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Ocean View, Hawaii

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Talk Story



St. Jude's Women's Bible Study

Women's Bible Study meets at 10 o'clock on Tuesday mornings at the home of Beverly Nelson. Like everything else at St. Jude's, this study is growing in numbers.

See "Bible Study" continued on page 10

Holy Week Schedule

Invite Your Friends!

- April 9 Palm Sunday 9:30 a.m.
- April 13 Seder @ 5 p.m.
- April 14 Good Friday
Stations of the Cross @ 3 p.m.
- April 16 Easter 9:30 a.m.

He is Risen Indeed!

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Aloha, Sweet Erma

We lost a rare jewel this month, at the passing of our sweet Erma Hendricks, who proudly claimed the title of being the oldest member of St. Jude's. She was 96 years old.

Erma's spunk and sparkle will be missed on so many levels. Her laughter, wit and delightful sense of humor entertained everyone on Sunday mornings. Erma's optimism and 'can-do' attitude were inspiring and encouraged many who loved her. Despite her nearly 100 years of age, Erma was spry and strong. St. Jude's members recall a twinkle in her eye and a firm grip as she shook hands and said, "The peace of the Lord, be with ya!" during our "Passing of the Peace" each Sunday.

Erma and her best friend, Marge Berry, were usually seated together on Sunday mornings. Their smiles and laughter were infectious and those in their vicinity came to love the optimism, insight and giggles in their section of the church. Erma adored Buddy and his crazy jokes and did not want any help getting to the altar for Holy Communion. In fact, she was almost insulted at the offer!



Left to right—Marge Berry, Max Unger and Erma Hendricks.



Erma Hendricks

Erma was a devoted member of St. Jude's, with a sturdy faith and a hopeful heart. Her love for the Lord nurtured the faith of others. We take comfort in knowing that Erma is now in Heaven, pouring coffee for the Lord and encouraging the angels with a hearty, "Peace of the Lord be with ya!"

Erma Laverne Hendricks

March 3, 1921—March 8, 2017

Erma L. Hendricks, 96, of Ocean View passed away peacefully at home, on March 8th. She was born March 3, 1921 in Firth, Nebraska to Bert and Hendreka Swift.

She was preceded in death by her husband of 56 years, William Harland Hendricks, Sr., daughter Gwendolyn Demos, sisters Lillie Faulhaber, Marie Waugh, Opel Yohe and brothers Jean and Lyle Swift. She is survived by daughters Starlyn Fairchild of Gray-stake, Illinois and Roberta Wiesemes of Aurora Illinois and sons Thomas Hendricks of Ocean View and Terry Hendricks of Aloha, Oregon. Erma was proud of her eight grandchildren, 12 great-grandchildren and three great-great-grandchildren.

Erma was beloved by many in the community. She was an active volunteer, serving as Post Commander of the Women's Auxiliaries of the Veteran's of Foreign Wars and the

See "Erma" continued on page 12



Around the church yard

By Contributing Editor Don Hatch

Erma Hendricks: Last month we lost another longtime member of our congregation when Erma Hendricks passed away. Over the last year, Erma has been in a lot of pain, but even when she felt her worst, she always had a smile, a kind word, and a big hug for her friends.

We had a celebration of her life memorial service on Monday March 27th. We miss you Erma.

Free Hot Shower and Free Hot Meal: We set a new record for the number of showers this month when we had 42 people participate in showers, and we served over 80 bowls of soup and bread.

When we started this program, back in September 2013, we tried to limit each person to 15 minutes per shower.

On our record day of 42 showers, we averaged a little over 7-minutes per shower. There were more people that wanted to take a shower, but the wait time exceeded two hours and they weren't willing to wait that long.

When we started the program, we thought that if more people showed up than we could handle in the five-hours we are open each Saturday, we would simply pick another day to open.

The demand has been exceeding our capacity for quite a while, but we had to reconsider opening another day for a couple reasons.

(1) To keep the shower and soup kitchen open it takes a minimum of three volunteers to be there during operating hours and five volunteers is better. In addition, it takes most of a day for someone to prepare the food for

the soup kitchen.

(2) Another problem is that we host other organizations in our facilities almost every day; so, the kitchen wouldn't be available to use for our Free Hot Meal.

Our new plan is to add a second shower stall. This will increase our shower capacity without requiring more volunteers. It would also decrease the wait time to take a shower. Adding a second shower is currently our highest priority project.

