



# Talk Story



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## A gift of feasting and giving thanks

### By The Reverend Constance Garrett

The Garrett-Stigall family gives thanks for all those who helped make the St. Jude's Thanksgiving Saturday a time of good food and fellowship. Don Hatch reports that he counted at least 25 volunteers who set up, served, greeted, and cleaned up! This year, 130 plates of food were served and 15 kids visited the Make n Take craft table.

Preparing and serving the meal has become an important tradition for Dan and Steve. Inviting all in the community to the Thanksgiving table reflects their longing to make sure that those who are lonely, lost or otherwise without opportunity, celebrate a tasty home cooked Thanksgiving dinner. In keeping with St. Jude's ethic of ministry, all are welcome to come together, enjoy the feast, and know that all are loved by a God of abundance and grace.

This is the second annual dinner prepared for the St. Jude's community and the fifth year Steve and Dan have served up a full course meal through their congregations here and on the mainland. Constance has assisted them the past two years. This year, she set up a kids' craft table where youth and children filled their waiting time by creating edible turkey sweet treats and other Thanksgiving crafts.



Familiar smiles and new faces gathered to celebrate a Thanksgiving feast on the Saturday before Thanksgiving at St. Jude's courtesy of the Garrett/Stigal ohana.

### December Schedule

- 2 Greening of the Church
- 3 Advent Begins
- 5 Connie's Cookie Bake
- 9 Keiki Christmas Party
- 12 Bishop's Committee
- 18 Women's Christmas Brunch
- 24 NO MORNING WORSHIP SERVICE  
5 pm Christmas Eve bells/caroling  
6:30 pm Eucharist Service  
7:30 pm Aloha feast
- 26 Ka'u Food Pantry Distribution

Oh come, Let us  
A dore Him

# Called to Active Duty

## *Faye & Glenn*

When Glenn Cera and Faye Miller first joined St. Jude's they immediately became contributors to church activities, and you see their contributions each week.

Faye makes flower arrangements for alter decorations each Sunday, she is on the decorating committee for special events, and she also makes flower arrangements and leis for other events.

She's learning to serve with the Altar Guild, is one of the hula dancers in our Hula Ha-lau, and also teaches beginning hula.

Glenn is always helping around the church and is willing to help any way he can. He trims around the church yard and hauls off the trash. He is one of the musicians for hula, delivers Faye's flower arrangements, and when she is off island he makes the flower arrangements.

One example of their help was last



**Faye, it's from St. Jude's. We're being called up to "Active Duty."**

**They're letting you make flower arrangements for the altar each Sunday, learn to serve with the Altar Guild, help decorate for special events and make leis and flower designs for events.**

**I get to trim and clean up around the church yard, haul trash and when you are off island, I get to do the flower arrangements.**

month after our Jumble and Plant Sale, they took on the job of loading up and hauling away all of the unsold items.

Thank you Glenn and Faye for all of the contributions the two of you make to St. Jude's each and every





# Around the church yard

By Contributing Editor Don Hatch

Our busiest time of the year is here. Starting in November it seems like something is happening almost every day, both at home and at church.

## **Landscaping St. Jude's Church Yard:**

For several months we've been landscaping St. Jude's church yard. First Gabe Morales and Roger Dagdag removed overgrown bushes and then Roger started filling in the empty spots with plumeria plants.

Then Roger planted pincushion protea plants around the yard. The protea are fairly slow growing; so, we probably won't get any blooms for 12-18 months, but when they do start blooming, we will have a lot of color in our churchyard. So far he has planted 36 plants and says he still has some empty places for more.

The reason we were able to afford protea plants for this project is because Sam and Tony Bayaoa at Flowers by Kona Scent (808-929-9224) made us an offer we couldn't refuse. Thank you so much Sam and Tony.

## **Water Tank:**

We are finally making progress on this project! The old tank was removed, the ground leveled, a ring poured for the new tank, and as this newsletter goes to press, the tank should be under construction.

## **Jumble Sale & Plant Sale with All You Can Eat Pancake Breakfast:**

This was a big success and everyone had a great time. We sold a lot of "treasures" and a few were left for next year. At the end of the day, everyone was exhausted, but still smiling.

**Thanksgiving Dinner for our Shower Family:** We had our second annual Thanksgiving dinner for our shower family. This was a custom for the Steve Stigall, and Dan Garrett family and they shared the custom with us last year.

This year we had a special treat for us when Dan and Steve's sister Reverend Constance Garrett joined them. She is also one of our prior priests (Flavor of the Month).

This year I saw them serving turkey, dressing, gravy, mashed potatoes, green beans, and more. They served over 130 plates of food to our shower family and the St. Jude's members who dropped by. .

More information on this event and pictures are located elsewhere in this document.

**Greening of the Church:** On Saturday, Dec. 2<sup>nd</sup> we will be decorating the church. Doors will be open from 9:00 am until 2:00 pm.

Please join us.

**Keiki Christmas Party** will take place on Saturday, December 9<sup>th</sup>.

We will have our Keiki (children) Christmas party similar to what we did last year; however, the one difference is that we will be meeting at St. Jude's on Dec.5th to bake the cookies.

The party will be organized into four stations, set up in the lower parking lot in the area nearest to the park.

1. At the first station, each participant will receive a book containing three tickets.

2. The first ticket lets them into **Rudolph's Reading Room** where they can pick out two books that they get to keep and take home with them.

The next stop is to visit **Santa and his helpers at the North Pole**. Santa and his elves will give each visitor a Christmas stocking stuffed with gifts. They also get to whisper in Santa's ear to let him know what they really want for Christmas.

**See "Church Yard" continued on page 22**





## THE MOST CHALLENGING CHRISTMAS TREE

BY PHYL LAYMON



Dear Readers; I am writing like a crazy woman! Our deadline for "Talk Story" is this Monday night at Midnight. That is tomorrow! Our Editor has a firm rule: "If you miss your deadline you are DEAD! I, for one, am not willing to test her. She sounds like a woman who keeps her word!

This month's theme is Christmas. So, I am writing about the year our youngest son, Frankie, cut down a huge Spruce tree on his way home from Kenai College down on the Peninsula. He and Tanya waded deep into the Chugach Forest in snow up to their shoulders to harvest that tree! They tied it to the front bumper and

tied it to the back bumper and I think it still dragged on the pavement.

Did I mention that the road from Kenai to Anchorage is sort of like the road between Ka'u and Kona – except 158 miles long and covered with black ice -- hiding under the snow -- from October 1<sup>st</sup> until May 31<sup>st</sup>?? Any mother's nightmare!

