

Talk Story at St. Jude's

St. Jude's Episcopal Church
News Magazine

January 1, 2016

Edition 1 – Volume 2



Christmas Eve service was a capacity crowd with nearly 100 worshipers. People were seated inside and outside! The church was decorated with memorial and thanksgiving poinsettias.

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And a whole lot more!

Sit down, relax and enjoy this jam-packed edition of our church news magazine.

St. Jude's receives grants

St. Jude's Episcopal Church was awarded two distinguished grants in December from the Episcopal Diocese of Hawaii through the One Percent Diocesan Council Grant program.

A grant in the amount of \$4975 was awarded to pay for a new range and refrigerator for the church kitchen, a serious need for our congregational gatherings. Both appliances are in serious need of extensive and expensive repair. The grant will replace both. A second grant, in the amount of \$5000 was awarded by the Diocesan Council Grant program, to provide soup supplies for our Saturday "Shower and Soup" program.

St. Jude's is extremely grateful for the support of the Diocese and their generous financial help. The grants were written by Cordelia Burt.



Flavor of the month
 Father Jim Caldwell is
 serving St. Jude's
 through February.



Stalking the pantry

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



Ka'u Food Pantry, Inc.: next distribution is Tuesday, January 26 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11a.m. to 1 p.m. [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 9 a.m. on that Tuesday. The Pantry holds a fund raising event every month on the 3rd Saturday - January 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.

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.



Food Pantry
 Donations Needed



Around the church yard

By Contributing Editor Don Hatch

Work continues on painting the outside of the church and we're slowly getting closer to having this job done. The church is used by some organization almost every day of the week (see the schedule posted in this newsletter); currently, the only day we can paint the church is on Tuesdays. We hoped to have the painting done by the end of 2015, but we still have a little more to do in the new year.

As I looked at St. Jude's last Sunday I thought the facilities is really starting to look great.

This time last year we had weeds that were out of control, a flock of chickens that interrupted almost every service, a bunch of cats that seemed to get bigger every week, we were worried about the boardwalks on both sides of the church because they were rotten and getting weak. The outside of the church was painted several colors and the paint was several layers thick, we learned that the church meeting hall sliding doors and windows were in were regular window glass and could be dangerous if broken, the upper parking lot was gravel on blacktop and some of our congregation called them Rolle-Rocks, and the priests car was becoming unstable.

Now that 2015 is over and I look at our concerns at the

end of last year I'm impressed that all of our worries from last year have been resolved.

Sure, we have some painting to complete, but that is mostly because the outside of the church has been painter and repainted so many times it was layers of different paint. This time the old paint and patches were scrapped off, patched, and then painted. The scraping and patching was several times the effort needed to paint the church.

The weeds are under control, the cat population has been reduced, and the chicken flock is much smaller.

The boardwalk foundation was reinforced and then recovered with composite decking material; so, we no longer have to worry about rotting boardwalks.

The sliding door and window glass was replaced with safety glass.

The upper parking lot, including handicapped parking, was covered with several inches of mulch and is now safe to walk on.

One of our missions is to help other community support organizations by hosting them in St. Jude's facilities to give them a place to meet. I thought we were fully utilized last year, but somehow we fit

four more organizations into our facilities. They are the U.S. Veterans Affairs, Band Practice for a local community band, and The Kau Food Pantry started using St. Jude's facilities for food distribution.

We bought a new KIA car for our priests to use.

This time last year we published the first issue of Talking Story at St. Jude's, our church newsletter. It was 6 pages long and the articles were written by two people. Last month the newsletter was 26 pages long and six people wrote articles for it.

Max Unger was with the Seahawks this time last year and St. Jude's received an update on the Seahawks score every Sunday. During 2015 he was promoted from a Hawk to a Saint and now we follow the New Orleans Saints each Sunday. We feel that having the grandson of one of our congregation as a Saint is an honor.

You would think with all we accomplished last year we could rest for a year, but it's not going to happen.

For this year we are going to

**(See "Church Yard"
continued on page 15)**

Decorating the Church for Christmas



Ka'u Food Pantry Distribution

January 26 th

11 a.m. —1 p.m.

St. Jude's Episcopal
Church



For more 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.

Blessings

By Thom White



I want to express my gratitude for serving as the Bishop's Warden for the last 5 years. It is with much regret that I resign for health reasons.

As a child I loved the stories of Jesus. I would often imagine myself back in those times. One of my favorite stories that stayed so real for me was Jesus meeting Peter and Andrew fishing on the Sea of Galilee. Jesus calls them to be fishers of men and they dropped what they were doing and follow Him. I wondered if I would do that? If I could just drop everything and follow Him.

When I was asked to be Bishop's Warden I could not help but reflect on that story. St Jude's was a much smaller congregation then and there was much need for members to step up and serve. I did not even know what a Bishop's Warden did, but I remembered Jesus saying, "Come follow me."

As St. Jude's has grown in Sunday attendance and service to the community we have the opportunity to serve Him and live His message to, "Love One Another." The example of selfless service here inspires me to step up sometimes, when I would rather not.

I have received more than I gave and I give thanks for these lessons and blessings. As we approach the new year, may we grow as a family in love and service. With much aloha, Thom



Women's Bible Study Annual Christmas Brunch was a wonderful gathering of food, fun and fellowship.





Chasing the Saints

By Cynn timer Salley, Grandmother of New Orleans Saints Center, Max Unger

Editor's Note—Cynn timer and Ray Salley are on an NFL sojourn. At my request, Cynn timer has provided a travelogue to share the crazy life of NFL families.