Water Tanks: St. Jude's has three water tanks. One tank is located by and serves McKinney Place (our vicarage). The other two tanks are located behind the church. One supplies water to our kitchen, while the other supplies water to our Free Hot Shower.

On our record day of 42 showers, we averaged a little over 7-minutes per shower. There were more people that wanted to take a shower, but the wait time exceeded two hours and they weren't willing to wait that long.

The tank that supplies water to the church building is an old leaky wooden tank that has to be replaced.

This is another high priority project for us, but since an outside contractor will do the design and work, this project is moving along fairly rapidly.

St. Jude's 2017 Directory: We finished updating St. Jude's 2017 Directory and it will be distributed to members soon.

The feedback we received from our visiting priests is that with pictures of the congregation in the directory it is much easier for them to know the members of our congregation. Likewise, the volunteers working on our Free Hot Shower and Free Hot Meal program found it a big help for them to know

See "Church Yard" continued on page 11

What I'm doing here

Throughout the Lenten season, during announcement time, we will set aside a few moments for a member of our St. Jude's family to take five minutes or less to speak about their individual connection with St. Jude's. He or she will talk about how they came, what they found, why they continue to come, what they do, and what they receive.

"What I'm Doing Here," is a beginning effort to memorialize our community life. It was inspired by Father Jesus Reyes, our visiting priest, whose primary role is support and development of mission and multicultural development with the Camino Real Diocese.

If you would like to share in this activity, please let any Bishop's Committee member or Dan Garrett know.

Lent Theme

During Lent, we have been opening our worship service with the song, "I want Jesus to Walk With Me." Each Sunday, we have selected a different genre or arrangement of this old Spiritual song.

I want Jesus to walk with me.
I want Jesus to walk with me.
All along my Pilgrim journey,
I want Jesus, to walk with me.



See if you can find other "walk with me" references in our worship music, throughout Lent.

Stalking the pantry

By Karen Pucci
Ka'u Food Pantry



Note: I am no longer the President of the Board of the Ka'u Food Pantry, Inc. I am remaining on in another capacity. Dave Breskin is now our Fearless Leader. His number is **808 319 8333**. At this time, in spite of the rumors wildly circulating, there are no plans to move the distribution back to the OVCA.

Ka'u Food Pantry, Inc. next distribution is Tuesday, April 25, 2017 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11:30a-1:00p. 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 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 120 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. 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 a case of food to help your community.

Donations of non-perishable food items and funding are welcomed. You may donate funds via St. Jude's-just write

Food Pantry in the memo area of your check. Checks may be written directly to the Food Pantry as well. Make the checks payable to the Ka'u Food Pantry, Inc., P.O. Box 6184, Ocean View, HI

96737. Your monetary and food donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.



ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls

Big Rob's Bakery and Big Island Pizza



Big Rob's Bakery & Cafe

Big Rob has finally found a home. He has bounced from the Saturday Swap Meet here to Captain Cook and several stops in between. Big Rob's is one door down in the same building as Patz Pies and occupies part of the spot where Butter and Oven once stood. We dashed in as the sign says breakfast served all day.

And it is. It is not fancy but the food is fresh, delicious and very well priced. There were about 15-20 items on the grease board, including burgers and sandwiches. Nothing that we saw was over \$10. Plus he has things like any good bakery should, such as macaroons, loaves of fresh baked breads, scones, cookies, turnovers.

We had a macaroon and a sugar cookie. Both were a bit different from others. The cookie had a hint of ginger and the macaroon was very dense with a milk chocolate top. We liked them both. For our grab and go, I had the "Brandon" which is a fresh sandwich croissant with scrambled egg—definitely a local egg too, spinach, mushrooms and cheese. \$7 and it was GOOD! Anna had a grilled sandwich with grilled Spam, over easy egg and cheese. She was very happy.

The place is clean, ez parking [there is more in the back] and the cook was friendly. We had several people stopping in while we were there including some locals. We think this is a very good find and one that will not break the budget. We will be returning to sample more. We have no info as to gluten free or vegan.

Girls say Go Graze!

BIG ROB'S BAKERY & CAFÉ. 82-6127 Malahoa Hwy, Captain Cook [next to Patz Pies and across the street from the firehouse] Hours: Tues-Sat 7a-3p, Sun 7a-1p. CLOSED MONDAYS. Credit Cards accepted.

