the pew, or brought us comfort and peace in difficult times are designated as appropriate for this season. Among them is a hymn that can correctly be referred to as iconic, one that is both quintessentially Anglican, and yet universally familiar. It has, in fact, been established as a hymn used even at sporting events and civic functions.

There are some varying and possibly apocryphal stories about the history and inspiration for the words written by Scottish cleric Henry Francis Lyte for his best known hymn, "Abide With Me". One popular story is that he wrote the poetry about 1820 as he cared for a dying friend, and the most popular that it was written in 1847 as Lyte was near death himself with the tuberculosis that had plagued him from his youth. The 1847 date of its appearance is also the year of Lyte's death in Sardinia, where, as was the practice at the time, people from the British Isles often traveled "for their health".

The hymn was originally set to a tune of Lyte's own composing, but began its permeation into the culture when published in 1861 with its most familiar setting, to "Eventide", by William Henry Monk. By the nineteen twenties it had been established in military and athletic ceremonies. The text is so compelling that it was a favorite of both George V and Mahatma Gandhi. It was even used at Elizabeth II's wedding. It remains one of the most popular hymns for funeral and memorial services. The website hymnary.org lists 102 publications that include it.

“Abide With Me” has long been a favorite of mine, and I wouldn’t be able to recall how many times I have sung it, including singing it as prayer in times when the words were simply the best description of where I found myself. In the 1982 Hymnal, as in many others, four verses only are included for their universal appeal. I am exceptionally fond of the extremely personal four that are often omitted, and have included them below:

Swift to its close ebbs out Life’s little day;
Earth’s joys grow dim; its glories pass away;
Change and decay in all around I see;
Oh Thou who changest not, abide with me.
Not a brief glance I beg, a passing word,
But as thou dwell’st with thy disciples, Lord,
Familiar, condescending, patient, free,
Come not to sojourn, but abide with me.
Come not in terror, as the King of kings,
But kind and good, with healing in Thy wings.
Tears for all woes, a heart for every plea.
Come, Friend of sinners, thus abide with me.
Thou on my head, in early youth didst smile,
And though rebellious and perverse meanwhile,
Thou hast not left me, oft as I left Thee.
On to the close, O Lord, abide with me.



The Rev. Mary Janda on Easter morning



Beautiful Liturgical Hula at the Easter Service

Jews and Christians

BY REV. SUSAN

At a recent clergy gathering in Michigan, several of us stayed for lunch following a midday Mass. Sitting next to me was the rector of one of the larger churches in the area, and at some length he described an exchange he had had with a companion member of a non-profit board. She, a Jew, asked him to explain Christianity to her.

He told her that it wasn't an "elevator ride" subject but required an extended conversation. Then he paused in telling his story and turned to me. "You know," he offered, "scratch the surface of any Christian and you'll find a Jew."

"Scratch the surface of any Christian and you'll find a Jew." It is a solid, but for many Christians, an uncomfortable truth.

The reality is that Jews have played a germinal, though complicated, role in Christian life.

Christians owe so very much to Jews, including Jesus – for us the Messiah and Savior.

Our very Eucharist arises out of the Passover dinner Jesus shared with the disciples, his last supper.

We have in common texts including the Old Testament, the Hebrew Bible. The psalms so deeply cherished by Christians are from Israel, many of them ascribed to David.

Frequently their worship traditions are embedded in our own. Jews baptized to cleanse – Christians expanded the practice to incorporate the Holy Spirit.

"Scratch the surface of any Christian and you'll find a Jew." That, however, remains an uncomfortable truth.

The Palm Sunday gospel reading from Matthew underscores the deep conflict that many Christians have experienced, and still do. Who among us likes to read the words the Jews cried out "Let him be crucified," and "His blood be on us and on our children!"

And so, the conflicts began.

If ever there needed to be a scapegoat, it was the Jews. Those words, and that story in Matthew, are at the root of much of the pain directed at Jews for two millennia, for two-thousand years.

The centuries are rife with the horrors that Christians wreaked on Jews.

Religion was often a guise for naked power grab by rulers and kings: the expulsion of Jews from England by King John (when he chose not to pay money loaned by them); the creation of ghettos to isolate Jews living and working quarters (reducing their commercial competition); the false claim of blood libel of Jews killing Christian children in ritual sacrifice; the Spanish Inquisition of Fernand and Isabella; and the unspeakable Nazi death camps of the last century.