TRIP-phase 6

10/12/15

Cape Cod and Ray's family was where we headed today. It was a long eight hour drive and again, Camcam handled it beautifully. Ray and I stayed with Ray's sister and Leah and Cam with his great niece and family. They have two young girls that were so excited to have Leah with them as they think she is a big celebrity! They were wonderful baby entertainers.

10/13/15

Off to visit Plymouth. I had an eye Dr. visit and the rest of the family went to see Plymouth Rock and tour the Mayflower II. We had an early dinner where they serve Lobster and Leah and I put on the bibs, rolled up our sleeves and savored every bite of our Lobsters! What a treat! I had forgotten how sweet the Maine lobster meat is! I travel on my stomach, and this was the BEST!

10/14/15

We had the most wonderful tour of Cape Cod with seven of us piled into the Yukon. Ray's niece's husband, David, was our tour guide. He knows the Cape inside and out as he was born and raised here. In going from one small town to the next, I realized how quaint and architecturally restricted they all are. It's very effective and is downright charming! We stopped at Chatham, which is at the elbow of the cape on the Atlantic Ocean side, for lunch from the fish shop at the pier. Lobster again, this time in the form of a lobster roll, and absolutely delicious. Ray is getting his fill of oysters and fried clams. We sat around a picnic table and enjoyed the ocean air and watched fish being unloaded from the boats. Camcam is such a brick: sleeping and chatting in her car seat. We had Pizza for dinner at Ray's grand niece's, said goodbye to Leah and Cam as they leave for NOLA in the morning and went home to bed.



**Max Unger , #60, Center
for the New Orleans Saints.**

10/15/15

David, very kindly offered to take Leah and Camcam into the Boston airport. Ray went with him, so arose in time for a six thirty am pickup. When he returned we ran errands and went to the movies: saw Black Mass. As it is a true Boston story, the names and reputations were familiar to these Massachusettsians I'm with. A dark movie! We picked on leftovers for dinner and then watched.....Thursday Night football: the Saints vs the Falcons. As Leah wrote...I don't know where that team came from, but I like it!... It was a great game and Max

(See "Saints" continued on page 10)



ROCK ON, LYNNE

BY JERRY WEGWEISER

Once upon a time there was a little rock. Many people looked up on the little rock.

Well metaphorically, actually the little rock did most of the looking up; because she was a little rock. This gave the little rock a unique perspective on things. A rock that looks up most of the time is bound to get more glimpses of heaven than most. I guess that is why God made so many little angles.

But this is not a story about rocks, or maybe it is as the case may be. This is a story about inspiration. Recently, Lynne Reynolds, a much loved and admired person/rock/angel (take your pick) left our church to move closer to her family in Alaska. During her stay at St. Jude's she was a great source of inspiration to many of us in the congregation. Although Lynne went through some very difficult times in her life, she was always a model of perseverance, strength, and faith.

Well, maybe this is a story about a rock. One day before she left for Alaska I was looking at the landscape in her front yard. There was a border of rocks that I found particularly interesting, and I jokingly asked if she was going to take them to Alaska. Her response was "Maybe some." Then I noticed a round white rock that looked different from the others. I ask about it and Lynne told me that a friend of her, now deceased, husband sent it to him years ago.

I thought surely she would take that one with her and when she told me she was

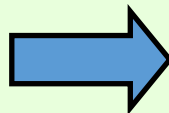


Lynne Reynolds

leaving it, I immediately told her that I would like to have it; she said that would be fine.

I asked Lynne to dip her hand in some paint and leave her handprint on it.

Now when I feel down or lacking in faith, although Lynne the metaphorical rock is not physically here, Lynne the literal rock is. She rests comfortably on a pillow in my living room. Lynne has literally become my rock and here she is.



Volunteers needed for Youth Outreach FAFSA Workshop

St. Jude's members have an opportunity to help Ka'u students find free funding for college.

On January 26th, St. Jude's will host a FAFSA Workshop for students around the Big Island. Members are invited to bring their laptops, to help individual students who don't have computer access or WiFi, file an electronic financial aid form. The questions are basic information about the student and the parent, along with information from their most recent income tax returns.

You don't need to know anything about college financial aid and your computer will always be in your possession. Volunteers will sit with students, direct them to www.fafsa.gov and help them file a critical piece of college funding.

The FAFSA is a Free Application for Federal Student Aid and is required of all students who wish to apply for federal, state and institutional grants, scholarships, work study and student loans. It's a relatively simple form that has a student section and a parent section. A new FAFSA must be filed each year a student attends college.

Unfortunately there are many eligible students who do not receive college funding, just because they did not file a FAFSA. There are also several websites that appear to be the federal site, but charge students as much as \$100 to file a free form.

Cindy Cutts, a retired college advisor and financial aid specialist, will be available to train volunteers briefly, and to assist stu-

dents with any questions about filing their forms.

"Filing a FAFSA is so important," Cutts explained. "It's the gateway to paying for college. Filing takes about 10 minutes, if you have computer access and a little coaching. Most of the kids in Ka'u will qualify for significant financial aid. Many will be fully funded, as long as they file their FAFSAs."



Please email cindycutts00@yahoo.com if you are willing to help. We'll meet at the church at 2:30 p.m. to set up tables, fire up the laptops and walk through the steps of filing a FAFSA. The workshop will be from 4 – 6 p.m.