Big Island Pizza-

This is a small island chain. The one we sampled is up above Costco. I had a hankering for pizza and wanted to try somewhere new. This is a small space, no outside dining. Inside was clean and cooled by a/c but not freezing from it. The pizzas choice include calzones, flat-breads and pizza 8-12 inch sized. There are also salads, sandwiches and wraps to try as well.

We chose the 12 inch Primavera (\$18). We of course left off the optional tomato sauce but added caramelized onions and mushrooms for another \$5. They offer several beers on tap, a few wines and non alcoholic drinks. Our pizza was very good. Plenty of cheesie toppings, spinach, cherry tomatoes and olive oil. The crust was more related to a cracker bread type of crust. None the less it was chewy and crispy.

We were happy. We have only sampled the one style but we expect to return for other options. We're not wild about Costco's pizza so this is a good quick stop if you still have a hankering before or after blowing your wad at Costco. ***Girls say go Graze.***

BIG ISLAND PIZZA; 73-5618 Maiiau St, Kona [above Costco], (808)333-3400; Open 11a-8p Monday thru Friday. 11a-4pm Saturdays, Closed Sundays and holidays. Major credit cards, take out, table service but not a lot of tables, bar.



Flavor of the Month

Rev Stephen Schaitberger



Rev Stephen (Steve) Schaitberger & Sharlie will serve St. Jude's through April.

Coming back in May, the Reverend Constance "Connie" Garrett!

Father Steve & Sharlie Schaitberger



A Rhyming Salad for Health

By Jym Duncan

Fresh apple and carrot juice
A delicious punch
Food from the garden
I have a hunch.

Fresh peas please
A tender sweet crunch
Rosie red radishes
A colorful bunch.

Cute little cukes
Juicy to munch
Tender baby greens
Tiny grape tomatoes
Creamy avocados
Salad for lunch



Turning Pages, our Book Review column is missing this month, because Anna has been ill.

However, Anna is on the mend, (yeah!) so check back next month!





TO YOUR GOOD HEALTH

BY RAY HATCH

Editor's note - Ray Hatch is a returning columnist for Talk Story. He is back in Ocean View for an extended stay and I am delighted to have him back on our editorial staff. Ray and his lovely wife Lodema subscribe to a whole food plant based way of eating and he has studied the health benefits of this diet for several years. He will share some of these benefits with us in the next few months. Welcome back Ray!

Raising children can be a daunting task and one of the guides for parents for the last half century was Dr. Benjamin Spock and his books. He was the author of the book "Dr. Spock's baby and Child Care" and it is in its 9th printing. The first edition came out in 1945! Many of our parents used this book as their guide and many of us used it to help us raise our children.

Have you looked at his latest book to see what he thought about nutrition?

What did he think kids should eat?

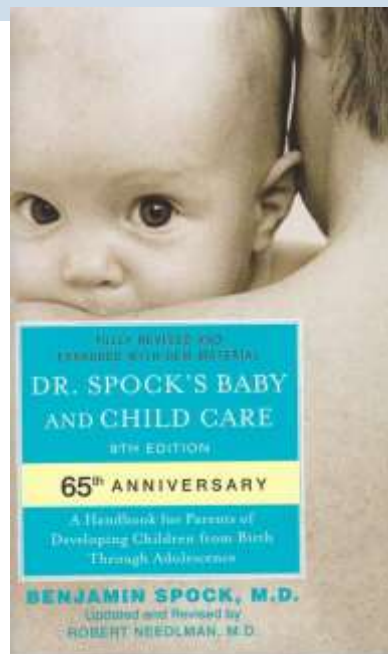
Here are some excerpts from this book that show what he advised.

"Infants should be fed with breast milk. If they are switched to cow's milk, a small percentage may develop type 1 diabetes" (p. 322)

He maintains that "healthy diets contain less saturated fat and refined sugar and more complex carbohydrates, lean protein, and unsaturated fats. Simple foods – whole grains, fruits and vegetables – provide a complex mix of nutrients that support health during childhood and throughout life." P. 365

"The evidence couldn't be more compelling:

the large amounts of animal fat and calories in the typical North American diet contribute to a host of illnesses in adults, including heart disease, strokes, high blood pressure, diabetes, cancer, and of course obesity." P. 366



"An epidemic of obesity is spreading among U.S. children (indeed, it is worldwide), causing both physical and psychological pain. Severely overweight children are much more likely to develop diabetes and joint problems, for example. They often suffer socially as well." P. 366

"He believed that the healthiest diet was plant-based, without any meat, eggs, or dairy products at all. This approach is not as far out as it may seem, and in fact, his conclusions were based on solid research studies." p. 380

Dr. Spock said "I have personally been on a nondairy, low-fat meatless diet since 1991, when I was eighty-eight years

old. Within two weeks of beginning this diet, my chronic bronchitis went away after years of unsuccessful antibiotic treatments. I have several middle-aged friends and older who have halted heart

See "Spock" continued on page 14

In our prayers...

