



Talk Story



St. Jude's Episcopal Church ~ Where Jesus talk is a daily walk.

92-8606 Paradise Circle
P.O. Box 6026
Ocean View, Hawaii 96737

(808) 939-7000
www.stjudeshawaii.org

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The Digital Church

The church might not be holding worship services in the building, but St. Jude's has developed an impressive on-line congregation. In what seems like a very short time, an aging congregation has stepped up to learn new technology and bring St. Jude's fully into the digital age.

Our first Sunday in July, marks our 14th digital worship service, and during that time we have navigated the final days of Lent, Palm Sunday, Holy Week, Easter, Pentecost and more with creative ways to keep church traditions and honor mandated pandemic orders.

See "Digital church" continued on page 14



Artwork by Debbie Johnson



Summer school sets up at St. Jude's

St. Jude's has partnered with local schools to host Summer School.

See page 3 for more details.



EPISCOPAL HOURS

BY CORDELIA BURT

HOURS:

The services that mark the passage of time in the devotional day.

In the Middle Ages, the eight hours had names taken from the times of their performance, like *none* for noonday.

The Prayer Book provides for a four-office devotional day with Morning Prayer, Noonday Prayer, Evening Prayer, and Compline.

In the early days of the Anglican Church, Morning and Evening Prayer were said at the “canonical hours” of ten and four.

Lord,
Hear Our
Prayer





Around the church yard

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By Contributing Editor Don Hatch

On-line worship: St. Jude's Bishop's Committee has elected to continue recording the church service and posting it on our web site until the 14-day quarantine is lifted.

Their reasoning was, with the quarantine in place any arriving priest would be quarantined in McKinney Place, our vicarage, for two weeks before they could lead a service at St. Jude's, and since our next several priests are scheduled for only one month each, it simply wouldn't work for them.

Cindy Cutts is the on-line worship producer. She coordinates a worship team that includes the priest, readers for scripture readings and prayers of the people and musicians. Using Zoom technology, the service is recorded, then the recording is formatted, edited, reformatted and uploaded to the church website. The worship webpage is redesigned each week with new scriptures, prayers, music, photos, videos, graphics and more.

The Bishop's Committee used emails to conduct most of the church business, and for the June meeting, they also used Zoom.

Since several of the members hadn't used Zoom, they met at St. Jude's and used the Computer Lab computers while the rest of the committee stayed at home and used Zoom. We learned that 4-5 people using Zoom at the church overloaded our wi-fi.

St. Jude's is slowly opening back up: As the lockdown is being relaxed, some of the organizations, we host, are starting to meet again with the restrictions or regulations directed by CDC, the state of Hawaii, and the Big Islands mayor.

Summer School: The Ka'u High school vice principal, Deisha Davis asked if the school could use St. Jude's facilities to hold Ocean View Summer School classes. The school doesn't have a way to transport students from Ocean View to Pahala for summer school classes. Teachers were willing to drive to Ocean View, if St. Jude's was available for summer school classes.

On Tuesday June 16th St. Jude's hosted the first summer school class, with ten students. Summer school will proceed inside St. Jude's on Tuesdays and Thursdays from 8:30 am until noon.

The school received a van with a Wi-Fi installed and planned to use it to support Ocean View Summer School. Testing the system indicated the technology wasn't satisfactory, so the teachers and students connected to the church WiFi.

Both the teachers and students will wear masks and practice social distancing during the summer school sessions at St. Jude's. The last task of the day will be for the students and teachers to clean and sterilize the tables, chairs, computer, and anything else they touch at St. Jude's.

Maintaining the Church Yard: As the first day of Ocean View summer school was going on inside of St. Jude's, I observed Steve Stigall, Debbie Johnson, and Gary Johnson working around the churchyard.

They covered the entire church yard. They trimmed the bushes, mowed the grass, and wacked the weeds. The church yard looked so much better after they finished.

See "Church yard," continued on page 6

Dispatches from the Kitchen Table IV

Groovin' with the Grazing Girlz

By Karen Pucci

This is the year the cicadas are supposed to start popping up by the millions but has anyone noticed the sizable increase in the large Madagascar 'roaches? Yikes! We always get a few here and there throughout the year.

But this year, they are all over and bigger than ever. I have been going out with Xena post sundown. Some nights, the gravel is alive with them darting over the terrain. The scuttling entertains the dog. She likes the chase but loses interest once she slaps her paw over one. In the scheme of things, the big ones do not bother me. They don't swarm and invade the house although we are getting 1 to 4 a night instead of one every now and then.

Beats the cane spider invasion we had last spring...Is it me? I am regressing back to teen angst years. I am getting zits! Acne! Pimples! I am 67 years old and I am back on Stridex. Jeez Louise! This Pandemic!

Now that summer is sorta here, there has not been much on regular TV. So Anna has returned Lucifer and I am wading through Orange is the New Black. Oh meaningful engagement!

Signs of life: Mehe's has re-opened. We hustled up there and had a most welcome LavaMan Red Ale. No one else was in

there for the most part so never felt like this could be a mistake. Staff was gloved and masked...