Help Fight Dengue Fever



Build Your Own Mosquito Traps

When: **Saturdays 10:00 am to 2:00 pm**

Concurrent with Free Hot Shower and Hot Meal

Bring Empty 2 Liter coke bottles & we will help you build your Mosquito Trap. We will supply the Mosquito Bait and Instructions

Takes place at



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

The southeast Corner of Keaka
Pkwy and Paradise Circle



Saints

(Continued from page 6)

played very well! It wasn't over until about midnight. So next on the agenda was bed!

10/16/15

Another Birthday in the family. Called Craig to wish him a Happy one! Then, this was our day to run errands. Off to the drug store and the Mashpee Mall. Lois has a new iPad, so as that was getting set up, we went to another movie: Bridge of Spies starring Tom Hanks. I like him in anything he does, so it was a great movie. For those of us old enough to remember the Cold War, it was about the trade of Powers, the U2 pilot who was shot down and captured in Russia, for Able, the Russian spy captured and tried in the USA. It was very well done! The Apple Store was closed by the time it got out, so that will be tomorrow's errand. We finished up leftovers and called it a day.

10/17/15

The Apple Store finally opened, so Lois finalized the iPad set up, we did some mall shopping for warmer clothes as the weather is getting downright chilly, had some clam chowder for lunch and went back to the house to repack as we leave tomorrow. The family got together again for dinner and again, it was lobster for me! We have had some wonderful times being with the multi generations of the family, this trip. We just don't see them enough. Said our goodbyes to some of them and hope to see them in Kona one of these days, soon!

10/18/15

An early breakfast this morning. Did our last minute packing and cramming! David, very nicely, offered to come over and tote our bags out to the car; a very welcome offer! So, he and Nancy and the grandchildren all came over and we had a short time to chat and say more goodbyes before heading out to Utica, in upstate New York. What a beautiful drive. The farther north we drove the more colorful the foliage, until we were driving through a countryside enveloped in reds and yellows and all of the colors in between. About half way through the drive, Ray said, what are all these white things hitting the windshield? I don't know, I responded, they must be some kind of bug! After a short while, we pulled into a rest stop and those white bugs turned out to be snow! So we continued driving through a series of snow flurries. The drive took about six hours and we arrived

at our destination...Hotel Utica. It must have been a Grande Dame in its day, but it's day has been long gone! They are slowly trying to restore it and I hope they can, as it could be quite exquisite with a bunch of money and a good designer! But it is clean and our beds are comfy, what more could you want? We had dinner in an Irish Pub, Swiftys, after getting lost several times trying to find a place to eat. Watched Sunday night football and fell asleep before it was over!

10/19/15

Well, my phone died...really dead... during the night and there was no Apple Store in Utica. Went online and found one in Syracuse which was on our way to Buffalo. The geniuses there worked their magic and it's fine. We continued our journey to Clarence, a small town outside of Buffalo, and settled into Asa Ransom House for two nights. Had dinner at the Hollow Bistro. Found that it was restaurant week, when participating restaurants have set price menus with choices of entrees in each price range. A great idea and a wonderful dinner, topped with a frozen peanut butter pie...scrumptious! Waddled back to the Inn and watched Monday Night Football before going to sleep.

10/20/15

After breakfast we headed out for Niagara Falls; about a 45 minute drive. Spectacular doesn't cut it at all. It was absolutely fantastic. I have seen pictures and videos of it all my life, but they just don't capture the enormity of the experience. We went on The Lady of the Mist, the boat that practically goes under the falls. They pass out plastic covers which everyone donned and got a bit wet regardless. After viewing the American side, we went over the border into Canada to see the falls from that side. Although Horseshoe Falls was visible from the boat, it is not completely visible from the American side. However, from the Canadian side, we could see the complete horseshoe and it was amazing and gorgeous.

Back to the Inn for a late afternoon rest and dinner here at the Inn. It was delicious and the dining room was full of local people.

10/21/15

Up and at em...it's back in the saddle again after breakfast and loading the car. We headed for Rossford, right outside of Toledo. We decided to take the road that

(See "More Saints" continued on page 21)

	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			Women's Bible Study @ Bev's 10:00 am		Food Bank Monthly Last Tues.				Veterans Affairs (Heimburger Hall)					
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 & Aloha Poluck 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

In our prayers this month

For healing: LaVerne, Bill, Anna, Sharon, Cindi S, Judy S, Phyl, Thom, Kepi, Brian, Ginger, Orlando, Maria, Sharon, Peggy

For healing from surgery: Sharon, Charlie

For healing from cancer: Christine & Kay, Florence N

For strength & peace: care givers near and far

For protection and safety: all police, firefighters, military personnel, health care providers, teachers, and new mothers

Prayers of Thanksgiving

For the generous grants from our Diocese.

For our families and friends and for our family of St. Jude's.

For the cheerful, willing volunteers within our congregation.



Celebrating this month

January Birthdays

7 Beverly Nelson
11 Ray Hoover
13 Cynnie Salley
13 David Mattson
16 Brian Stewart
17 Brian Marsh
23 John Prettyman
27 Deborah Johnson



January Anniversaries

January 1 Thom White & Bud Sherfield
21 Richard & Cordelia Burt



Fight Dengue Fever with St. Jude's mosquito traps



With all the news about Dengue Fever in the Hawai'i, everyone seems to be discussing ways to reduce their mosquito population. One of the easiest, cheapest, most effective, and environmentally friendly methods is to build mosquito traps.