So many of these horrors masked raw political agendas – driven by power and money – and used the words and actions of the mobs in Jerusalem as the reason. Indeed, it was not Jews reflecting their faith as they shouted their desires to Pilate. It was the entrenched elite in Jerusalem who purposefully stirred up the crowds to suit their own needs: to eliminate Jesus, a threat to their power base.

It is troublesome that misconceptions about the Jews' role in the crucifixion of Jesus continues. The real story of the crowd's part in the arrest and murder of Jesus is one of manipulation. And, through the centuries their call for crucifixion have been used as a cudgel against the Jews.

As we continue through Eastertide and on to Pentecost, may we give thanks for the Risen Christ. At the same time let there be room in our hearts and respect for the gifts we have received, knowing that “scratch the surface of any Christian and you may well find a Jew.”



Lighting the Pascal candle on Easter Sunday

A New Dictionary for Episcopalians

Ascension Day: Day on the liturgical calendar commemorating Christ's ascension and the end of his post resurrection appearances; comes forty days after Easter and always on a Thursday.

Pentecost: The Sunday fifty days after Easter on which the church remembers the bestowal of the gift of the Holy Spirit on the apostles (Acts 2:1). The name derives from the Greek name of the Jewish Festival of Weeks fifty days after Passover, when the event originally occurred. Because this event signaled the beginning of the apostles' public proclamation of Jesus as the Christ, it is often called the birthday of the Christian church. Because it is also a traditional day for Baptisms, and because people at one time uniformly wore white garments in which to be baptized, the day also became known as Whitsunday (White Sunday). Now the color of the day is red, followed by white for Trinity Sunday; the rest of the season is green, except that in some places the Last Sunday after Pentecost is red or white.

Season of Pentecost: The season of the church year which runs from the Sunday of Pentecost until the First Sunday of Advent; in this season, Sundays are numbered after Pentecost. The cycle of the liturgical year from Advent through Easter recalls Jesus' earthly ministry, culminating in the remembrance of his death, resurrection, and post resurrection appearances. The Pentecost season calls us to explore the significance of the church itself as the sign of Christ's continued presence and ongoing activity in the world. The liturgical color is green.



Shannon and Buddy during communion



Elaine on Easter Morning



Cynn timer Reading on Easter

May Dates to Remember

6	Lemonade Party: Work in the yard 9 a.m.- 11 a.m. Showers and Soup: 9 a.m. and on hotdogs and haircuts
7	The Fifth Sunday of Easter
13	Showers and Soup: 9 a.m. and on
14	The Sixth Sunday of Easter Mothers Day Pancakes and Bacon at Aloha Hour
18	Ascension Day
20	Showers and Soup: 9 a.m. and on
21	The Sunday After Ascension Day
27	Showers and Soup: 9 a.m. and on
28	The Day of Pentecost: Whitsunday

Lines Written in Early Spring

BY WILLIAM WORDSWORTH

I heard a thousand blended notes,
While in a grove I sate reclined,
In that sweet mood when pleasant thoughts
Bring sad thoughts to the mind.

To her fair works did Nature link
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man.

Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

The birds around me hopped and played,
Their thoughts I cannot measure:—
But the least motion which they made
It seemed a thrill of pleasure.

The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there.

If this belief from heaven be sent,
If such be Nature's holy plan,
Have I not reason to lament
What man has made of man?

Eds Note: The following is a blog post written by Pastor Coe about his recent experience at St. Jude's. Pastor Coe and Janet are currently embarking on a hiking adventure in the UK. If you would like to follow along about news from their trip, he will be posting at his blog, trustinggrace.com.

Janet and I just returned from a month during which I served as visiting priest at St. Jude's Episcopal Church in the rural community of Ocean View on the Big Island of Hawaii. St. Jude's sign really tells their story. It is a little church with a great big heart.

St. Jude's does not have a full-time priest. Instead, they have a rotation of visiting priests who each stay 1-2 months and are lovingly referred to as the "flavor of the month." St. Jude's is a strongly lay-lead congregation with outstanding leadership and amazing ministry. Their waiting list of visiting priests is long, I signed up for this one month of service way back in 2019. I am so thankful for our month at St. Jude's, it was truly a mountaintop spiritual experience for me and I am still soaking it all in.

