

# Talk Story

St. Jude's Episcopal Church  
News Magazine

April 1, 2016

Edition 4 – Volume 2

## From The House of Bishops **A Word to the Church**

March 15, 2016

The House of Bishops of The Episcopal Church, meeting in retreat, unanimously approved the following Word To The Church.

### **A Word to the Church** **Holy Week 2016**

*"We reject the idolatrous notion that we can ensure the safety of some by sacrificing the hopes of others."*

On Good Friday the ruling political forces of the day tortured and executed an innocent man. They sacrificed the weak and the blameless to protect their own status and power. On the third day Jesus was raised from the dead, revealing not only their injustice but also unmasking the lie that might makes right.

In a country still living under the shadow of the lynching tree, we are troubled by the violent forces being released by this season's political rhetoric. Americans are turning against their neighbors, particularly those on the margins of society. They seek to secure their own safety and security at the expense of others. There is legitimate reason to fear where this rhetoric and the actions arising from it might take us.

In this moment, we resemble God's

See " Bishops' Word " continued on page 10



**The altar on Palm Sunday at St. Jude's was accented by food baskets for Ka'u Food Pantry donations.**

## **In this edition**

Around the church yard	Page 3
Grazin' Girls	Page 5
Church Schedule	Page 6
Flavor of the Month	Page 10
Hawaiian Gardeners	Page 13



## Ava's Back!

Champion cookie seller Ava Rogers is back at St. Jude's, selling her world famous Girl Scout cookies. Look for Ava after Sunday worship services.



## Stalking the pantry

By Karen Pucci,  
Ka'u Food Pantry Board of Directors, President



Ka'u Food Pantry, Inc.: next distribution is **Tuesday, April 26** at **St. Jude's Episcopal Church** on Paradise Circle-Mauka from 11a-1p [new time]. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 0900 on that Tuesday. The Pantry holds a fund raising event every month on the 3rd Saturday -**April 16**-at the Swap Meet in Ocean View down by Malama Market. Please come down and support us and pick up some yummy home baked goods.

On behalf of Ka'u Food Pantry, Inc., I would like to acknowledge and thank **Joann Galleher** for all her assistance in shopping and distributing the food. She and her husband are moving off island. She has been an invaluable part of this agency. She and her smile will be sorely missed. I would also like to acknowledge and thank **Leslie Davis Rogers** will also be leaving in April for her enforced expulsion from our country. She is our recording secretary, a food shopper and our head of registration. She will return at some point for another six months. She too will be missed.

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non profit agency whose mission is to feed the hungry of Ocean View. We are currently feeding up to 150 families. Our program is designed to provide 1-3 days worth of nutritious food to help people who run short of money, benefits and/or food by the month's end.

Donations of non perishable food items and funding are welcomed. As a non profit, the Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of case of food to help your community. Your cash donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support





## Around the church yard

By Contributing Editor Don Hatch

**Free Hot Shower & Soup:** Last month we extended the time the shower and soup kitchen opened by one hour, due to the increase in shower numbers. This month we continued with a shower count in the high 20s and low 30s and we are now serving between 3 and 4 pots of soup each Saturday.

St. Jude's provides soap, shampoo, rinse, and a fresh clean towel for the people taking showers, and with more people showing up each week for a hot shower and soup I'm reminded of that old adage about "Every Silver Lining Has a Cloud". The increased numbers of people using the shower increases the number of towels we have to wash and dried and also the amount of soup we make each week.

For over 3 months Thom White and Buddy Sherfield have been washing and drying the towels, but Thom finally admitted to having **towel fatigue**. So, starting this month, laundry will become one of the volunteer jobs.

**Holy Week:** This year Palm Sunday was on the same day the articles for the Newsletter was due and as I was looking over the way they decorated the altar, my wife Beverly said, "Take a picture of the altar decorations for Cindy."

I thought they did a great job of decorating

the altar. In addition to getting a good picture of the altar decorations I noticed that front and center are the baskets for food donations. Since the food donation baskets are always there, they have become part of the altar, in my mind, and I usually forget they are even there. What drew my attention this time is that one of the baskets is full of Girl Scout Cookies. Last year one of our Girl

Scouts, Ava Rogers, sold 2,217 boxes of cookies which was enough to make her one of the top two Girl Scout Cookie sales scouts in Hawaii.

Ava is back selling cookies again this year and since some of us still have frozen cookies from last year, many of the congregation are buying the cookies from Ava and contributing them to the Ka'u Food Pantry. This should make some happy recipients when the Ka'u Food Pantry volunteers give them out with the regular food.