Every Saturday St. Jude's provides Free Hot Showers and a Hot Meal to the folks in our community and last month St. Jude's started helping people build Mosquito Traps as part of their Saturday program.

In addition to helping build the traps, St. Jude's provides the bait needed to attract the mosquitoes, and an instruction sheet explaining how to most effectively use the traps.

The traps are made from empty 2 liter coke bottles and the mosquito bait is a mixture of water, brown sugar, and yeast. The traps should attract and kill mosquitoes for about 2 weeks before they need to be cleaned and recharged with a fresh syrup/yeast mixture.

How They Work: Mosquitoes are attracted to the carbon dioxide in your breath and they follow that carbon dioxide trail to find and bite you. The sugar water yeast mixture fermenting in the trap makes carbon dioxide, like in your breath. The mosquitos follow the scent into the trap, are trapped, and can't find their way out.

The opening at the top of the bottle is large; so, the mosquito can follow the scent down



into the funnel (made by the inverted bottle top) and into the trap, but when they try to get out they are at the small end of the funnel and there is

no scent trail for them to follow.

Although the instructions say you should clean and refilled the trap every 2 weeks, remember that yeast is a living organism and how fast it works is affected by what it's eating (type of sugar) and the temperature.

St. Jude's uses brown sugar to make the bait which ferments slowly; so, it should last around 2 weeks before all of the sugar is used up; however, if you substitute white granulated sugar it ferments much faster and may need to be replaced every 5-6 days.

The temperature is the other thing that controls how fast the sugar is used up. On cold nights fermentation will slow down. Then as the temperature increases the yeast will eat the sugar faster, up to around 110 degrees Fahrenheit. If the temperature goes much higher than 110 degrees it kills the yeast and the trap stops working – If this happens you should clean the trap and add fresh bait

Where to Place the Traps: I like to put the traps everywhere there are mosquitoes, but they must be out of direct sunlight because the UV light in sunlight kills the yeast and if the trap gets too hot it will kill the yeast. If I put any inside our house or inside the church I believe I'll hide them in a small trash bins or straw baskets.

This same type of trap can be used to catch other flying pests by simply changing the type of bait. For Fruit Flies use cider vinegar and a banana peel, for yellow jackets or house flies use raw chicken skin.

Editor's Note: *The "Plans & Instruction Sheet" is posted at www.stjudeshawaii.org and is available for anyone to download, print, and share with friends.*



St. Jude's Poinsettias were donated for Christmas decoration

IN LOVING MEMORY OF:

Dennis & Stephen Reynolds by Lynne Reynolds

Wilma Cutts by Cindy & Jerry Cutts

Family gone before by Erma Hendricks

Ancestors gone before by Becky Schaupp

Barbara Hatch by Beverly Nelson & Don Hatch

Chuck Nelson by Beverly Nelson & Don Hatch

Family gone before by Richard & Cordelia Burt

Veronica Rose White by Thom White & Bud Sherfield

Sue Jane Donley by Bud Sherfield & Thom White

Wayne Purvey by Bud Sherfield & Thom White

Jan Lustes by Bud Sherfield & Thom White

Melvin L. Kurtz by Sandra Yocum

Claude Sheridan by Marty & Brian Marsh

Margaret & Ellsworth Marsh by Marty & Brian Marsh

Jason Shelton by Sandra Shelton

George & Lucille McCandles by Gary & Deb Johnson

Edward & Ruth Johnson by Gary & Deb Johnson

Grandmother Helen Jewel Dupree by Steve Stigall & Dan Garrett

Grandmother Maud Garrett by Steve Stigall & Dan Garrett

Mother Claudina Stigall by Steve Stigall & Dan Garrett

Mother Lois Garrett by Steve Stigall & Dan Garrett

Father Rufus Garrett by Steve Stigall & Dan Garrett

Rosaline by Connie Santana

Geraldine by Connie Santana

THANKSGIVING FOR:

The Hickman Family by Phyl Laymon

The Laymon Family by Phyl Laymon

The Turner Family by Phyl Laymon

Peggy Hickman McCormack by Phyl Laymon

Shirley Anderson 90th birthday by Phyl Laymon

Tammy, Stephanie, Matthew by Richard & Cordelia Burt

Everyone who got to wake up this morning whether in this world or the next by Jerry Wegweiser

FOR GOD'S MANY BLESSINGS:

Brian and Ginger Stewart

Marjorie Berry

Karen Pucci and Anna Towner

Kepi Davis

Cynn timer Salley

Elaine Meier

Teri Martindale



TURNING PAGES

BOOK REVIEWS BY ANNA TOWNER

For mystery fans - I grew up with Tony Hillerman (The Blessing Way, 1970). He was a wonderfully gifted, compassionate writer of the Southwest - its beauty and its people. So, understandably, I hesitated for some time before reading his daughter, Anne Hillerman (Spider Woman's Daughter and Rock With Wings). I am reassured; she continues with her father's characters and does him, the land and the people proud. Just as he has received numerous honors from the Native American Indians he wrote about, I believe she will continue to show the same integrity, honor and respect.

Time is short, deadline approaching so I will move onto FOOD. Our Sandra is from New Mexico and we both love the regional food from there. So...of course I had to get a couple of books, Santa Fe school of Cooking's Celebrating the Foods of New Mexico and The Rancho De Chimayo Cookbook: The traditional Cooking in New Mexico 50th Anniversary Edition. The former is a culinary school and the latter an extremely well known restaurant. Most of the recipes are not complicated and often include estimates on time needed to prepare.