Those two kids were so proud when they pulled into our driveway with that giant Christmas tree! After what they went thorough to get it, Dad and I would have made that tree fit no matter what it took! And it took a lot! They sawed off the stump many, many times before Gramma Cain's angel finally fit. Actually, her wings were still a little squashed against the ceiling. Frank and Frankie trimmed off a zillion branches -- but no matter where you sat, you still had a tree branch in your lap.

That tree literally took up the entire living room – but smelled oh so heavenly the entire Christmas Season. It shed profusely -- so took a year+ to get all the needles out of the carpet. From that lesson we learned to put down a new drop cloth the same diameter as the tree -- to make take down and clean up after Epiphany a lot easier. We discovered if you sprinkle lots of fake snow all over the drop cloth no one knows the difference, anyway. Pile on the gifts and you are good to go!

See "Christmas tree" continued on page 29



## The smoke alarm that wouldn't die

BY BISHOP'S WARDEN CORDELIA BURT

When Father Doug and Carolyn Coil were serving our parish in September, a number of calamities happened. A towel bar broke, a guest of theirs was injured, Father Doug suffered a severe cut to his hand at the recycling center and one morning McKinney Place woke up to be without water. Fortunately, Father Doug and Carolyn were very good sports about it all, and managed to laugh their way through the comedy of errors and problem solving. It all started with a smoke alarm that would not die.

It began around 3:30 a.m. the first night of the Coil's stay at McKinney Place, when the smoke alarm went off. Carolyn and Doug jumped out of bed to see if the



house was on fire. There was no fire and before too long the alarm shut itself off. Just as the adrenaline receded and they nodded off to sleep, the smoke alarm went off again. Carolyn got up and jiggled the battery inside it, silencing the alarm and went back to bed.

Just as Carolyn went back to sleep, the alarm screamed through the house a third time. Hopping out of bed, our sleep-deprived friend again checked to confirm there was no fire or smoke in the house and this time Carolyn removed the battery from the alarm.

Satisfied that the smoke alarm was done for the night, Carolyn tried once more to get a few hours of sleep. It had been a long day of travel, mixed with the time change and even an hour of sleep would be beneficial. However, at 5:30 a.m. the smoke alarm screeched an alarm throughout the house without a battery! Carolyn and Father Doug surrendered and got up, but waited until 7 a.m. to call Richard to find out what to do.

At 7:15 a.m. Richard went over to McKinney Place and decided to replace the offending alarm, so he dashed off to Ace Hardware to buy a new one. Within an hour he had installed the new alarm and as he packed up his tools and joined

**See "Smoke Alarm" continued on page 6**

# Smoke Alarm

Continued from page 5

Father Doug and Carolyn for coffee the other smoke alarm in McKinney Place went off!

Richard just grinned as he patted himself on the back – he had purchased TWO new smoke alarms at Ace Hardware that morning. So he quickly unpacked his tool box and installed a second smoke alarm.

But alas, Richard wasn't as smart as he thought he was, because before he packed up his tools a second time, a third smoke alarm squawked to life, and he had to run to Ace Hardware to pick up a third replacement! It was mid-morning before the smoke alarm issue was resolved and Father Doug and Carolyn could begin to enjoy a quiet stay.

**However.... There is more to this story.**

Having completed the smoke alarm replacement job, Richard put the offending alarms in the bed of his pickup truck and came home. Three days later, I could hear the alarms going off in the truck, as Richard drove out of the driveway.

Because of his hearing loss, Richard couldn't hear the alarms, but anyone along the road could, and I'm not sure what people thought when he arrived at the post office with a screeching pickup truck that was NOT on fire.

Well, when Richard came home, I told him about those crazy alarms and sweetly asked him to please do something about them. So Richard put the alarms in an old compound bucket and snapped the lid on tight, tucked the bucket next to our garbage can and then went on his merry way.

Another two days went by, and as far as I knew the smoke alarms were dead. In fact, I hadn't even thought about them. But once again, just as Richard was leaving our yard, I could hear the smoke alarms blaring again.

We live in a fairly quiet, rural area and I was busy at the computer, so I decided that I would look into the smoke alarm crisis when I was done with my work. I couldn't image how smoke alarms could go off without batteries or electricity, but it looked like we needed to find out. But it would just have to wait until either Richard got home or I was ready.

Until there was a knock on my door...

A neighbor passing by, heard the noise and came to see if something was wrong. He was concerned and asked if I needed help. Even though the alarms were sealed inside the bucket, the incredible shrieking sound sent off an alarm of concern that someone was in trouble all the way to the street!

Well that did it! I thanked him, assured him that I was okay and that I would take care of the noise. I closed the door and went directly to the closet. I picked up a hammer and went outside to find the earsplitting bucket. I brought it over to the steps and one by one, **I proceeded to kill those darn alarms.** That's right – I pounded them until they wailed no more!

Satisfied that every possible fuse, element, filament, speaker, sound board or alarm et al was neutralized I came back in the house, put the hammer in its place and settled back down at my computer. Finished!

***Never underestimate a woman with a hammer.***





Thanksgiving Saturday was a special event for the community. Thanks Dan, Steve, Connie and all the 25 volunteers who made it a great day. They served turkey, green beans, mashed potatoes, dressing, and more. There were 130+ plates of food served.

While others hosted the dinner in the fellowship hall, volunteers still worked the showers in the courtyard.

Legs, the church cat volunteered outside.





## REMEMBERING THE QUEEN

By Thom White



On Saturday November 11th in remembrance of Queen Lili'uokalani's death 100 years ago, churches across the islands were requested to ring their bells 100 times at 8:30 am, the time of the Queen's death.

After blowing the conch shell in 4 directions, Buddy Sheffield rang the bell at St. Judes 100 times. The sound of the bell was haunting and emotional and gave me and others present chicken skin.

The beloved Queen Lili'uokalani inherited the throne upon her brother, King David Kalakaua's death in 1891. She ruled the Kingdom of Hawaii until the overthrow in 1898.

Imprisoned in Iolani Palace, the Queen fought to restore her Kingdom but surrendered the Kingdom to avoid blood shed.

The Queen was a gifted musician and composed over 150 songs and chants. We sing "The Queen's Prayer" at our Sunday Mass, which was composed while she was imprisoned in the palace. Also her song "Aloha Oe" is her most fa-

mous song and has become a cultural symbol of Hawaii. It is often sung at the end of gatherings and celebrations.