**Baby of the Week:** St. Jude's is mostly a congregation of adults with a majority being seniors. We have a lot of parents, grandparents, and I know of several great grandparents. There may even be some great-great grandparents.

Over the last year we have had a number of younger people join our congregation

**See "Church Yard"**

**Continued on page 4**

*The priest had to talk over the sound of a cute cooing baby. Rev Anne didn't even try to talk over her, because every time the baby cooed she would stop, look at the baby, and smile - exactly like all of the other mothers in the congregation.*

## Church Yard

(Continued from page 4)

and now it is fairly common to have several youngsters running around the church.

Mariah and her young son Lani have been part of St. Jude's for six months or so and last month Mariah gave birth to a daughter, and named the baby Lunalani.

Last week Mariah brought Lunalani to church to introduce the congregation to her, but things didn't work out as planned because Cordelia took Lunalani and wouldn't share. Becky finally told Cordelia that she needed to learn how to share and Becky took the baby from Cordelia and then Becky wouldn't share.



The next week a new couple came to church with a five month old baby girl. At five months she was good at cooing and laughing.

In the past, St. Jude's has had a chicken problem and the priest often had to talk over the sound of crowing roosters, but that is nothing compared to trying to talk over the sound of a cute cooing baby. Rev Anne didn't even try to talk over her, because every time the baby cooed she would stop, look at the baby, and smile - exactly like all of the other mothers in the congregation.

I can hardly wait to see who our next "Baby of The Week" will be.

### Dates in April to Remember

April 2	Lemonade Party	9 a.m. to 11 a.m.
April 3	Bishop's Committee Meeting	
April 10	Rev. Anne's Last Sunday	
April 17	Father Tom's First Sunday	



## ISLAND FOOD REVIEWS BY K & A

### *Groovin' with the Grazing Girls*

## Kauai cuisine is a hit



KAUAI: We took a recent holoholo to the Garden Isle. Thought those of you who might like to visit or have to go on business would like some recommendations. We were the guests at a time share in Kapa'a, a few minutes north of Lihue airport.

First off-decent to very good Mexican can be had on this island. Our first stop after several locals recommendations: Monico's. It's on the makai side on the way into Kapa'a. The staff is a mix of locals and hispanics which made for some interesting ear hustling on our part. Anna had a traditional margarita that she enjoyed. First bowl of chips and salsa are on the house, anything after that is out of pocket. We both ordered the fresh catch of the day -Anna in a fajita style presentation and me in burrito. Fabulous. Fish was great, very, very fresh. Spices were subtle but delicious. Even the rice [always a sticking point with us] was tasty. Beans were yummy too. Prices for the fresh fish dishes ran around \$22 but well worth it. Prices dropped somewhat if pork, chicken or beef is your choice of meat. Meatless items were available but have a chat with your server about how they prep their items. The Girls say go graze. Open for lunch and dinner; closed on Mondays [many places close on Monday]. This place is very popular and it was mobbed within 15 minutes of our arrival. Inside and outside dining. Inside is fairly noisy once it got going. Credit cards accepted. Prices ranged from \$12 to \$25.

Next up was Marachi's. We went to the one in old town Kapa'a. We passed another by Port Allen.

Very different cooking. We started with Midori Melon margaritas. Margaritas here are not put into the blender but poured over ice-which I actually prefer. I liked mine. Anna said she missed the citrus bounce that was in her Monico's margarita. I had a very unique dish of camarones de diablo. Sauted fresh jumbo shrimp in a slightly fiery red sauce and it was da bomb! I had traditional beans, rice and flour tortillas with it. Anna had shredded beef tacos. The tacos came unrolled, looked more like mini tosadas than tacos. The tortillas however were soft. She enjoyed her meal and she lucked out by having black beans with her meal. We were both quite happy.

Full bar with a happy hour, credit cards accepted. Lunch and dinner. Prices ranged from about \$10 to \$25. Another hit so go graze.

The Country Kitchen in Kapa'a by the Foodland is an excellent breakfast/lunch/dinner place. Heavily trafficked by locals so we knew it was good and inexpensive. We were right. We were there for kind of a brunch time. The cooking is basic Hawaiian eclectic-some Japanese, some Korean, some Filipino, some Chinese and some Hawaiian style. I had a bowl of Saimen with the works-chicken pork, veggies, an egg and the noodles. Good chicken stock base. Honestly I cannot recall what Anna had but involved fried rice and I believe spam. She was happy with it. BUT a word of caution, they are a little heavy handed with the salt. If that is an issue, stay with things like pancakes and sandwiches. I believe this place did not accept credit cards.