They provided a wonderful three bedroom home and a very nice car for our use. Our only true obligation was to lead Sunday worship. But the St. Jude's ministry opportunities were too good to pass up and Janet and I jumped in with both feet. Every Saturday is "ministry day" and St. Jude's provides a hot meal to all who show up. They also provide hot showers since many of the local residents do not have electricity or propane to heat water and some don't even have sufficient water. In addition, there are barbers/stylists that come and provide free haircuts about every six weeks. While we were there, over 250 meals were served, more than 120 hot showers were enjoyed, and 24 haircuts were provided. And this is all out of a congregation that numbers around 20-25 on a Sunday morning. Wow, these people are amazing.

They have a small, but very versatile building with easy to move chairs and tables and a floor that is easy to clean and very functional. They have a small, but functional kitchen. Here are some pictures of the space where meals are provided on Saturday and worship takes place on Sunday. And our wonderful volunteer barbers/stylists.

Janet and I volunteered to provide one of the Saturday meals and we opened more than 70 cans of chili, had three rice cookers going at once and Janet used all the pans in the church and the vicarage to bake brownies. Here is Janet serving up brownies. It was so much fun.

Continued on next page.

St. Jude's congregation is wonderfully open and inclusive. Everyone is welcome and they mean everyone. One Sunday, a man no one knew walked in during my sermon and marched right down the middle aisle. Later, during announcements we asked his name to welcome him and he announced, "My name is Jesus Christ." I thought later, "Well, you know, maybe it really was Jesus Christ." And St. Jude's welcomed him.

We felt tremendously loved by these people and we loved them right back. By the end of the month, it was really hard to leave. We had made connections. As I explained in my final sermon, "We had met Jesus in their faces and their lives and their stories and we had met Jesus in the faces, lives, and stories of those we served together."

I want to close with this little piece that St. Jude's puts into their bulletin every week. It truly describes them and they point to it frequently. But even better than pointing to it...they live it out.

BE AWARE!

Here we practice the inclusive Gospel of Jesus, Christ.

This means that you may be gathering with
Tax collectors, thieves, adulterers, hypocrites,
Women as well as men, female and male priests,
Gays and lesbians, the disabled, the dying;
Native Americans, Mexicans, Asians,
Blacks and other ethnic minorities;
Bishops, bigots, heretics, agnostics, atheists,
Jews, Muslims, Hindus, Buddhists, and
strangers from foreign lands—
Anyone like those with whom Jesus met.
So be Aware, this is not an exclusive club.
We welcome you all!

(adapted from Kenneth Leech, St. Botolph's, Aldgate, London)

St. Jude's in Ocean View, Hawaii. A little church with a great big heart overflowing with God's love.

God bless,
Coe

You Can Go Home Again!

BY CAROLYN COIL

*It was so wonderful to be back at St. Jude's!
I immediately felt I had come home again.*

It was quite a trip to get to Kona. When I went to board the plane heading from Atlanta to Los Angeles, I was informed that the pilot was sick and they were waiting for a new pilot. I knew this did not bode well since my connection in Los Angeles was less than two hours. After an hour passed, they announced that the new pilot had arrived but that we would be making a refueling stop in El Paso. That seemed rather strange. As far as I knew, the trip from Atlanta to Los Angeles never needs additional fuel. But we were informed that the wind and rain in Los Angeles was so bad we might need to circle for awhile. I knew then that catching my connecting flight would be impossible.

When we finally arrived in Los Angeles, my flight to Kona had already departed. I hustled to the Customer Service desk to see what my options were. I was put on a plane for the next day and issued a voucher for an overnight stay at an airport hotel. I was relieved because they usually don't give out vouchers for weather-related delays. The woman behind me in line was also going to Kona. She was put on the same flight as mine in the morning but then was told that she would not get a hotel voucher because it was a weather delay. She looked rather distressed and was ready to sleep in a chair at the airport. I asked her if she would like to share my room. She was very grateful and we had a nice evening together!

When I finally arrived in Kona (a day later than expected) Karen picked me up at the airport and we drove to Karen & Anna's house. They were the best hosts for an entire week! We had a great time, saw tons of movies, and I immediately felt right at home.

And nature put on quite a show
with a huge rainbow to greet me!



Being at St. Jude's for the showers on Saturday and for worship on Sunday was so very special. I sprinkled some of Doug's ashes in the garden and the cruets given in his honor were blessed by Pastor Coe. Most of the pictures from Sunday's service were published in the last edition of Talk Story.