Queen Lili'okalanai Trust was established December 2nd, 1909 for the care and education of the orphaned and destitute children of Hawaii. It remains today, supporting the children of Hawaii in various ways.

After the overthrow, the Queen withdrew from public life until her death from a stroke on November 11, 1917 at the age 79.

Queen Lili'uokalani, known for her Christian values is interred in the Royal Mausoleum at Mauna Ala on Oahu.

Rest in Peace Beloved Queen.

Amen





# Ka'u Food Pantry News

Ka'u Food Pantry, Inc., next distribution is Tuesday, December 26 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30 a.m. to 1:00 p.m. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

We are expanding our services to include [based on availability] free clothing provided by a non-profit, Big Island Giving Tree, pet food provided by the Hawai'i Humane Society. These items are donated to the Food Pantry, free of charge. We are holding a monthly fund raising event at the Ocean View Swap Meet featuring clothing and baked goods available on 2nd Saturday of most months.

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



Last Tuesday of each Month  
St. Jude's Episcopal Church

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 maybe 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.



## Christmas past

# Connie's cookie bake-off needs volunteers

**Christmas Cookie Bake Off  
St. Jude's Kitchen  
Tuesday, December 5th  
3pm - 6pm**

We will gather to bake and decorate Christmas cookies for the Keiki Christmas Party.

Constance Garrett will be coordinating the work party.



Youth, ages 10 and up are invited to come and help the adults prepare home baked cookies for the party.

Bring your cookie sheets, cookie cutters, hand mixers, beaters, spatulas, bowls, willing hands and happy hearts.

## Why are you here?

If you would like to share your story of how you found St. Jude's and why you are attending our church, please email it to our editor, Cindy Cutts, to [cynthiaanncutts@gmail.com](mailto:cynthiaanncutts@gmail.com). If you have a favorite photo to accompany your story, you can also attach it. If not, Don or I will take a photo of you on a Sunday morning. We employ our basic newsletter guidelines when publishing your stories, which means upbeat, positive messages. See our website [www.stjudeshawaii.org](http://www.stjudeshawaii.org) for complete details. Maximum word count is 500 words.

**Why YOU are here is important to us.** We want to hear from everyone willing to share their experience. We will publish stories in Talk Story and include them in an on-line and print collection. So don't be shy! Write down your story of how you found St. Jude's, what areas you serve and why you are here!

## ISLAND FOOD REVIEWS BY K & A

### *Groovin' with the Grazing Girls*

By Karen Pucci



#### **On Hiatus this month—Grazing Girls & Turning Pages.**

*The true test of contribution, is being noticed if you are absent.*

**We noticed.** We miss you girls.

Enjoy your well-deserved vacation, *but come home soon.*

## TURNING PAGES

BY ANNA TOWNER



Thanksgiving Saturday

**Connie provided crafts for the kids on Thanksgiving Saturday.**



### **Color coordinated**

When Cindy walked into church last Sunday, Shannon and Buffy noticed that Cindy's outfit matched their new hair colors... purple and blue.

You just never know what you'll find at St. Jude's!

But it's almost always filled with laughter and involves helping others have a better day.





## Flavor of the Month

Serving through January

The Reverend

John Sandstrom

## December Dates

- 2 9:00 am Greening of the Church
- 5 3 pm Connie's Cookie Bake
- 9 9:00 am Set up tents etc. for Christmas Party  
10:00 am Keiki Christmas Party
- 12 10:00 am Bishop's Committee Meeting
- 13 Dental Van 8:30 – 1:00
- 14 Medical Van 8:30 – 1:00
- 18 Women's Bible Study Christmas Brunch 10 am  
Please RSVP to Cindy Cutts
- 18 Disaster Prep. Committee 2 pm Anna & Karen's
- 24 NO MORNING WORSHIP SERVICE  
5 pm Christmas Eve begins with Carols at 5 pm  
6:30 pm Eucharist Service with Aloha hour/feast after service
- 26 Ka'u Food Pantry Distribution
- 27 8:30 am — 1 pm Dental Van
- 28 8:30 am — 1 pm Medical Van
- 31 Renewal of wedding vows Jerry & Susan Fine (50th anniversary)

### 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:** Glenn, Faye, Max, JYM, Marvelle, Kathy, Larry, Stella, Nancy, Mike, Lee, Jim, Clifton, Sam, Carrie, Richard, Brian S., Bill, Ray, Cynn timer, Austin, Thom, Doug, Greg, Norma, Donna, Ted, Austin, Norma, Donna, Ted, Darlene, Richard, Amy, Deanna, Arthur, Ruth

**Strength and comfort** for all caregivers, mourners, those recovering from natural disasters, and those who face other daunting life challenges;

**Safety for all who are traveling;**

**Safety, wisdom and courage** for all those in protective service (law enforcement, firefighters, 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.



## Bell choir rehearsal

We are ready to ring out the joy of Christmas as we work on some music to celebrate the season. If you are interested in joining our group come to a rehearsal and give it a try. Rehearsal is on Mondays at 1 p.m. Set up begins at 12:30 p.m.

All are welcome.

*Isabelle*



Dan Garrett, newly elected Diocesan Council Member, will represent the Big Island.

## Dan Garrett elected to **Diocesan Council**

By Dan Garrett

Many St. Jude's family know that I was elected to the Diocesan Council at Convention this year, but some may not be familiar with the Council and its role and function.

The closest analogy is that the Diocesan Council is the Board of Directors of the Diocese. Budgeting, contracting, spending, and property matters are all within the responsibilities of the Council.

There is a parallel body, The Standing Committee, whose responsibility is primarily spiritual matters. Both groups are elected bodies that include clergy and lay elected from the major islands, as well as "at large" members for both groups. Standardly, we are elected to three year terms and may serve a maximum of two terms in the same role.

The Bishop serves as the President of Diocesan Council. The Convention looks to nominate potential members with previous experience in finance, real estate, budgeting and contracting in their professional experience or as members of board or governance in nonprofit organizations. People who encouraged my nomination felt that my experience in health care administration, and on the boards of nonprofits might be a good fit.

Though I was elected as the Big Island Lay Representative, just as any Director on any board, I have the responsibility to fairly consider the overall best interest of the organization. I will seek to be an effective conduit of Diocesan Council information to the congregations of the Big Island as I strive to assist all of the members of the Council in managing the business of the Diocese.

Please add the Diocesan Council, and me, to your prayers as I begin this new adventure.