Short list of nonfiction books I have had/am having fun with:

The Telling Room; a Tale of Love,
 Revenge and the World's Greatest Piece of Cheese.
 Planet Taco: A Global History of Mexican Food. Jeffrey Pilcher
 Santa Fe Flavors. Anne Hillerman
 An Edible History of Humanity. Tom Standage
 History of the World in 6 Glasses. Tom Standage
 My Kitchen Wars. A Memoir. Betty Fussell
 The Language of Food: A Linguist Reads The Menu. Dan Jurafsky
 Dearie: The Remarkable Life of Julia Child. Bob Spitz
 Mark Kurlansky - Anything by him.

Some you can't put down; some you don't want any interruptions while reading. All are well written and worth investigating. If you have questions, catch me after service or come to the Ocean View Community library most Mondays from 9 a.m. to noon.

Church Yard (Continued from page 3)

start repairing and upgrading some of the other parts of the church.

First on our agenda are the kitchen appliances. We have a refrigerator and kitchen range that are both over 15 years old and need replacing. The range has two heat settings – High and Off. The refrigerator has missing shelves and leaky door gaskets. These appliances are used almost every day by one of the organizations who use our facilities; so, these are targeted to be replaced early this year.

Last, but not least, starting the last week of 2015 we have added a new service to our Saturday program of Free Hot Showers and Free Hot Meal. We are helping people build mosquito traps for their yard and home. With the growing problem of Dengue Fever on the Big Island people are worried how to avoid catching it. The best way is to eliminate the mosquitoes. See the full article in this newsletter describing this mission.

From the St. Jude's Kitchen

Yummy Chicken Casserole ✓

Ingredients

	2	cups	cubed	Chicken (cooked)
	2	cups	diced	Celery
	1	tsp	grated	Onion
	1	6 oz can	drained	Mushrooms
	1/2	cup		Sour Cream (regular or reduced fat)
	1/2	cup		Mayonnaise (regular or reduced fat)
	1	Tbsp.	fresh	Lemon Juice
	1/2	tsp	each	Salt & Black Pepper
	1/2	cup	marinated	Artichoke Hearts (optional)
topping	1/2	cup	shredded	Sharp Cheddar Cheese
	1	cup	crushed	Potato Chips

Meat: Cook the chicken and cut it into bite-size cubes. Cut chicken breasts and thighs into strips and sauté them until they are browned and then cut them up into bite size pieces. I prefer using rotisserie chicken – one large rotisserie chicken can make a double recipe.



Mix ingredients and pour into a greased casserole pan. Spread the shredded cheddar cheese over the top.

Refrigerate: Cover and refrigerate for several hours or overnight to let the flavors blend. *You can cook it immediately, but it's better if prepared the night before and refrigerated.*

Sprinkle the crushed potato chips on top just before baking.

Cook: Bake at 375° F for 45-60 minutes.

Note: you should use either regular or reduced fat mayonnaise/sour cream when making this dish. If you use fat-free you lose lots of the flavor while also increasing the calorie count.

This dish, as shown above, has very little carbohydrates and should have a moderate to low GI which makes it acceptable as a diabetic dish.

Variations: I often experiment with chicken casseroles I like. For example I add a spoon of chicken base (like bullion paste) to boost the chicken flavor, marinated artichoke hearts, capers, or toasted pine nuts. Also, I like to sprinkle a little parmesan cheese over the top with the crushed potato chips. You can substitute bread crumbs for the potato chips, but it won't be as good.

The original recipe didn't call for marinated Artichoke hearts, but I think they add a nice variation to an already great dish. However, this is a recipe where I like the original recipe a little better than the one with the artichoke hearts added.

If you have hungry children or a lot of people to feed (like a church social) you can extend the recipe by adding a Tbsp. of chicken base (like bullion paste), a can of cream of mushroom or celery soup, and 3-4 cups of cooked bow-tie pasta or egg noodles.



Need money for college?

File a FAFSA!

The Free Application for Federal Student Aid (FAFSA) is how to access federal, state and institutional money for college.

File for free at: www.FAFSA.gov

St. Jude's FREE FAFSA WORKSHOP

January 26, 2016

4 p.m. – 6 p.m.

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

Who should file?

Current High School Seniors & Current College Students

What to bring with you:

Student & Parent Social Security Numbers

Student & Parent Email Addresses

Student & Parent Adjusted gross income from 2014 & 2015

This is a FREE workshop on
how to file a FREE form.

St. Jude's Episcopal Church
92-8606 Paradise Circle,
Ocean View, Hawaii 96737
www.stjudeshawaii.org



www.fafsa.gov

GET INVOLVED

- Jan 2 Lemonade Party church clean up 9 a.m. to 11 a.m.
- Jan 17 Bishop's Committee Meeting
- Jan 24 Annual Meeting of St. Jude's w/ elections and reports
- Jan 26 FAFSA Workshop 2:30 p.m. to 6 p.m. Bring your laptop
and help a student file for federal & state free
financial aid



February 12 Mardi Gras



(Party Time)

News from the North

By Lynne Reynolds

Greetings from Anchorage. Hope this finds you all warm and well in the sun. It's a refreshing 25 degrees today, sunrise at 10:15 am and sunset at 3:40 pm. Not much daylight. One finds it very easy to sleep all the time as it is dark and cold. When in Kona I woke up with the birds, as they were quite noisy at my place. No bird noises here as the windows are all shut tight and it does not start getting light until 9:00 am or so. I remember when I was working it was exciting the first time you drove home from work and did not have to turn your headlights on as you then knew summer was on its way.