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
<b>Monday</b>		Senior Nutritional Program				Chime Choir Practice			Hula Practice		NA	AA		
<b>Tuesday</b>			Women's Bible Study @ Bev's 10:00 am		Food Bank Monthly Last Tues.			Veterans Affairs (Heimburger Hall)						
<b>Wednesday</b>		Senior Nutritional Program							Brownie Meeting			NA		
<b>Thursday</b>		Hula Practice			Veterans Affairs (Heimburger Hall)					Al-Anon		AA		
<b>Friday</b>		Senior Nutritional Program						St. Jude's Events						
		Men's Bible Study @ McKinney Place						Band Practice						
<b>Saturday</b>		Free Hot Shower								AA		NA		
		Free Hot Lunch With Shower												
<b>Sunday</b>		St. Jude's Eucharist Services & Aloha Potluck Social After Services					Marshallese Full Gospel Church			Marshallese First Assembly of God				
		Indicates this is a St. Jude's Function				AA = Alcoholics Anonymous NA = Narcotics Anonymous								

**St. Jude's Weekly Schedule**  
[www.stjudeshawaii.org](http://www.stjudeshawaii.org)

# In our prayers this month

**For healing** Hannah, Malarie, Ray, Cynnie, Phyl, Brian, Christine, Priscilla, Mariah

**For travel mercies** for those leaving their island home or coming back to their island home

## For protection and safety

All protective service men and women in law enforcement, firefighters, military personnel, health care providers, teachers and security personnel.



# Celebrating this month

## April Birthdays

- 6 Leslie Rogers
- 6 Hannah Uribes
- 7 Jeffrey W. Silva
- 13 Joann Hearn
- 15 James Hopper
- 23 Rev Doug Coil
- 25 Jean Buechele
- 25 Elaine Meier
- 25 Rebecca Schaupp
- 26 Paul Rogers

## April Anniversaries

- 1 Mariah & Leonardo Aguilar
- 16 Mike & Marla Hubbard
- 26 Steve Stigall & Dan Garrett



# From the St. Jude's Kitchen From Don Hatch

## Beef Tamale Pie ✓

Serves: Six

### Ingredients

Meat Chili	1	lb.	lean	Ground Beef
	2	Tbsp.		Olive Oil
	1	cup	chopped	Onion
	1	cup	chopped	Green Pepper
	1	15 oz can		Tomato Sauce
	1	15 oz can	drained	Whole kernel Corn
	1	15 oz can		Black Beans (drained & rinsed)
	1	cup	sliced	Ripe Olives
	2	cloves	minced	Garlic
	1-2	Tbsp.		Chili Powder - medium hot
	1	tsp.		Ground Cumin
	1	tsp.		Salt
	1 1/2	cup	grated	Sharp Cheddar Cheese
Topping (cornmeal mush)	1	cup		Yellow Cornmeal
	1/2	tsp.		Salt
	1	cups	cold	Water
	1	15 oz can		Cream Corn
	1	Tbsp.		Butter or Oil
moist and cheesy	2			Eggs (optional)
	1	cup	shredded	Sharp Cheddar Cheese (optional)

Cook beef, onion, and green pepper in a skillet until the beef is brown and remove excess fat. Add remaining ingredients and spices. Cover and simmer for 20 minutes.

*Note: If the meat has more than 10% fat, you should cook the meat first and drain off the excess fat before adding the vegetable and seasoning.*



**Cornmeal Mush:** In a saucepan, stir cornmeal, salt, cold water, and cream corn together. Cook, stirring constantly, until mixture thickens and bubbles. Remove from heat and stir in the butter.

Pour meat mixture into a greased 2 quart casserole pan. Cover with the cheese, then top with the cornmeal mush.

Bake in a 400° oven for 30 minutes, or until hot and bubbly and toasted on top.

**Variations:** You can use up to 2 Tbsp. of Chili powder to get more chili flavor without making it too spicy hot. If you want more heat, you should use some cayenne, serrano, or habanera peppers. If you want more chili con carne taste double or even triple the cumin.

You can substitute a can of chopped tomatoes or Ro\*Tel tomatoes for the tomato sauce.

You can make a low fat version by using low fat ground turkey (99% fat free), eliminate the olives, eliminate the butter, and use reduced fat cheese.

The first Beverly made this recipe she used some left-over pork roast (shredded), instead of the ground beef – it was very good.

You can make a moister and cheesier dish by adding eggs and cheese to the cornmeal batter. You can also add ½ cup of flour to the cornmeal topping.





## Flavor of the Month

Reverend Anne Scheible will serve St. Jude's from March 1 through April 11. Thank you Anne for serving our congregation with your love and wisdom.