*Dan*

## **Max makes mid-season All Pro**

**Editor's Note:** Max Unger, #60 is starting center for the New Orleans Saints. Max is also Cynn timer and Ray's grandson and part of the St. Jude's Ohana.

Max Unger, center for the NFL New Orleans Saints, was recently named to analyst Field Yates' [midseason All-Pro team](#).

According to the ESPN blog that broke the story of the honor, Max has earned the highest respect of his team mates. An excerpt from the website quotes Quarterback Drew Brees singing the praises of our home town boy.

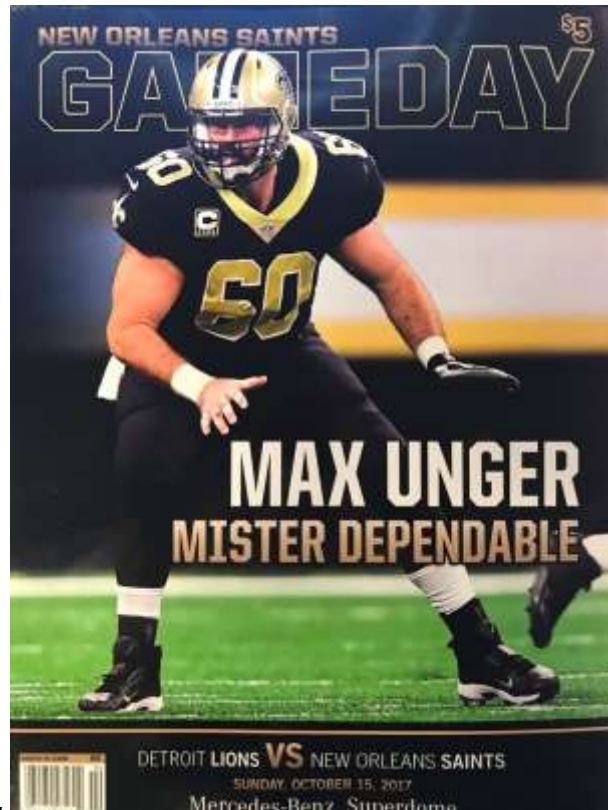
*"He's a stud, man. What a great pickup for us. I can't say enough good things about him,"* Saints quarterback [Drew Brees](#) said of Unger, who quickly emerged as a respected leader after arriving as part of the blockbuster [Jimmy Graham](#) trade with the [Seattle Seahawks](#) in 2015.

*"He sets the tone totally, not just in games but in practice,"* Brees said. *"His guys. He just sets such a good example for those guys at all times, as to, 'This is what it is to be a pro. This is how we practice. This is how we prepare.' And guys follow him.*

*"He's a huge part of our success. Huge part of that group."*

*Unger, 31, went to two Pro Bowls with Seattle. But he has a great chance to go for the first time with the Saints now that they're back in playoff contention."*

Football fans at St. Jude's are proud of Max and his success.



For the complete article visit: [LUVRMAX](#)

It's quite common to find regular updates on the NFL Saints during church announcements or on the St. Jude's Facebook page. It's okay if you have your own favorite NFL team, but collectively St. Jude's official favorite is the Saints and we cheer for Max and his team.



Cameron  
& Elliott  
Unger



## Computer lab grant to provide services for Ocean View

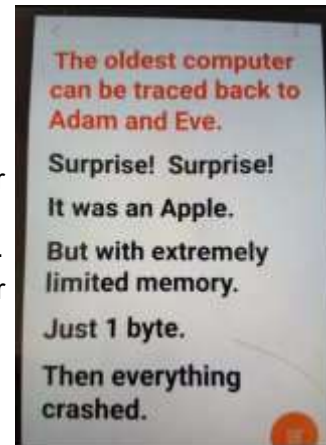
As reported in the November issue of Talk Story, St. Jude's has received a sizeable grant to build a computer lab at the church. Plans are underway to refurbish Heiberger Hall and fit it with the proper infrastructure to accommodate six laptop computers, a printer and all the associated technical needs for a comprehensive computer lab and security system.

Once the lab is ready to go, we will need volunteers to supervise the lab. We will also be offering computer classes on simple computer tasks or programs such as managing email, creating a Facebook page, using an excel spreadsheet or basic iPhone use. So we will be looking for volunteers willing to share their knowledge in those areas.

Don Hatch is taking the lead on the computer

lab project, and he is eager to include anyone with skills to get the lab set up or help keep it open. Dave Martinez from Ultimate Broadband will serve as technical advisor for the computer lab setup design. The computer lab was the brainchild of Gary Johnson.

Please don't be shy—if you know how to turn on your laptop, send an email or follow your friends on Facebook, you are qualified to be trained for the computer lab supervision.



### December Birthdays

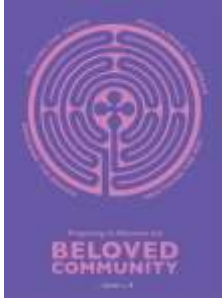
- 2 Vinnie Rexroat
- 4 Phyl Laymon
- 12 Evelyn Cossich
- 13 Thom White
- 19 Carolyn Sampson
- 31 Don Hatch
- 21 Ginger Stewart



### December Anniversaries

- 4 Beverly Nelson & Don Hatch
- 17 Rev. Cathy & John McDonald
- 30 Susan & Jerry Fine (50th)





## New Advent Resource Available

December 3, 2017, marks the beginning of Advent, and The Episcopal Church is making available a newly developed Advent resource to help Episcopalians everywhere to take up Jesus' ministry of reconciliation and healing.

Every congregation will soon receive in the mail *Preparing to Become the Beloved Community*, a multi-fold poster and resource pack with prayer, reflections and activities for each week of Advent. The resources can also be downloaded [HERE](#).

*Preparing* builds on the Becoming Beloved Community vision document and resources, which Presiding Bishop Michael Curry and President of the House of Deputies the Rev. Gay Clark Jennings and their supporting officers introduced earlier this year. The document lays out the Episcopal Church's long-term commitment to racial healing, reconciliation and justice.

"During Advent, Christians focus on how much we need Jesus to bear light, healing and hope in a broken world," noted the Rev. Canon Stephanie Spellers, the Presiding Bishop's Canon for Evangelism, Reconciliation and Creation Care. "This is a mysterious, vulnerable time. We're opening to Christ. We're opening to different neighbors and strangers who are Christ among us. We hope these resources meet the real hunger among Episcopalians to live like Jesus Movement people."