I've bought a car. A Subaru Crosstrek, it's a real Alaskan car, with a remote start (I can start my car from ½ mile away), heated seats, heated side mirrors, and heated windshield wipers. I also have a heater on it that I plug in when it's really cold so car will start. I have to park outside for now. The remote is really nice as you can start your car from inside. When I was I was walking through the parking lot, after church U could hear beep beep and a car starting then beep beep and another car starting. Everyone starts their cars and then has a little more coffee and then walks outside. The trick is to make sure you leave your defroster and heater on at full blast.

I've bought a house, should close on the 28th. I'm doing what I said I would not do and bought a house that needs some work. Will need to paint (has red accent walls) and replace the flooring, as well as kitchen counter and bathtubs. Deck (lanai) will need some work this summer as will the roof and I will also paint outside. I did get price reduced so will all work out. I have a good friend of Stephen's; they worked together at the Municipality of Anchorage, who is going to help me. The selling feature is that it is almost right behind Kathleen's (my daughter), and I like it. Nice view of the Chugach mountains, 3 bedrooms, garage, storage shed, and a nice backyard where Kathleen is going to transplant some of her raspberries, golden and red.

I am enjoying my family. Have chaperoned Joseph's 4th grade class to the Museum and to a Christmas musical at Alaska Pacific University. On Thursday I helped his class to make gingerbread houses - that was quite an adventure. I will be babysitting him for Christmas break; we are both looking forward to that. Had Thanksgiving with my brother and family, not quite as many people as Phyl used to have at her house, but was so nice to be with family.

I have returned to my Lutheran church. I did go to St. Mary's Episcopal Church; they are a very big church, four services on Sunday, but very close to Kathy's house. Christ Our Savior Lutheran Church (COSLC) was so welcoming and it felt like coming home. Got a big hug and a "Welcome home Lynne, we are glad you are back," from an old friend so what can I do?

I miss you all so much, and think of you often. Merry Christmas and a Happy New Year to you all!!

Blessings,

Lynne



From Father Moki



Dear Friends:

When I drove into the church property this morning I discovered that one of the branches on our poinciana tree was almost touching the ground. Because of the rain **we've been having lately, it's** gotten a lot of water and the

branch has grown to the point where it's only two feet shy of the grass. The heavy rain, of course, knocks off any of its red blossoms and so the tree is entirely green and it serves as a wonderful Advent symbol for folks who drive onto the property for worship, fellowship, Zumba, AA, OA, Zen meditation and all the wonderful things we feel honored to host throughout the week.

One of the neatest things we've done at Holy Apostles in the past few months is the undertaking of pop-up **Eucharist's where we decide on the spur of the moment** to host a communion service for the houseless at Lincoln Park, a park in the middle of downtown Hilo where the houseless spend the day until the police boot them out at closing time. They then walk across the street and spend the night in the bleachers at the tennis courts. Our parish community has taken to providing worship and then providing basic items in laundry **baskets for the residents to go "shopping" for basic needs** like toothpaste, soap, shampoo and tarps to keep them dry in the rain when they go to sleep. They say that if you want to see Christ to look into the eyes of the poor **and I find that's true for me.** The houseless residents of Lincoln Park and so grateful and when we offer more **things they often say, "No thank you. We have what we need."** And last week they said, **"Would you mind taking the leftovers to the bowling alley? They're more people there."** And that's what we did—the very next day—and, again, the folks were so grateful and asked

for handshakes and hugs. Several days later they were permanently booted from that site. **I'm proud of my** parish and this outreach endeavor that they have decided to undertake. **Over the past few days I've commended** my flock for making room for the presence of Christ in the inn—in great contrast to the experience of the Holy Family in Bethlehem 2000 years ago.

On a personal note, my family hit a milestone a couple of weeks ago when my grandmother turned 96. She has now lived as long as her own mother who immigrated to Hawaii from Yamaguchi, Japan in 1899. I marvel that my grandmother still works in the yard, does chores around the house, and smokes cigarettes! **It's wonderful to see someone embrace life the way she does and I hope I can do the same when I'm her age (if I make it that far).** For those of you who may not know, my grandmother and grandfather raised me until I was five years old and then took me back in again when I was twelve. By that time, their girls (my mom and my Aunt Jan) were out of the house and it was like I was their only child. As a result, we spent a lot of time together and when we sat at the dinner table or went out to social gatherings and parties I listened to their stories, which I eventually wrote down and compiled for extended family members here in Hawaii and on the US Mainland. Both my grandparents were country kids from the Hamakua Coast here on the Big Island and they had the good fortune to move to Micronesia in the 1950s. As a result, they were able to travel the world and live very full, vibrant and interesting lives. It is definitely from them that I get my wanderlust and desire to travel as often as I can.

Speaking of travel, my last trip for 2015 was a trip to Egypt to culminate my 50th year. The trip was amazing and I got to visit the pyramids of Giza, ride a camel in the desert, cruise in a felucca on the River Nile, and walk through the Valley of the Kings and take in the tombs of Tutankhamen and King Ramses VI. But the thing about Egypt that struck me the most was that, like my trips to Jerusalem and Galilee, I was walking in a place where Jesus and his family also walked when they fled to Egypt to escape the wrath of King Herod.

(See "Moki" continued on page 21)

Moki (continued from page 20)

I also marveled at how the Egyptians were able to envision, create and build such fabulous structures and monuments.