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



This month we pray for:

Healing: Bill, Ray & Cynnie, Beverly, Austin, Thom, Peggy, Phyl, Elaine, Rev. Anne, Lee, Rev. Doug, Greg, Norma, Donna Teri, Jeff, Peggy, Ted, Austin, Thom, Darlene, Stella, Dana, Baby Bella, Baby Bailey

Strength and comfort for all caregivers, mourners and those who face daunting life challenges;

Hope, help, peace and contrition to those responsible for the break-in's and thievery that is going on in our area;

Safety for all who are traveling;

Safety and courage for all those in protective service (law enforcement, fire fighters, emergency responders, military personnel);

Blessings and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church programs operating.

Celebrating This month

April Birthdays

- 6 Leslie Rogers
Hanna Uribes
- 13 Jasmine Locatelli
- 15 James Hopper
- 23 Rev Doug Coil
- 25 Jean Buechele
Elaine Meier
Rebecca Schaupp
- 26 Paul Rogers

April Anniversaries

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

April Dates to Remember

- 1 Lemonade Day
- 2 Bishop's Committee Meeting
- 9 Palm Sunday
Easter flower order deadline
- 13 Seder Dinner
Reservations in by 4/2
- 14 Good Friday
- 16 EASTER
- 22 Warden's Boot Camp
on Oahu



Volunteer
Opportunities!



A SOUL WEARING A BODY

BY PHYL LAYMON

You don't know the day or the hour. Matthew 25:13

From my most recent readings I found these comforting words:

"We are a soul wearing a body, not a body wearing a soul."

Deep within us all, there is the amazing inner sanctuary: the soul; a holy place, a divine center. Eternity is in our very heart!"

There is an old song that says something about, "Button up your overcoat. Take good care of yourself. You belong to me."

God says these very words every time He buttons a new baby soul into its wrinkled little body and sends it out into the world. "Take good care of yourself. You belong to me!"

And when our overcoat is beat up, burnt up, shot up, or just plain wore out, God says, "It is okay to lay that coat of clay down and come home. You belong to me."

One of my favorite songs comes from the movie, "Titanic." Celine Dion's beautiful voice soars with the words, "The soul does go on!"

After my son, Doug's, funeral, after all of the formal ceremonies at church and cemetery, after we had tossed flower petals and handfuls of earth to cover the starkness of the lowered casket, we who loved Doug the most gathered around – and we sang that song. I don't know who began for it wasn't planned, but it



Douglas Walter Laymon

April 30, 1953 – August 6, 1999

grew in volume as we recalled the words. Even some who had already turned away came back to join in.

Doug's overcoat had grown increasingly heavy over those 46 years, burdened down with mental illness, and its many side effects. In spite of it all, he was a joyous soul, always laughing. It took so little to make him happy.

Too soon, he grew tired and his physical body began to break down. He fought the good fight but I believe there came a time he was ready to lay his earthly body down.

We truly don't know the day or the hour – but I do know Doug's soul does go on. God did reach out his hand and say, "Come home now, Doug. You belong to me."

Bible Study

Continued from page 1

Mondays in March, a dozen women gathered around Beverly's dining table to study the books of Thessalonians and Timothy. Our study follows a short series of questions that allows each member to explore the scripture on a personal level, with great group discussion and often a lot of laughter.

Beverly always has plenty of coffee and snacks on hand as well. Women in the congregation are invited to attend. The study worksheet is available on our website at <http://www.stjudeshawaii.org/ministries.html> You can ask anyone in the photo what chapter we are studying for the upcoming week.

Don't be shy - drop by!

If you need directions, see Beverly on Sunday morning. Nothing makes Beverly happier than to add extra chairs around the table for Bible Study!