# FEELIN' GROOVY

BY BUFFY HITES

Recently I found an item which I had packed away and simply forgotten. It was a picture of a sunshine and it said, "I will make a difference." I found it something to think about and it occurred to me that in all of reality, making a difference in the world doesn't have to cost anyone anything, but time. Making a difference, in my way of thinking can be as easy as talking with a person, listening to someone or lending a helping hand. It may even involve you needing help. For when you are in need, the message is "I need you." It says to the person, "You are of value."

For me, this builds my self-worth and makes me feel I'm needed. Let's face it, people need people. In talking to someone, you're saying, I respect and value your listening. Occasionally someone needs a ride, but if you aren't able to go as far as they want to go, maybe you can offer to take them as far as you can. After all, it beats walking the whole distance. And any distance un-walked, still definitely makes a difference. Plus, it shows that you care.

Making a difference can be as easy as telling a joke that makes people laugh. Haven't you heard laughter is the best medicine? How about if you just compliment someone? Don't be fake, but honest, but say a kind word when you can. How about you call that person that's been on your mind? It will make you feel better, just

hearing their voice and they'll be happy knowing that you thought of them.

Life is short. There's something to this helping others thing. I should point out, it makes people feel better, knowing they have been useful. Helping, helps me too.

It seems my eyes have noticed some less fortunate than myself. It's hard for some to

*A blessing from the heart could  
make someone's day.*

Buffy Hites

comprehend my lifestyle, let alone those with less. I have a piece of land where I call home. But it is not mine. Where I

stay there's a cabin tent. I live in it, but it's not mine. Inside the tent there is a bed where I sleep and it's not mine. The space is pretty full, but 80 percent of all of it is not mine either. But with the help of generous folks the time to care about me and help me, I exist a little easier. God is good!

We have a car that runs, has everything required to be a legal vehicle. We are fortunate that loving people helped make it happen. They worked with us and gave us the opportunity to help them out in exchange. To me it was hardly work (only because Vinnie did the hard stuff like gardening and mechanical work).

It occurred to me how happy those people felt when I cried for joy at their kindness and generosity. It's funny how each one made it seem like it really was nothing. Wow! What was nothing to them meant so

**See "Groovy" continued on page 25**





The new water tank was installed by Taylor Construction.

## St. Jude's candids



Thanksgiving Saturday included musical renditions by JYM Duncan.



## 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*

### Pauline's Sweet Potato Soufflé ✓

You will find variations of this recipe served for Thanksgiving and Christmas throughout the South. This particular recipe came from Deloris Loeb's friend Pauline. Deloris is Beverly (Loeb) Nelson and Bob Loeb's mother. Some recipes call for walnuts instead of pecans, but most southerners believe that makes it a Yankee recipe. Since moving to Hawaii Beverly has made it using Macadamia nuts and she also made it using Kabachi squash instead of sweet potatoes.

Serves: Six

#### Ingredients

Soufflé	1	40 oz can	drained	Sweet Potatoes
	1	cup		Sugar
	2		beaten	Eggs
	1/2	stick	melted	Butter
	1	tsp		Vanilla
topping	1	cup	dark	Brown Sugar
	1/2	cup		flour
	1/3	tsp		Baking Powder
	1/2	stick	melted	butter
	1	cup	crushed	Pecans

Drain the sweet potatoes and mash them with a fork, then add all of the soufflé ingredients and mix using a hand mixer. Put it into a 2 quart oiled casserole dish.

Mix the topping until it is crumbly, and then sprinkle it over the top of the soufflé mixture.

Bake at 350° F for 40-50 minutes.

Variation: I like to keep a few of the pecans whole and I place them on top of the topping. It doesn't change the taste, but I think it looks better.





## AMA & Healthy Eating

# TO YOUR GOOD HEALTH

By Ray Hatch

### What Does the AMA Say About Eating Healthier?

I think we all have heard of the American Medical Association. It is an association of 200,000 physician members. Here is what Wikipedia says about the AMA: "The American Medical Association (AMA), founded in 1847 and incorporated in 1897, is the largest association of physicians—both MDs and DOs—and medical students in the United States."

The AMA's stated mission is "to promote the art and science of medicine and the betterment of public health." The Association also publishes the *Journal of the American Medical Association (JAMA)*, which has the largest circulation of any weekly medical journal in the world.

At its annual meeting June 14, 2017, the AMA issued a policy statement that called for the reduction of sugar-sweetened beverages and processed meats, and an increase in the availability of healthful, plant-based foods in hospitals.

Under the resolution, physicians and hospital staff are encouraged not only to counsel their patients about the health consequences of a poor diet but also to lead by example by offering healthful foods at the hospital.

Specifically, the resolution states that the "American Medical Association hereby call on U.S. hospitals to improve the health of patients, staff, and visitors by (1) providing a variety of healthful food, in-



cluding plant-based meals and meals that are low in fat, sodium, and added sugars, (2) eliminating processed meats from menus, and (3) providing and promoting healthful beverages."

Removing sugary drinks from vending machines and replacing them with water, unflavored milk, and unsweetened teas and coffees may be the easiest place to start making hospital food choices healthier, according to the AMA.

"Excessive sugar consumption has been linked to some of the nation's most debilitating diseases, and limiting the consumption of sugar-sweetened beverages will go a long way toward helping people prevent the onset of these diseases, improve health outcomes and rein in health costs associated with chronic diseases," Dr. William E.

**See "Healthy" continued on page 21**





## Christmas past

## Healthy

Continued from page 20

Kobler, an AMA board member who was part of the policy decision, said in a statement from the organization.

American Medical Association also calls for Healthier Foods in SNAP Program. SNAP stands for Supplemental Nutrition Assistance Program, formerly known as Food Stamps.

The resolution, which was co-introduced by the Medical Society of the District of Columbia and the American College of Cardiology, “requests that the federal government (1) support Supplemental Nutrition Assistance Program (SNAP) initiatives to incentivize healthful foods and disincentive or eliminate unhealthful foods and (2) harmonize SNAP food offerings with those of Special Program is Supplemental Nutrition Program for Women, Infants, and Children (WIC).”

Also, the American College of Cardiology (ACC) recently released new recommendations that urge hospitals to improve patient menus by adding healthy plant-based options and removing processed meats, which are linked to 60,000 cardiovascular deaths a year.

The ACC’s “Heart-Healthy Food Recommendations for Hospitals” say that “at least one plant-based main dish” should be offered and promoted at every meal. The recommendations also say that processed meats—bacon, sausage, ham, hot dogs, and deli meats—should not be offered.