I've been home for two weeks now and I'm finally over the jetlag! Like Jerusalem, Egypt is literally halfway around the world from Hawaii and I never had to reset my watch as it was exactly twelve hours' difference from home.

Tonight I'm in my treehouse on Reed's Island and watching the rain fall into the Wailuku River right outside my window. It's good to be home to gear up for our Christmas Eve services and the Advent of Jesus in our midst. I wish you all continued wishes for a blessed Advent and the merriest of Christmases.

Until next month, please take care. Aloha no, Moki+

More Saints

(continued from page 10)

hugged Lake Erie. The Great Lakes are so vast, I kept referring to them as the ocean. There were lapping waves on beautiful ecru sand with not a soul in sight! It was a long drive as we went on back roads so we could stay by the lake. Our hotel at Rossford was in the boonies so didn't do any cruising once we settled it!

10/22/15

On the road again. It was a short drive, only 190 miles, so we took our time. Decided to head toward Dayton and drive down through the farmlands of Ohio. Of course by now the crops have all been harvested, so the monstrous silos we saw must be full of corn and soy beans, the primary crops. The landscape was flatter than a pancake for as far as you could see! We arrived in Indianapolis and found our hotel without getting lost. Brought in all of our luggage as we'll be here for four nights! We met friends for dinner; turned out the restaurant was next door to our hotel! Spent the evening catching up since our last visit which was four years ago. Lots of fun and we'll be seeing them every day. They are season ticket holders for the Colts and have kindly and bravely invited us to sit with them. We'll still be good friends no matter which team wins!

10/23/15

Slept in this morning...yea!! After breakfast we walked over to the Eiteljorg museum, which has one of the most extensive collections of Western/Indian art in the USA. Loved going through it: my favorites are the Russell's

and the Remington's. Had lunch in the museum cafe then caught a cab back to the hotel for an afternoon rest. We drove out to our friends home for a family gathering. We originally knew their parents, so know all of the kids and now they have kids and grandkids. We met the family in 1967, so it's been a long and wonderful friendship. The evening was special; so many wonderful memories were shared!

10/24/15

We relaxed today...strolled over to the stadium and stopped for coffee on the way back. Texted Max to see when the team was flying in with the hope that he could join us for dinner. We got ready to meet our friends for dinner at Kona Jacks, a great seafood restaurant, owned by one of our original friends sons...it gets complicated! Then we joined other members of the family, had a wonderful dinner and went to a play. Found our way back to the hotel for the night.

10/25/15

Game day! Went early to Max's hotel, to pick up post game passes for entry into the visiting team area for all of us. Met our friends for brunch and then caught cabs to Lucas Oil stadium. It was a fabulous game, especially the first half. The Colts were catching up in the second half, so it was over just in time! Went down into the bowels of the stadium to meet Max. Chatted with him until he had to board the bus for the airport. We then walked back to the hotel and stopped for dinner on the way. Said our goodbyes, as we leave in the morning. It's been a wonderful stop. Old friends are so special and we had a really special time with them!

ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls



Several places have gone out of business since this portion of the newsletter started.

Jama's Bakery. Food was good, his prices very reasonable. He just could not attract enough traffic to sustain his business. Very sad to see that one go.

Butter & Oven. They made a killer deli rye. I am hoping they are still baking for the Sunday Greenwell's Farmer's Market as they did before they opened the business. Good breads.

Mohina's Cafe. Never got there in this incarnation but it is a good space for someone to follow their dream and open up a cafe.

Hana Hou. Ok, we know just about everyone has gone there but for you newbies, this is a place you should not overlook. We have been going as tourists and now as kama'i'ana for some time. We have sampled a great deal of the lunch/dinner menu. We can recommend just about everything there. My fave-loco moco with roast pork. There are other meat choices-the ever present Spam, linguisa, hamburger patty. But the roast park- outta da park! Their roast pork anything [sandwich, mixed plate, lunch] is tender and ono-licious. I never get the full order of loco moco as the "half order" is pretty huge. Good gravy to go over the fried egg, meat and rice concoction. Today we

tried something new: Sante Fe Quesadilla and Anna had the Outrageous Grilled Cheese sandwich. The quesadilla consists of a sweet and spicy BBQ pork and melted cheddar cheese between two burrito sized flour tortillas. The tortillas had tattle tale hot grill press marks on them. Verde or green sauce, sour cream and a rather bland red sauce accompanied the quesadilla. We both enjoyed it. Anna's grilled cheese was like no other. Melted cheddar and jack cheese on two slices of a sturdy home made bread, then covered with greens and tomatoes. The accompanying lilikoi salad dressing is the most unusual we have ever sampled anywhere else and it is a delight on the tongue. Very rich, very delicious meal. The service there is always friendly and often a bit mischievous. No a/c and at the moment the outside seating seems to have been retired. Meals run around \$12-\$15 pp. A fairly varied menu that vegan and vegetarian crowd can negotiate. For everyone else, hamburger, chicken, pork and fish in one form or another are on the menu. Don't forget to check their special of the day board and do not forget dessert. Their bakery is legendary and rightly so. The Girls say go graze!

Hana Hou 95-1148 Na;alehu Spur Rd
[across from ACE and Punulu'u Bakery in Na'alehu
Open daily and serves all day.
8:00a-7:00p Credit cards accepted
808 929-9717

The following poem was part of a gift exchange game at the Women's Bible Study

St. Jude's Night Before Christmas

By Cindy Cutts, *with sincere apologies to Clement Moore.*

T'was the night before Christmas, when all through the house
Cordelia was screaming as if she'd seen a mouse.
The stockings were done, all glittered with care,
In hopes that the keiki would remember to share.