Of course, eating is a big part of visiting the Big Island! Anna fixed delicious meals at home but we also ventured out several times, including visiting the Thai Food Truck in Ocean View.

We took Thom White to the now renowned Manago Hotel and Restaurant in Captain Cook, winner of the prestigious James Beard Foundation's 2023 America's Classics Award. Of course, we all ordered the pork chops Manago is famous for!



Doug's and my favorite restaurant and beach on the Big Island is the Lava Lava Beach Club, located about an hour north of Kona. Because it is about a 2 hour drive from Ocean View we only treated ourselves to a trip there once each visit. Drinks, delicious food, Hawaiian music, the beach itself, and tables in the sand all make this place so very special. I was incredibly happy to visit there once again. I left a few of Doug's ashes there in the sand.

A new place to explore on this visit was the Kona Salt Farm, located near the airport in the same area as the Seahorse Farm and the Octopus Farm. What a beautiful area and the guide was so interesting explaining how they make salt. This is some of what we learned:

Kona Sea Salt is the only sea salt in the world made from pure, 900-year-old deep ocean water, rich in natural minerals and flavor. Most sea salts are created from surface waters which have significantly lower mineral content and can have higher amounts of microplastics and contaminants. This salt water is drawn from 2,200 feet below the ocean's surface off Hawai'i Island, making it one of the highest quality finishing salts in the world.



One of the great joys of my visit was meeting my EFM group in person. Carol Greenwell, Deb Johnson and I are in year 3. I had not met Carol before and it had been a long time since I had seen Deb in person.

Many more who are in the class were also there. We had such a relaxing time sitting on Cynn timer's lanai enjoying the sunshine, the scenery, and one another's company.



Aloha and mahalo my dear friends – until we meet again!

Readings on the Episcopal Church: History, the Ordination of Women, Ethics, and Feminist Ethics

BY MOTHER LINDA

A PRIEST FOREVER

The Rev. Dr. Carter Heyward wrote this book (1976) and laid out how her colleagues at Union Seminary in New York and her students in her class on Feminism, and Vocation and Women in Ministry were especially supportive to her.

As an out lesbian Christian, Carter was a very controversial candidate for the priesthood. The efforts to stop her ordination persisted until the day of ordination and afterwards as well.

WOMAN PRIEST: A PERSONAL ODYSSEY

The author of this book, *Woman Priest: A Personal History*, The Rev. Dr. Alla Renee Bozarth, was also one of the Philadelphia Eleven ordinands. This book was published in 1988. She is a well known author of prose and poetry, a therapist and a priest. One of her texts is *Life is Goodby/Life is Hello*.

HALLELUJAH, ANYWAY: A MEMOIR

The Rev. Dr. Barbara Clemintine Harris' memoir marks a life in church and society over decades. Born in 1930, Harris was a participant in the ordination of the Philadelphia Eleven. She was elected as the first Black Woman Bishop in the Anglican Communion and consecrated on February 11, 1989. Harris was an actor in national and church history, marched with Martin Luther King from Selma to Montgomery, and spoke forthright about the racism, sexism, and other "isms" that populate the Episcopal Church.

Harris published another book in 2003 titled *Parting Words: A Farewell Discourse*. She writes: "For the past 13 years-plus, if there has been one watchword on my lips, it has been 'Please be patient with me, cause God isn't finished with me yet.'"