The ACC recommendations also call for plant-based main dishes and a variety of vegetables and fruits to be served in all cafeterias and on-site restaurants.

So, maybe there is something to this Whole Food Plant Based way of eating. Has your doctor suggested that you reduce the amount of sugary drinks you drink?

Has your doctor suggested that you stop eating processed meats?

If not, you might want to ask them why not but, be prepared, they might not like you asking the question.

Also, check out our Facebook page called Taft Healthy Eaters or contact me for more information at [ray\\_h1941@yahoo.com](mailto:ray_h1941@yahoo.com)

## Church Yard

Continued from page 3

This is a great opportunity for parents to get pictures of your children sitting on Santa's lap.

The last ticket lets them into **Mrs. Cringles' Kitchen** where they get cookies and something to drink.

This is an event where we need lots of elves helping, because while this is going on we will also have our hot shower and hot meal programs. Last year I believe we had 26 volunteers working the events.

**Christmas Eve Services** this year is on Sunday and we have elected to have only the evening service. **There will be no 9:30 am services on Sunday, December 24th.**

Instead, on December 24<sup>th</sup> we will hold a Christmas Eve celebration beginning at 5 p.m. The evening worship begins with Christmas carols, bells, hula, and then at 6:30 the more formal Eucharist service will start. This year Pastor John Sandstrom will be leading the service.

This is usually our largest attendance during the year and we will probably have to open the side doors and put some chairs and benches outside to seat the overflow.

After the Eucharist service we will have our Aloha Hour/Christmas Eve potluck feast.

Since we are a congregation with people from various parts of the country and different traditions, we try to include everyone's tradition and especially their traditional Christmas Dinner favorites. In the past we have had Turkey, Dressing, Mashed Potatoes, Gravy, Tamales, Enchiladas, and New England Clam Chowder.

This is something you don't want to miss.

**Spaghetti Dinner:** Our next fundraiser is a Spaghetti Dinner which will be held on Friday, January 19<sup>th</sup>.

Doors open at 5:30 pm and dinner will be



**No tears for the St. Jude's Santa last year. Children lined up to whisper in his ear, or take a nap.**

served from 6:00 pm until 8:00 pm. Dinner includes Spaghetti, Spaghetti Squash, your choice of Red Sauce or White Sauce, Meatballs, Salad, Drinks, and Dessert.

Prices are \$8 for a single, \$15 for two, and \$20 for a family.

This has become one of our favorite fund raisers for the community and for the folks preparing and serving the food. For the community, you can't beat the price for a great meal.

For the folks making and serving the food, it is a fairly easy meal to prepare. We cook the spaghetti and spaghetti squash and add the sauces as it is served. The only ingredients that take much time to prepare are the sauces and meat balls.

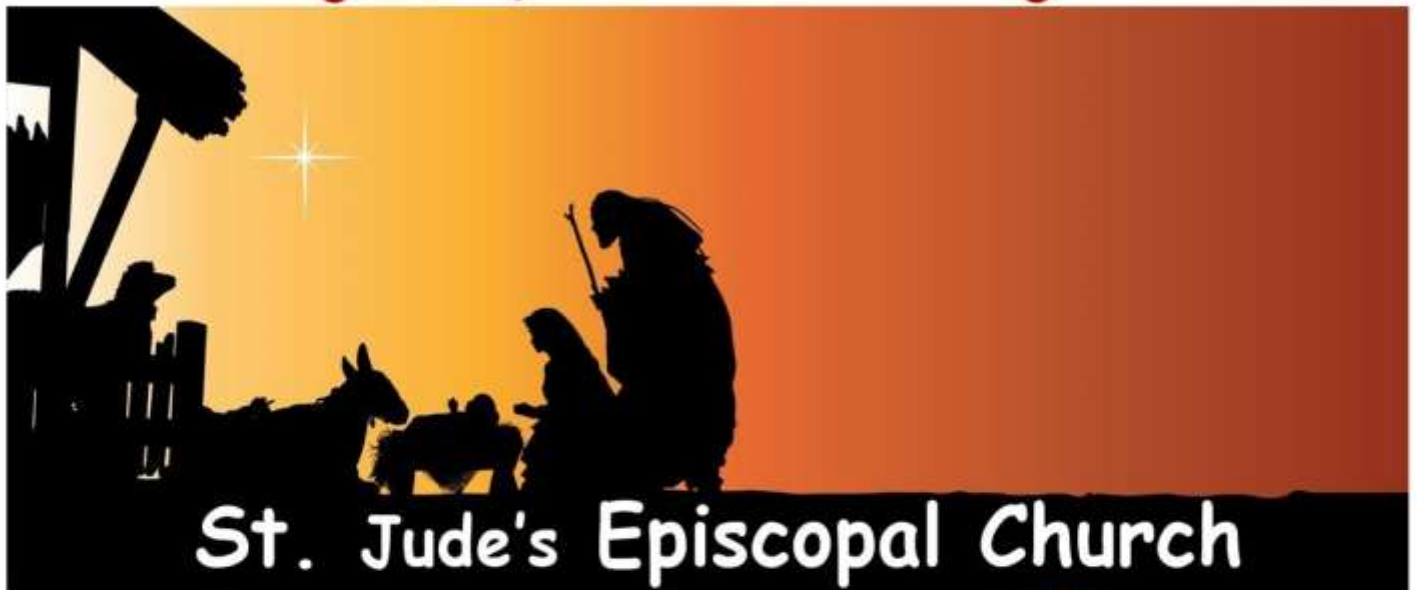
See you there!

**Mardi Gras:** Our annual Mardi Gras dinner will be held on Friday Feb. 16<sup>th</sup>.

Doors open at 5:30 pm and dinner will be served from 6:00 pm until 8:00 pm. Dinner including Jambalaya, shrimp (served on the side), Red Beans and Rice, Cornbread, Drink and Dessert.