Order Your Easter Flowers \$10

We will continue our tradition of wrapping the altar area with flowers for Easter Sunday.

*If you would like to contribute
Please order your flowers by
Palm Sunday.*

*Let us know if you are
honoring the memory of loved ones,
or giving thanks for something specific
and it will be included in the bulletin.*

See Cordelia for details

Church Yard

Continued from page 3

the folks participating in our Saturday programs. They are in the directory under “St. Jude’s Friends & Extended Family”.

Since we have had a large growth in our congregation this year it has taken longer than expected to get all of the updates into it.

Editor’s Note – Don has spent countless hours, diligently working to create an updated church directory for St. Jude’s. He is not only gathering updated information, such as phone numbers and email addresses for all of our members, he is also taking photos and tracking people down, to be sure everyone is included. Thank you Don, for your tireless efforts on this major church project.

When I started coming to St. Jude’s around five and a half years ago, we usually had 16 to 18 people at our Sunday service and we seldom had someone new attend. Now we routinely have around 50 people at our Sunday services and sometimes as many as 65 attending Sunday morning services.

Across the last month, I only remember one Sunday where we didn’t have someone new come to our services. Some of these new people were visiting and were only here for one or two Sundays, but some are longtime residents of Ocean View. One of the longtime residents told me they started coming to St. Jude’s because this is where things are being done in Ocean View.

On most Sundays, we are near capacity in our little red country church. For Christmas Eve we have had to open our side doors and sit the overflow outside, and it looks like we may need to consider that for our normal Sunday service.

St. Jude’s Kitchen: In late 2016, St. Jude’s received a grant of \$15,000 to upgrade/replace their kitchen. We started working on this project in early November 2016 and finished the project in mid-March – **Our upgraded kitchen is now fully operational.**

The reason it took so long to complete the upgrade was because we host many community support organizations in our facilities and the only day our facility wasn’t in use was on Tuesdays. We couldn’t even work on it every Tuesday because the last Tuesday each month is used by the Ka’u Food Pantry to distribute food to our Ocean View community.

The last time Fr. Moki was at St. Jude’s he ask me if we were hiring professionals to install our new kitchen and I told him that the job is being done by professionals, but we weren’t hiring them. Our congregation includes several retired tradesmen like carpenters, general contractors, electricians, and plumbers. They volunteered their time and skills to do this project for St. Jude’s.

Since they provided the necessary skills and labor we saved in excess of \$5,000 on this project; so, we were able to use the entire \$15,000 grant to purchase higher grade cabinets than we could have if we had to pay for the labor to rebuild the kitchen.

Below are a few features of the new kitchen:

Our new kitchen cabinets are light oak and the upper cabinets go all the way to the ceiling, which gives us lots of additional storage space.

It includes a large floor to ceiling pantry, which is a real plus for us because we didn’t have any pantry before.

The corner bottom pantry has a Lazy-Susan shelf that rotates to give easy access to the corner area – which gives us more usable storage space.

One of the lower cabinets has full extending drawers instead of shelves. This provides ease of use and lets us store items at the back of the cabinet without losing access to item.

The low ceiling was removed and a cathedral ceiling was built with the center two feet higher than the old ceiling.

See “More Yard” continued on page 17

Erma continued from page 2

American Legion posts in St. Louis, Missouri, Chicago, Illinois and San Francisco, California. Erma served as an American Red Cross volunteer and nurse's aide in Chicago area hospitals.

Erma was a devoted member of St. Jude's Episcopal church. She was an active member of the Ocean View Senior Citizens Group and was famous for her coffee and hospitality there.

LIFE WELL LIVED

A life well lived is a precious gift,
of hope and strength and grace,
from someone who has made our world
a brighter, better place.

It's filled with moments, sweet and sad
with smiles and sometimes tears,
with friendships formed and good times shared,
and laughter through the years.

A life well lived is a legacy,
of joy and pride and pleasure,
a living, lasting memory
our grateful heart's will treasure.

- Author Unknown

***Your life was a blessing
Your memory a treasure
You are loved beyond words
And missed beyond measure.***

A Celebration of Life service was March 27th at 1 p.m. for Erma's friends to honor her memory.