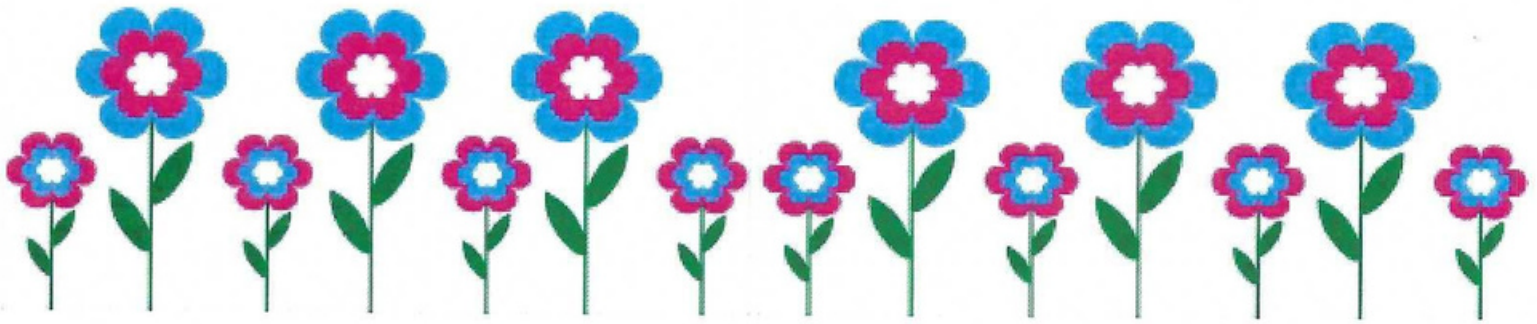
May Birthdays

26

Greg Guithues

Photos of Easter Morning at St. Judes





Ocean View Community Center

YARD SALE

Saturday, May 20

9 - 12 pm

\$15 per table (\$10 for OVCA members)

7 am set-up

Household items, fruits, veggies, plants

Muffins, pastries, coffee, ice tea

available for purchase

To sign up as a vendor please call OVCA during office hours, Monday - Saturday, 9 - 12

808-939-7033 92-8924 Leilani Circle

The Dirty Dozen

Have you heard about The Dirty Dozen? Of course you have. It's a movie starring Lee Marvin, Clint Walker, Charles Bronson, and Jim Brown naming just a few. I really liked it!

But there is another Dirty Dozen I don't care for!

There is an organization called the Environmental Working Group (EWG.org). They analyze and evaluate foods and things we use to determine if they might be harmful to us.

The Dirty Dozen is their name for the 12 fruits and vegetables that have the highest pesticide levels in them on the produce counter. As EWG says "Nearly 75 percent of non-organic fresh produce sold in the U.S. contains residues of potentially harmful pesticides."

The Shopper's Guide represents EWG's analysis of the latest fruit and vegetable testing data from the Department of Agriculture and Food and Drug Administration. The 2023 guide includes data from 46,569 samples of 46 fruits and vegetables. The USDA peels or scrubs and washes produce samples before testing, whereas the FDA only removes dirt before testing its samples. Even after these steps, the tests still find traces 251 different pesticides.

This is from EWG: THE 2023 DIRTY DOZEN. Of the 46 items included in our analysis, these 12 fruits and vegetables were most contaminated with pesticides:

Strawberries	Nectarines
Spinach	Apples
Kale, collard and mustard greens	Grapes
Peaches	Bell and hot peppers
Pears	Cherries
	Blueberries
	Green beans

Some highlights from the Dirty Dozen testing:

- More than 90 percent of samples of strawberries, apples, cherries, spinach, nectarines and grapes tested positive for residues of two or more pesticides.
- A total of 210 pesticides were found on Dirty Dozen items.
- Of those, over 50 different pesticides were detected on every type of crop on the list, except cherries.

- All of the produce on the Dirty Dozen had at least one sample with at least 13 different pesticides — and some had as many as as many as 23.
- Kale, collard and mustard greens, as well as hot peppers and bell peppers, had the most pesticides detected of any crop — 103 and 101 pesticides in total, respectively.
- The neurotoxic organophosphate insecticide acephate, prohibited from use on green beans in 2011, was detected on six percent of green bean samples.

EWG’s recommendation is that you only eat organically grown sources of these. We follow their recommendations on the Dirty Dozen!

Fortunately, there is also a Clean Fifteen!!

THE 2023 CLEAN FIFTEEN. These 15 items had the lowest amounts of pesticide residues, according to EWG’s analysis of the most recent USDA data.

Avocados	Kiwi
Sweet corn	Cabbage
Pineapple	Mushrooms
Onions	Mangoes
Papaya	Sweet Potatoes
Sweet peas (frozen)	Watermelon
Asparagus	Carrots
Honeydew melon	

Top takeaways for consumers:

- Almost 65 percent of Clean Fifteen fruit and vegetable samples had no detectable pesticide residues.
- Avocados and sweet corn were the cleanest produce – less than 2 percent of samples showed any detectable pesticides.
- Just over 10 percent of Clean Fifteen fruit and vegetable samples had residues of two or more pesticides.
- No sample from the first six Clean Fifteen items tested positive for more than three pesticides.