# Christmas Eve Service

Evening Only - No Morning Service



St. Jude's Episcopal Church

Sunday December 24<sup>th</sup> 5:00 pm

Please join us

Service Lead by **The Rev. John Sandstrom**

Carols and Bells Begin at **5:00 pm**

Hula and Eucharist Service Begin at **6:30 pm**

**After services there will be a  
Potluck Dinner and Aloha Social Hour**

**Where**



**St. Jude's Episcopal Church**

**92-8606 Paradise Circle**

**Ocean View, HI 96737**

The southeast Corner of Keaka Pkwy  
and Paradise Circle



	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>		<b>Senior Nutritional Program</b>							<b>Hula Practice</b>		<b>NA</b>		<b>AA</b>		
			<b>Women's Bible Study @ Bev's 10:00 am</b>												
<b>Tuesday</b>		<b>Food Bank</b> <small>(asop &amp; Divide food)</small>		<b>Food Bank</b> <small>Monthly Last Tue.</small>											
<b>Wednesday</b>		<b>Senior Nutritional Program</b>							<b>Brownie Meeting</b>			<b>NA</b>			
<b>Thursday</b>		<b>Hula Practice</b>									<b>Al-Anon</b>		<b>AA</b>		
<b>Friday</b>		<b>Senior Nutritional Program</b>						<b>St. Jude's Events</b>							
		<b>Men's Bible Study @ McKinney Place</b>						<b>Band Practice</b>							
<b>Saturday</b>		<b>Free Hot Shower</b>									<b>AA</b>		<b>NA</b>		
		<b>Free Hot Lunch With Shower</b>													
<b>Sunday</b>		<b>St. Jude's Eucharist Services</b> <small>&amp; Aloha Poluack Social After Services</small>						<b>Marshallese Full Gospel Church</b>				<b>Marshallese First Assembly of God</b>			
	<b>Indicates this is a St. Jude's Function</b>						<b>AA = Alcoholics Anonymous</b>								
							<b>NA = Narcotics Anonymous</b>								

# St. Jude's Weekly Schedule

[www.stjudeshawaii.org](http://www.stjudeshawaii.org)

## Groovy continued from page 17

very much to us and made life more enjoyable. These folks really blessed my life and made a difference. Although I can't possibly do the same for somebody else, I can do *something*.

Here's an idea. How about taking some time to meet someone or spend time with somebody you recently met and take an interest in their life? A lot of people here in Ocean View have no family on the island, just like me. I know for me it is a really special thing when someone reaches out and is willing to hear how I am and what's happening in my world.

*It's in being a blessing  
that we are blessed.*

*Buffy Hites*

It's the holiday season and for most, a time to share with family and friends. Can we take time to show kindness and compassion to other human beings like Jesus intended us to do? A blessing from the heart could make someone's day. Feeling as though I matter to others is a game changer.

St. Jude's has a lot happening. Let's pass the info along so these can bless the people who can benefit from them. We provide hot showers and soup, the seniors have activities, AA and NA hold meetings, Bay Clinic sends the mobile medical and dental unit and they have the food pantry each month.



**Pretty in pink.**

**Always looking to make a difference in the world, Buffy stops to admire the floral arrangement made by Faye.**

I'd love to see us reach beyond these walls and help those people in the Ocean View community, whenever the opportunity presents itself.

It is my prayer that each of us find a way to make a difference in the lives of others and that in doing so, we decide to make it a regular habit. Making a difference comes down to the basic idea of the Golden Rule. "Do unto others, as you would have them do unto you." We may be the only face of St. Jude's that some folks see. God help us to present ourselves with an image we would choose in a dear friend.

It's in being a blessing that we are blessed.

Wishing you all a truly blessed holiday season that is filled with love and light.  
Aloha

*Buffy*

# Santa's Coming to Town

**Saturday, December 9<sup>th</sup>**



## Bring your Keiki to Visit Santa

Doors open at 10:00 am until 1:00 pm, or until gifts run out

- (1) Get your Free Tickets at the event
- (2) Visit Rudolph's Reading Room and get a Book
- (3) Visit Santa at the North Pole and get a Stocking
- (4) Go to Mrs. Claus' Kitchen for a cookie and drink

**Santa Will Be at**  
The southeast Corner of Keaka Pkwy  
and Paradise Circle



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

**In the Lower Parking Lot**  
across the street from the park



## St. Jude's Word Find

**"Gifts Worth Giving"**

Words May Be Found: Forward, Backwards, &amp; Diagonally

A	U	B	V	C	T	D	S	E	R	F	Q	G	P	H	O	I	N	J	M	K	G	C	T	D
C	W	D	X	E	V	F	U	G	T	H	S	I	R	J	Q	K	P	L	O	N	X	E	V	F
W	Q	X	R	Y	P	Z	F	A	U	T	I	L	I	Z	I	N	G	F	I	G	R	Y	P	B
A	U	B	V	C	T	D	E	E	R	F	Q	G	P	H	G	N	N	R	M	K	V	C	A	P
S	M	G	N	I	D	E	E	N	J	X	I	Y	G	N	I	R	E	F	F	O	N	R	L	R
W	Q	X	R	Y	R	N	D	A	N	B	M	G	I	T	K	T	J	F	I	G	T	Y	P	O
O	I	P	S	M	I	L	I	N	G	T	N	G	A	V	L	W	B	X	A	E	J	Q	H	T
Q	K	R	L	S	V	I	N	U	C	I	A	R	F	E	E	Y	D	Z	R	A	L	S	U	E
K	E	L	F	M	I	G	G	L	R	R	D	Q	H	R	Y	S	G	I	W	U	F	O	D	C
U	G	J	P	W	N	H	O	I	U	Y	K	S	J	B	I	C	N	N	G	E	G	W	G	T
G	N	O	B	I	G	T	H	O	H	E	W	M	V	N	U	G	T	P	I	N	N	N	N	I
Y	I	K	T	A	H	E	C	A	P	H	M	E	N	F	M	G	L	H	I	G	I	A	I	N
S	D	I	N	I	L	N	O	I	S	S	A	P	M	O	C	A	V	H	L	D	R	R	R	G
O	U	N	N	G	E	I	M	S	F	S	E	U	O	V	C	I	C	A	I	Y	E	A	A	R
K	L	G	F	N	I	N	F	O	R	M	I	N	G	W	S	A	U	V	W	U	D	M	H	C
G	C	H	B	I	Z	G	O	K	X	L	W	S	V	I	E	G	O	P	S	Q	N	I	S	C
A	N	B	V	R	T	D	R	E	R	F	Q	G	T	R	H	R	N	J	M	K	U	C	T	D
N	I	G	N	I	H	C	T	I	P	H	S	I	R	I	P	K	I	L	O	M	A	E	V	F
W	Q	X	R	R	E	L	I	E	V	I	N	G	N	D	N	E	J	N	I	G	L	Y	P	Z
A	U	L	I	S	T	E	N	I	N	G	Q	G	P	H	O	G	N	J	G	K	V	C	T	D
S	M	T	N	N	L	V	G	W	J	X	I	Y	H	Z	G	A	F	B	E	C	N	U	L	V
W	Q	X	R	I	P	Z	O	A	N	B	M	C	L	D	K	E	J	F	I	G	R	Y	P	Z

## Word List

Compassion	Sheltering	Reaching Out	Relieving
Listening	Hiring	Providing	Comforting
Visiting	Charging	Protecting	Enlightening
Feeding	Sharing	Bartering	Assisting
Laundering	Caring	Offering	Joking
Smiling	Utilizing	Pitching In	Laughing
Driving	Encouraging	Hydrating	
Needing	Including	Empowering	
Clothing	Inspiring	Informing	

# She's back!

Buffy Hites

As most of you know, Shannon lost her brother, Scott and had to be off island for awhile. She's back and she has an update she'd like to share.