When I get where I'm going

by *George Teren and Rivers Rutherford*

When I get where I'm going
On the far side of the sky
The first thing that I'm gonna do
Is spread my wings and fly
I'm gonna land beside a lion
And run my fingers through his mane
Or I might find out what it's like
To ride a drop of rain
Yeah, when I get where I'm going
There'll be only happy tears
I will shed the sins and struggles
I have carried all these years
And I'll leave my heart wide open
I will love and have no fear
Yeah, when I get where I'm going
Don't cry for me down here
I'm gonna walk with my granddaddy
And he'll match me step for step
And I'll tell him how I missed him
Every minute since he left
Then I'll hug his neck
Yeah, when I get where I'm going
There'll be only happy tears
I will shed the sins and struggles
I have carried all these years
And I'll leave my heart wide open
I will love and have no fear
Yeah, when I get where I'm going
Don't cry for me down here
So much pain and so much darkness
In this world we stumble through
All these questions I can't answer
So much work to do
But when I get where I'm going
And I see my Maker's face
I'll stand forever in the light
Of His amazing grace
Yeah when I get where I'm going
There'll be only happy tears
Hallelujah!



WHAT'S COOKIN' AT ST. JUDES?

For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. Matthew 25:35

Spaghetti Squash with Balsamic Vegetables - Vegan

When my brother Ray and sister-in-law Lodema came to visit Beverly wanted a vegan recipe using spaghetti squash and this is, sort-of, the one I found for her. She used a little wine instead of oil to cook the vegetables in and added wine and cornstarch to the sauce.

Ingredients

	1	medium		Spaghetti squash (~3 pounds)
vegetables	1	cup	chopped	Carrots
	1	cup	chopped	Celery
	1/2	head	chopped	Cabbage (mixture of red & green)
	1	small	quartered	Brussel Sprouts
	1/4	cup	slices	Red Onion
	4	cloves	minced	Dry White Wine (instead of oil)
	1	14 1/2 oz can		Garlic
	1	14 1/2 oz can	diced	Black Beans or Garbanzo Beans
	1	14 oz can		Tomatoes (drained)
	1	medium	diced	Artichoke Hearts
seasoning				Zucchini
				Thyme
				Salt & Pepper
sauce	1/4	cup		Balsamic Vinegar
	1/2	cup		Dry White Wine
				Salt & Pepper
	1-2	tsp		Corn Starch
topping	1/2	cup	toasted	Nuts

Cut squash in half lengthwise; discard seeds. Place squash cut side down on a cookie sheet and bake at 375 F for 50 to 60 minutes or until tender.

Chop all of the vegetables. Add 1/4-cup wine to sauté pan. When it starts boiling, add the vegetables and cook until tender. Around 4-5 minutes

Add the beans, tomatoes, artichoke hearts, and zucchini.

Cook and stir over medium heat 8-10 minutes or until heated through.

When squash is cool enough to handle, use a fork to separate strands, and spread it around the cooked vegetables.

Sprinkle with nuts.

Yield: 6-8 servings

Note: A three-pound spaghetti squash yields approximately 2 pounds of cooked spaghetti strands.





St. Jude's Music Notes

Hand Bell

Choir

Will Resume in

November



Spock

Continued from page 7

disease by eliminating dairy products, meats, and other high-saturated-fat foods from their diets. To achieve this kind of success, it is important to substitute whole grains and a variety of vegetables and fruits and to become more active." P.380

"Unfortunately, switching from red meat to chicken does not help very much. Chicken actually has just as much cholesterol as beef (100 milligrams of cholesterol in a four-ounce serving) and almost as much fat. Researchers have found that the cancer-causing chemicals that form in beef when it is grilled also tend to form in grilled chicken." P. 382

So here is a well-respected man who switched his diet to a whole-food, plant-based diet when he was 88 because he observed his patients, read the research, and became convinced that dairy and meat were not good for us as the center of our diet.

When Lodema and I switched to eating a whole-food plan-based diet about six years ago, we found that our weight dropped, our energy went up and, in Lodema's case, her yearly bouts with bronchitis just about disappeared and her arthritis went away. We have read lots of the research and don't plan on going back to the way we used to eat.



St. Jude's Church

Join us for an Aloha Potluck Lunch after Sunday services

The southeast Corner of Keaka Pkwy and Paradise Circle

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

THE BLESSING OF A HOME

BY DEB JOHNSON

**We search hoping to touch the Holy,
To hold the Holy,
To be in the presence of the Holy.**

(from a card found at the back of St. Jude's church)



Rev Jesus Reyes dipped the branch from a Christmas Berry tree into the bowl of water he had blessed and sprinkled each wall saying, "May the angels of the Lord be in this place."