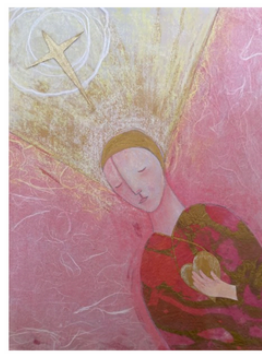
For us we try to always buy only organic for the Dirty Dozen. For the Clean Fifteen, we buy organic unless it is too costly. It is worth you checking out their site if you want to reduce pesticide exposures in your food. EWG.org. They even have an app for your smart phone so you can scan a bar code of something you are thinking about buying and see how they rate that. Check out their app EWG Healthy Living!



001 BLANK



002 BLANK



003 REST AND LET LOVE



004 BLANK



005 BLANK



006 BLANK



007 BLANK



008 BLANK



009 HOLY SPIRIT



010 BLANK



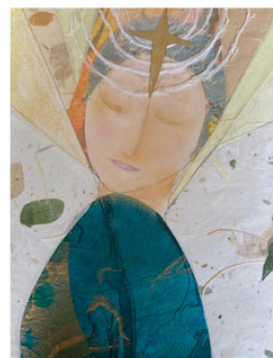
011 BLANK



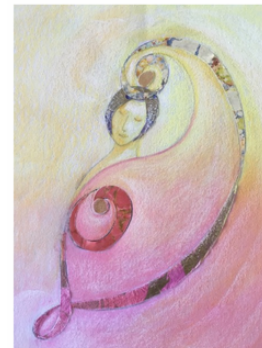
012 ALL POSSIBLE



013 BLANK



014 BLANK



015 BLANK



016 SPREAD LOVE

Christ Cards made by Deborah Johnson. Please see next page for ordering information.

CHRIST CARDS

ALL PROCEEDS ARE DONATED TO SAINT JUDES EPISCOPAL CHURCH
OCEAN VIEW, HI



ORDER BY EMAIL:

GDBRAJOHNSON@gmail.com

ORDER BY PHONE:

(303)-324-6115

ORDER BY MAIL:

Please print and send check or money order to:

Deborah Johnson

1268 Johnson Rd

Irasburg, Vermont 05845

BILLING AND SHIPPING INFORMATION

Name _____

Street _____

City _____

State _____ Zip _____

Card Number	Quantity	Unit Price	Total
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
		\$2.50	
SHIPPING		Subtotal	\$0.00
1-10 Cards \$3.99			
11 or more \$9.99		Shipping	
	Tax	6.00%	\$0.00
		Total	\$0.00

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
10 AM - 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
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

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, Elaine, Carl, Faye, Cynn timer, Angie, Austin, Phyl, Caroline, Ginger & Brian, Fr. Richard, Sam, Pastor Constance, Butch, Don, Jeanne, Ron, Zach, Sigi, Richard M, Warren, Buddy, Thom, Dan, Sharon, Vickie, Bishop Gretchen, Robin, Loren, and Debbie.

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.

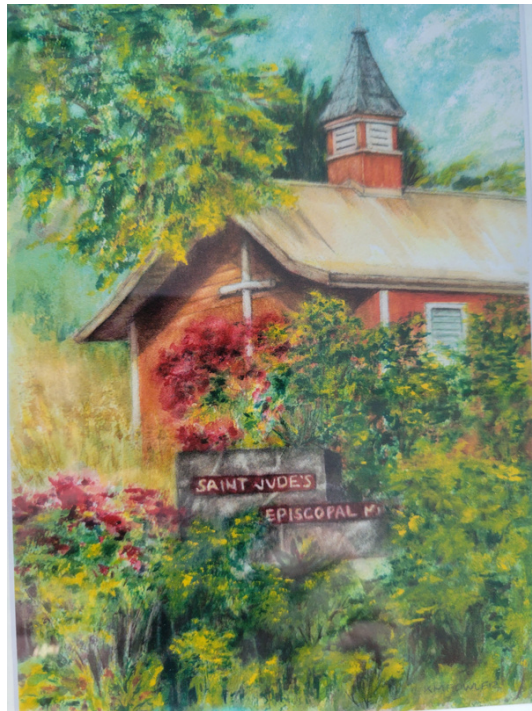
Lord, hear our prayer.

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. The views in these articles are the Authors own and do not reflect the opinions of St. Judes.

For more guideline details visit www.stjudeshawaii.org.



Talk Story 2

A monthly news magazine published by St. Jude's Episcopal Church in Ocean View, Hawaii.

P.O. Box 6026
92-8606 Paradise Circle
Ocean View, Hawai'i 96737
(808) 939-7555

Email : StJudeHawaii@bak.rr.com

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