The Bishop's Committee were snug in their beds,
While visions of grant dollars danced in their heads.
Phyl in her muumuu, and Jerry in his hat
Had just settled their brains on a church welcome mat.

When out on the mulch there arose such a clatter,
They sprang from the mat to see what the matter was.
Sirens were blaring, and warning of harm,
Above the din Phyl yelled, "Spike, turn off the alarm!"

The moon on the breast of the new lava flow
Gave a golden luster to objects below.
A site came to view and their eyes appeared looney,
T'was a catamaran, and eight Menehune.

With a little old driver, so lively and nutty,
They knew in a moment it had to be Buddy.
More rapid than eagles his jokes tumbled out,
Leaving Thom on a bench and giving a shout.

"Now Ginger! Now Brian! Now Kepi! Now Sue!!
On, Terri! On Beverly! On Becky and JYM too!
To the top of the wave! To the top of the fall!
Now splash away! Splash away! Splash away all!"

As dry leaves that before absent hurricanes fly,
When they meet with an obstacle, mount to the sky.
So up to the church-top the Menehune flew,
With the boat full of blankets, clean towels and soup too.

Buddy waved as the catamaran clunked on the top
Of the church where he hoped he could finally stop.
He could see Francisco and Adrianna roasting their brew,
Sandy, Peggy and Sigi were helping them too.

And then, in a twinkling, they heard high and low
The prancing and pawing of Menehune toe.
As they all rocked the boat, and were goofing around,
Out of the catamaran fell Buddy with a bound.

(Continued on page 24)

Night Before Christmas (continued from page 23)

He was dressed in aloha, from his head to his boot,
And his bag was stuffed with all kinds of loot.
A fridge and an oven were tucked in the sack,
It took Cordelia, Elaine and Cynn timer to unpack.

Debbie's eyes-how they twinkled! Gary's dimples
how merry!
Brian and Marty poured a celebrating sherry!!
Karen and Ana were dancing with glee,
When a large box of groceries fell from a tree.

Richard lit his pipe and held tight in his teeth,
Laveme's new hat adorned her head like a wreath
Kristen and Jasmine ordered snacks from the deli,
Steve and Dan's favorites – peanut butter and jelly!

The shower clients arrived, looking much neater.
They were packing an indestructible water heater!
Melissa made soup, the smell wafting above
Made the whole neighborhood aware of St. Jude's
love.

Mariah and Lani; Bill and Beth too
Cleaned up the kitchen with Shannon and Mary
Lou.
Buffy and Patrick served soup with their ladles,
While Paul and Leslie were setting the tables.

Bishop Bob showed up, a right jolly old elf,
Thom thought at first, we should put him up on the
shelf.
But a wink of his eye and a twist of his pen,
Soon gave us to know Bob had money to spend.

Moki and Dixie were counting the moola
Saundra and Stella and Kepi danced hula.
The techies and groupies were starting a spat
But it stopped 'cause Cindi has counseling for that!

David and Ben were tickling the keys
A song so sweet, made Michael weak in the knees.
Cindy sent Don with his camera, to cruise,
Doing his best to scoop TALK STORY news.

Lynn showed up, despite all the miles,
Erma and Marge cheered her on with their smiles.
Bob, James and Nancy thought chances were slim,
That John or Keone could dance like Tammie & Jim.

Buddy emptied his satchel and waved to the people
Climbed back in the catamaran resting next to the
steeple.
Orlando on the ground, looked up in despair.
**"Be careful, you don't want to fall down from up
there!"**

Conny and Judy each gave a shrill whistle,
But away Buddy flew like the down on a thistle.
Cordelia exclaimed, as he rowed out of sight,
**"Happy Christmas to all;
now would you all say good night?!"**





Friday **Feb. 12th** 2016

Take Your Valentine Out For Mardi Gras

Doors open at 5:30 pm and dinner served from ~6:30 until 9:00

Live music provided by **Last Fling Band**

Along with live music you get Dinner including Emeril Pork Stew,
Gumbo, Red Beans and Rice, Cornbread, Drink, and Dessert

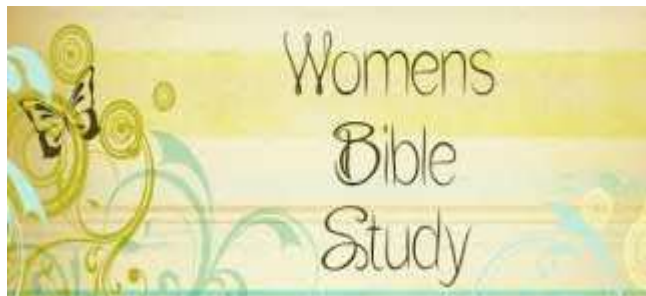
Tickets are available at the door for \$8 per person or \$15 for two.

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.

You can also pre-purchase tickets from Thom White, Elaine Meier, or Cordelia Burt.
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



Tuesdays at 10 a.m.

At Beverly Nelson's home



Fridays at 9:30 a.m.

McKinney Place



Lemonade Party

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

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

Talk Story at St. Jude's

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

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Contributing Editor & Photographer: Don Hatch

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Lynne Reynolds, Thom White

Proofreaders: 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 jpps & emailed as attachments. Please email only one photo per message.

Submit via email to: cindycutts00@yahoo.com