When my husband, Gary, and I retired, my prayer was for God to take us where He wanted us to be. Gary was tired of cold, long Vermont winters, so when a caretaking position appeared on our computer, we decided to apply. Of course my first reaction was, "Hawaii?" We are New Englanders and Hawaii seemed way too tropical and exotic for my taste, but knowing that God seems to love to surprise us, I went along with His idea. We quickly received an invitation to come to South Point, Hawaii. (Uh-oh, now it's for real. Here we go.)

So for two winters Gary and I worked at South Point, gardening, building, and cleaning and by the spring of 2015 we decided to look for a small piece of land. Again I stepped back and said, "Thy will be done." When we were closing on the property we had chosen, (or had it chosen us) the real estate dealer said, "Do you know what the name Lewa Lani means?" We had no idea. "It means "Spiritual Sky." (I hear you, God.)

My family is made up of hands-on people, so for two winters Gary and I, with the initial help of our contractor son, built our home. It was not easy for us as Vermonters to be sure we were following Hawaii building codes, physically crawling, hammering, lifting, sanding, and sawing for ten hours a day. I

learned how to use power tools, shingle the roof and overcome my fear of drills. The saving grace was Elaine Meier's finding us a studio apartment in Ocean View where we could comfortably drop each night, thanks to Gil and Judy Robinson.

Each decision was faced with a prayer, hoping we were doing what God wanted us to do. All the permits passed without a delay, and all the deliveries arrived without a hitch. The hand of God is so quiet, but so clear, so elusive, but so sure.

Throughout the building process Gary and I became more and more fond of St. Jude's. We loved the diversity of the congregation. We loved the uniqueness and giftedness of the changing priests. We loved the service work the church provided to the community. I joined hula – the embodiment of prayer, the opportunity to physically worship through dance at age 65, and the opportunity to meet amazing women equally committed to prayer, fellowship and worship. And I joined the women's Bible study on Tuesday mornings. Again, the openness of individual interpretations of the scriptures, the personal reflections of a group of diverse women, and the witnessing of God in others' lives drew me in. This church was a Holy place.

One Tuesday while Rev. Jesus Reyes and his wife Robin were at St. Jude's, I asked Cordelia if the church blessed homes.

Her response was an immediate, "Of

See "House blessing" continued on page 17

House blessing

Continued from page 16

course,” and Robin enthusiastically joined in with, “Jesus would love to do it. He loves this type of thing.”

My response was a doubtful, “But you are leaving Thursday morning and tomorrow is Ash Wednesday?”

“No problem,” Robin responded, “I’m sure he’d love to do it.”

Well, at 4:30 the next day Rev Jesus Reyes followed us in his car to our house. He asked me to get a branch outside and then he and God transformed our simple house into a holy place. Opening in prayer, he then dipped the branch into a bowl of blessed water and prayerfully moved from room to room baptizing each room with the words, “May the angels of the Lord be in this place.”

When Rev. Jesus left, my heart was so full of gratitude, so overwhelmed with thanksgiving and so sure that God had answered our prayers, that He had provided a place for us, brought us to St. Jude’s and had given us the opportunity to be “in the presence of the Holy.”

Here is the opening prayer to “The Blessing of a Home.”

Almighty and everlasting God, grant to this home the grace of your presence, that you may be known to be the inhabitant of this dwelling and the defender of this household; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, for ever and ever.

Amen.



More Yard

Continued from page 11

A ceiling fan was installed in the cathedral ceiling. This provided us with much needed air circulation.

Six lights were installed in the ceiling, which provides more than enough light to the entire work area.

A large built-in microwave oven was installed above the kitchen range. This freed up the counter space that was being used by the microwave oven.

With the light colored cabinets, the white walls, the white ceiling, and lots of lighting, the kitchen is brighter and even seems larger than the old kitchen, even though it isn't.

Installed additional electrical outlets. This was needed to support multiple electrical devices such as crock-pots, electric ovens, heating trays, and coffee pots.

It has a large movable serving island that can be relocated by one person. The old island required 2-3 people to move it.

This is particularly helpful, since when we have a large number of worshipers, we can easily push the serving counter back and allow for more seating in the church.