Shannon's Dad, Jim is now a year out of a clinical trial of auto immune therapy for bladder cancer, which had traveled to his lungs and liver. He is now cancer free. Jim's bladder cancer has been reduced by half. God is good. Prayer does work.

Shannon is thankful for those who kept her in their prayers and is thankful to be part of the St. Jude's family.

As the holidays arrive, Shannon's prayer is that she and her dad can celebrate the 55 years of life her brother lived and how Scott was a blessing to their lives; rather than focus on his passing.



Shannon & her dad, Jim Simpson

## Word Find Answers

Words May Be Found: Forward, Backwards, & Diagonally

A	U	B	V	C	T	D	S	E	R	F	Q	G	P	H	O	I	N	J	M	K	G	C	T	D
C	W	D	X	E	V	F	U	G	T	H	S	I	R	J	Q	K	P	L	O	N	X	E	V	F
W	Q	X	R	Y	P	Z	F	A	U	T	I	L	I	Z	I	N	G	F	I	G	R	Y	P	B
A	U	B	V	C	T	D	E	E	R	F	Q	G	P	H	G	N	N	R	M	K	V	C	A	P
S	M	G	N	I	D	E	E	N	J	X	I	Y	G	N	I	R	E	F	F	O	N	R	L	R
W	Q	X	R	Y	R	N	D	A	N	B	M	G	I	T	K	T	J	F	I	G	T	Y	P	O
O	I	P	S	M	I	L	I	N	G	T	N	G	A	V	L	W	B	X	A	E	J	Q	H	T
Q	K	R	L	S	V	I	N	U	C	I	A	R	F	E	E	Y	D	Z	R	A	L	S	U	E
K	E	L	F	M	I	G	G	L	R	R	D	Q	H	R	Y	S	G	I	W	U	F	O	D	C
U	G	J	P	W	N	H	O	I	U	Y	K	S	J	B	I	C	N	N	G	E	G	W	G	T
G	N	O	B	I	G	T	H	O	H	E	W	M	V	N	U	G	T	P	I	N	N	N	N	I
Y	I	K	T	A	H	E	C	A	P	H	M	E	N	F	M	G	L	H	I	G	I	A	I	N
S	D	I	N	I	L	N	O	I	S	S	A	P	M	O	C	A	V	H	L	D	R	R	R	G
O	U	N	N	G	E	I	M	S	F	S	E	U	O	V	C	I	C	A	I	Y	E	A	A	R
K	L	G	F	N	I	N	F	O	R	M	I	N	G	W	S	A	U	V	W	U	D	M	H	C
G	C	H	B	I	Z	G	O	K	X	L	W	S	V	I	E	G	O	P	S	Q	N	I	S	C
A	N	B	V	R	T	D	R	E	R	F	Q	G	T	R	H	R	N	J	M	K	U	C	T	D
N	I	G	N	I	H	C	T	I	P	H	S	I	R	I	P	K	I	L	O	M	A	E	V	F
W	Q	X	R	R	E	L	I	E	V	I	N	G	N	D	N	E	J	N	I	G	L	Y	P	Z
A	U	L	I	S	T	E	N	I	N	G	Q	G	P	H	O	G	N	J	G	K	V	C	T	D
S	M	T	N	N	L	V	G	W	J	X	I	Y	H	Z	G	A	F	B	E	C	N	U	L	V
W	Q	X	R	I	P	Z	O	A	N	B	M	C	L	D	K	E	J	F	I	G	R	Y	P	Z



## A new blessing

The Cutts family is celebrating the arrival of a new baby girl to Cindy and Jerry's son Corbett and wife Nicole. Big sisters Lulu and Coco are thrilled to be playing with the new baby.



## Christmas tree

Continued from page 4

Spruce is the main evergreen that grows in Alaska and not without a struggle! Alaska has a permanent layer of permafrost just below the topsoil so it isn't the most hospitable to any kind of roots. Therefore, Alaskan Spruce is a little deformed, even kinda scruffy looking. But we Alaskans hold it in high esteem because we know what challenges it has to overcome to exist at all!

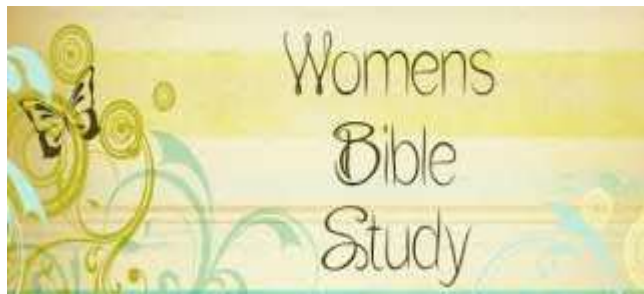
Living in Alaska truly is a challenge. And an adventure. Not for the faint of heart. I loved spending all those years there with my super large family! We made so many happy memories together. Times really have changed, though. Now I put up my fake pre-lit tree in Hawaii and light a Yankee Candle, Evergreen, of course.

But the Spirit of Christmas never changes. I still have a super large family scattered all over the country. But I have also gained a caring O'hana right here that never lets me be lonely. Merry Christmas, everyone! And, to all a "Good Night!

PS: Did I make it? Is it midnight yet? She said she was checking me out at 12:01!







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



**Fridays at 9:00 a.m.  
McKinney Place**



## Lemonade Party

**December 2, 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, photos, memories, etc.

**For more guideline details visit** [www.stjudeshawaii.org](http://www.stjudeshawaii.org)



Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: [cynthiaanncutts@gmail.com](mailto:cynthiaanncutts@gmail.com)

**Deadline for newsletter submissions is the 20<sup>th</sup> of each month.**

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