**Coming up on April 17th.** The Reverend Anne Scheible

## Father Tom Eklo

*Father Tom Eklo will begin his service to St. Jude's on April 17th. The following bio has been provided by Father Tom.*

I was born and raised in Minneapolis. My dad was a Minneapolis police officer and my mom was a stay at home mom during those formative years of my life. Being one of four children, there was no lack of chaos and commotion in our home, but it was a loving, caring environment with its fair share of sibling grumbling - "Why do I have to do that?"

I attended Bethel College in St. Paul, MN with the thought that I would be heading off to seminary after college. But God's timing and mine were not in sync. It didn't take long for me to figure out that I needed to be doing something else for a time. I stumbled into the banking industry, taking a job as teller. What I didn't know at the time is that it would be the defining career of my life in one form or another for almost 25 years.

During this period of my life, I found the Episcopal Church (I was raised in the Baptist Church), I found my life partner, Stephen, and I had a gnawing sense that God was calling me to something else that I could no longer ignore. I entered into discernment for holy orders and in

**See "Father Tom" continued on page 10**

## Ka'u Food Pantry Distribution

April 26, 2016

11 a.m. — 1 p.m.

St. Jude's  
Episcopal Church



For more I  
information  
contact Karen

510 778 5500

The Ka'u Food Pantry's goal is to provide 2-3 days' worth of food at the end of the month when most benefits (Food Stamps, SSI, etc.) have been exhausted. The Pantry is a full no-profit operation and it depends solely on tax deductible donations to meet our monthly goals.

Monetary donations to the Ka'u Food Pantry enable the organization to buy food for 18 cents a pound at the Food Basket in Kona. They cheerfully accept monetary donations, food donations and volunteers are always welcomed.

## Bishops' Word (Continued from page 1)

children wandering in the wilderness. We, like they, are struggling to find our way. They turned from following God and worshiped a golden calf constructed from their own wealth.

The current rhetoric is leading us to construct a modern false idol out of power and privilege. *We reject the idolatrous notion that we can ensure the safety of some by sacrificing the hopes of others.*

No matter where we fall on the political spectrum, we must respect the dignity of every human being and we must seek the common good above all else.

We call for prayer for our country that a spirit of reconciliation will prevail and we will not betray our true selves.

*The Episcopal Church House of Bishops met in retreat March 11 – 15 at Camp Allen Conference Center in Navasota, TX.*



## Father Tom

Continued from page 9

the late summer of 2001, Stephen and I moved to New York City where I attended the General Theological Seminary.

Following seminary, we returned to Minnesota. I was ordained to the priesthood in 2004. Following a short time as an interim priest, I received the call to be the rector of St. Nicholas Episcopal Church in Richfield, MN, a first tier suburb of Minneapolis. After almost 11 years, I continue to find joy in sharing in the ministry of this community as their rector.



Stephen and I have a daughter and three grandchildren between the ages of five and eleven. We are thankful that they live close by and we get to share in their lives as they grow. We both love to travel, especially to those places where we can do some day hikes or biking. I also love reading (especially a good novel), photography, and some of the sun style forms of tai chi.

Neither of us have been to Hawai'i, and we are looking forward to sharing in the life of your community and exploring the richness, culture and beauty of the islands.

# HAWAIIAN GARDENERS

## HOW DOES YOUR GARDEN GROW?

### Gardening in raised beds

If you want to grow your own vegetables in Hawaii, don't let the rugged lava rock discourage you. A simple solution to growing plants out of rocks, is to simply use a raised bed.

This gardening method allows you to contain your soil in a box that will withstand watering. It can be an expensive, decorative box, or simply a four boards nailed together. In some environmentally sensitive regions, it's common and even fashionable to repurpose old bed frames or other furniture into raised beds. Regardless, a raised bed is an easy and affordable way to get a garden started.

Place your raised bed in full sun, on a level area. This might mean moving a few rocks around, but it will be worth it, to keep your soil evenly watered. There should be no bottom in your raised bed, since it's important that the soil drain properly and nothing drains better than lava rock. If you live in a windy region, look for a sunny place for your raised bed, that's also protected from the wind, or place a wind break near the bed.

Line your raised bed with flattened cardboard boxes or newspaper, then add about a six in layer of mulch and finally fill to the top edge with potting soil. Do not be tempted to use cinder soil or "dirt." Plants need nourishment and a good



#### [Home Depot Raised Bed Kit](#)

quality potting soil with peat moss, vermiculite and compost is critical to your success. Buy more soil than you think you will need. It settles after watering, and your plants will be happier and produce more in rich soil.