	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
Monday		Senior Nutritional Program							Hula Practice		NA		AA	
Tuesday		Food Bank <small>(setup & Divide food)</small>		Food Bank <small>Monthly Last Tue.</small>										
			Women's Bible Study @ Bev's 10:00 am											
Wednesday		Senior Nutritional Program							Brownie Meeting				NA	
Thursday		Hula Practice								Al-Anon			AA	
Friday		Senior Nutritional Program						St. Jude's Events						
		Men's Bible Study @ McKinney Place						Band Practice						
Saturday		Free Hot Shower									AA		NA	
		Free Hot Lunch With Shower												
Sunday		St. Jude's Eucharist Services <small>& Aloha Poluick Social After Services</small>						Marshallse Full Gospel Church				Marshallse First Assembly of God		

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous
NA = Narcotics Anonymous

St. Jude's Weekly Schedule



Friday May 5th 2017

**Please join us for our annual Ocean View
Cinco de Mayo party**

Doors open at 6:00 pm and dinner will be served from
6:30 pm until 8:30 pm

Dinner includes Cerdo Verde Enchiladas (pork with green chili sauce), Salad, Frijoles Refritos (refried beans), Drinks, and Dessert

Event Tickets are available at the door for \$8 per-person, \$15 for-two, or \$20 per-family

The best way to pre-purchase your tickets is to come to our **Sunday services which start at 9:30 am each Sunday**, join us for an Aloha potluck social after the services, and buy your tickets while you are there.

Tickets are available from Thom White, Beverly Nelson, or Cordelia Burt.

Tickets will also be available at the door.

The event contact number is 808-939-7555 (leave a message)

The party takes place at ➔

**The southeast Corner of Keaka Pkwy
and Paradise Circle**

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

Proceeds from this event helps pay operating expenses for our community service programs of Free Hot Showers and Free Hot Lunch each Saturday



Holy Week

Schedule

St. Jude's Episcopal Church – Ocean View, Hawaii

Sunday April 9 th	Palm Sunday Services	9:30 am	Potluck After services
Thurs. April 13 th	Seder Dinner	5:00 pm	Reservations Needed 939-7555
Friday April 14 th	Stations of the Cross	3:00 pm	
Sunday April 16 th	Easter Sunday Services	9:30 am	Potluck After services



The southeast Corner of Keaka Pkwy and Paradise Circle

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

Evolution of the St. Jude's Kitchen

Old Kitchen



Strip To The Studs



Build The New Kitchen



New Cabinets



Build The Island

Finished

The complete, real deal!



New Kitchen



Extra Storage



**Cathedral Ceiling
With Fan**



Finished Soups On



Ocean View Seniors Bell Choir

Directed by
Isabelle Williams



Photo by

**For whom the
bell tolls....** Top
left JYM Duncan,

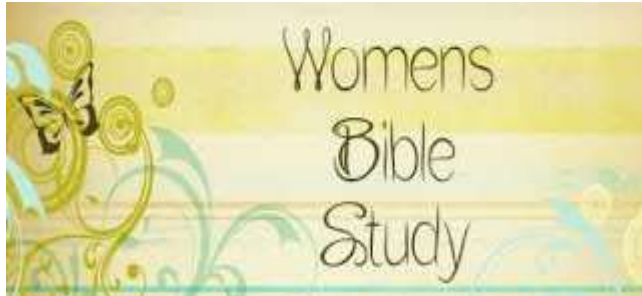
top right Deb Johnson, bottom left Ginger Stewart, lower right Isabelle Williams.

The Ocean View Seniors Bell Choir Concert was well attended on March 24th. But it was hard to tell if the audience or the musicians were having the most fun. The choir extended a gracious thank you for the support from St. Jude's. They will meet through



*If things seem
a little dinging
around
St. Jude's
these days, it's
because the
Bell Choir
practices at
the church on
Mondays.*





**Tuesdays at 10 a.m.
At Beverly Nelson's Home**



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



Lemonade Party

April 1, 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.

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

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We welcome submissions!



Submission Guidelines: 500 words maximum.

Uplifting, informational and reflective stories poems, recipes, memories, etc.
Submit as a Microsoft Word doc attachment, or as the text of your email.

For more guideline details visit www.stjudeshawaii.org

Photos must be submitted as jpgs & emailed as attachments. Photographs will not be returned.

Submit via email to: cindycutts00@yahoo.com

Deadline for newsletter submissions is the 20th of each month.