You can start your garden with seeds, but it is often less expensive to simply purchase bedding plants. Plant your shortest growing plants in the front of your bed, with your larger plants toward the back, so everything receives plenty of sun.

If you plant climbing plants such as tomatoes or pole beans, you'll need to plan for support. It's easiest (and usually cheapest) to buy an inexpensive tomato cage,

**See "Garden" continued on page 12**



# Garden

(Continued from page 11)

available at garden supply stores. This fits nicely around your plant and anchors into the soil around the plant. It can be reused year after year and is a good \$1 investment.



Your raised bed garden will need a water source. Regardless of how moist our island air is, your garden must be watered regularly. This can be done with a sprinkling can, a hose with a gentle rain sprayer or if you want to be very frugal with your water, a drip line system. Drip line is an expense to begin, but is definitely the preferred method of watering for most seasoned gardeners.

Here in Hawaii you can start your garden any time of year, but you will find the best bedding plant options (and the most) in



the early spring. It's fun to plant in January and show off your baby watermelons on the vine to all your Canadian friends in February. If you want to start your garden before spring, you will probably have to start most of it with seeds.

Many plants will produce vegetables throughout the entire year. Some have a definite bearing season and will need to be replaced. Since bedding plants are remarkably inexpensive (prices start at 88 cents per plant at Lowe's) most gardeners replace plants as soon as they stop bearing fruit.

A random sampling of what's growing in my garden include blueberries, raspberries, strawberries, watermelon, zucchini, cucumbers and tomatoes. And while it's easy to see the health benefits of eating home grown veggies, the real reason most gardeners grow their own gardens is because there is magic in watching plants grow from seedlings to fruit bearing plants. Wandering my garden is observing miracles unfolding every day.

And besides, nothing tastes better than home grown tomatoes.





# Free Hot Shower

## Saturdays

9:00 am until 2:00 pm

Come and enjoy the free Hot Shower at St. Jude's Episcopal Church in Ocean View. We have a private shower booth for you to use and we provide hot water, soap, shampoo, hair conditioner, and clean towels.

We also have a Free Hot Meal we would like to share with you.

Come by yourself, bring your family, or come with your friends.



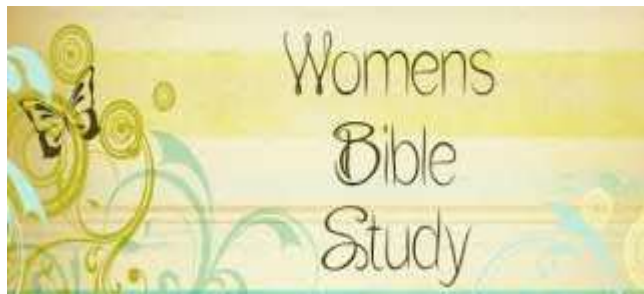
Private Enclosed Shower Stall

**St. Jude's Episcopal Church**  
92-8606 Paradise Circle  
Ocean View, HI 96737

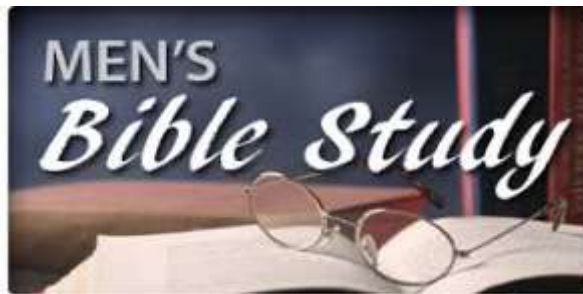
The Southeast Corner of Keaka Pkwy and Paradise Circle



St. Jude's Episcopal Church



**Tuesdays at 10 a.m.**  
**At Beverly Nelson's Home**  
 At Cindy Cutts' home April 12 ~ May 10th



**Fridays at 9:30 a.m.**  
**McKinney Place**



## Lemonade Party

April 2nd 9 a.m. to 11 a.m.

Monthly Church Clean up  
 Followed by lemonade & hot dogs.  
*Many hands make light work.*

## Talk Story

A monthly news magazine published by St. Jude's Episcopal Church in Ocean View, Hawaii.  
 Previous editions available on our website at [www.stjudeshawaii.org](http://www.stjudeshawaii.org)

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**Proofreader & Fact Checker:** Beverly Nelson & Cordelia Burt

### *We welcome submissions!*

**Submission Guidelines:** 500 words maximum. Uplifting, informational and reflective stories poems, recipes, memories. Submit as a Microsoft Word doc attachment, or as the text of your email.



*For more guideline details visit our website.*

Photos must be submitted as jpgs & emailed as attachments.

Please email only one photo per message.