We donned our masks and took a drive up to Foodland Farms on Mauna Lani. Time for some food from home. After we shopped, we went back to Tommy Bahamas on Mauna Lani with a gift card in hand. The restaurant remains closed but they created a cute little outdoor bistro in front of their store on the ground level. About a dozen tables. Limited food and bar menus but it was a welcome change to be out and about for a little while. Set up for the new normal. Tables well separated. The waitstaff was all masked and gloved. Tables were cleaned and sanitized as soon as folks left. Food is still worth a special visit now and then, cuz it is still quite pricey...

That little French joint in that same complex that I wrote about a bit back is gone, replaced by Pele's Wok. Asian Fusion type. Food looked interesting. Perhaps next time...Coffee Shack is back open with new hours. 0700 to sunset! That is a long day for them. But good for us!

If you are able, please go out and support your local small businesses-be it food, supplies, hair cuts, etc.

From Madalyn Lamson

Hidden Books



There are 16 books of the Bible named in this paragraph below. Can you find them? Good luck and have fun!!! **Answers posted in next month's Talk Story.**

I once made a remark about the hidden books of the Bible (merely by a fluke). It kept people looking so hard for the facts and for others, it was a revelation. Some were in a jam, especially since the name of the books were not capitalized, but the truth finally struck home to numbers of readers. To others, it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better.

See how well you compete.

Relax now.

How to use ZOOM

You need a Smart Device – laptop, phone or tablet that has a microphone, speakers, a camera and a Wifi connection.

(The Wifi at St. Jude's can be accessed from the parking lot.)

Open a FREE Zoom account at www.zoom.us

Download the Zoom App

Be sure to say yes to all the permission questions like

microphone, camera, video, etc.

Say yes to testing your microphone, camera and speakers.

Once you have the Zoom app on your phone, tablet or computer we can invite you to a variety of zoom "meetings" such as

Bible Study, Bishop's Committee Meetings, Aloha Hour or ???.

Use Zoom with your family!



Here is a YouTube video that will explain it all to you.

https://www.youtube.com/watch?v=SluUKR_f5n8

Church yard

Continued from page 3

Ka'u Food Pantry: The Ka'u Food Pantry will open back up on July 28th, the last Tuesday of July.

Their current plan is to have a walk-through food pickup, like it was before the covid-19 lock down, but if tighter restrictions are imposed on them, they will change their process to follow the county guidelines.

Big Island Giving Tree cut back on their activities during the covid-19 lock down, and mostly focused on making sure people are comfortable and have food.

They often have fresh produce, dog and cat food, and sometimes clothes and linen. They also have some emergency packages of food for people in need of food. They will deliver.

Before the covid-19 lock down they usually met in St. Jude's lower parking lot on the third Saturday of each month.

As the lock down progressed, they started focusing on feeding the hungry and seemed to be doing something to help the community every week, and often several days a week.

Senior Nutritional Program is still shut down with no live gatherings. Instead, their coordinator, with the help of a couple volunteers, have been dropping meals off at the senior's homes.

Covid-19 Testing: St. Jude's has hosted five Covid-19 testing for Ocean View. The first two were drive through testing for active covid-19 infections using a nasal swab.

The last three had the drive through testing for active covid-19 infections, but they also had a Phlebotomy Lab set up where they took blood and centrifuged it for Covid-19 Antibody Testing.

Currently there are no additional covid-19 tests scheduled for Ocean View.

Free Meal: St. Jude's started serving free meals in Sept. 2013 and we have served meals every Saturday since then. In March 2020, we started serving lunches with social distancing.



St. Jude's is partnering with local schools to be the host site for Ocean View summer school.

The only people inside the church are the workers serving the food. Everyone in the church wears a mask and disposable gloves.

We set tables across both doors, and when anyone arrived, they were sent to wash their hands, then they received their meal at one door, and their drinks at the other door.

We started out setting up three tables in the church yard with one chair at each end of the tables. Last Saturday we only had one table set up with two chairs.

Many of the people receive their meals and go to their cars.

Many of our regulars have started bringing containers so they could take their meals home to eat. Also, many of our congregation started washing their single use containers and bringing them to the church, so we had containers to send the meals home with our Saturday family.

Computer Lab: The Computer lab is in a small room with the computers 1-2 feet apart. There is no way to socially distance and sterilizing the computer, table, and chair between users will be almost impossible; so, we closed the lab on Saturday, March 14th and it will be closed until Further Notice.

St. Jude's Free Hot Showers remain closed: We started our Free Hot Shower community support programs in Sept. 2013, and since then we have hosted over 8,200 Free Hot Shower.

See "More church yard," continued on page 9

In our prayers...

Thanksgiving:

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

This month we pray for:

Kindness, tender-hearted forgiveness and love in our relationships;

Health protection, in the midst of the COVID-19 pandemic. Our kapuna, our loved ones, our leaders, our medical personnel, ourselves.

Healing: Hilary, Rev. Cathy, Brittanee, Paige, Kevin, Ron, Jonny, Ginger, Brian, Richard, Elaine, Angie, Riley, Jim, Warren, Tammie, Alice, Frank, Bill.

Strength and comfort for those who suffer loss:

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling, comfort for those who are not able to travel at this time.

Safety, wisdom and courage for front liners- all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, clergy, physicians, nurses, medical team members, civil leaders, cashiers, truck drivers, postal employees, and all essential workers);

For protection from COVID-19, natural disasters, violence and tragedy we pray for restoration of lives, financial loss and displacement of families forever impacted;

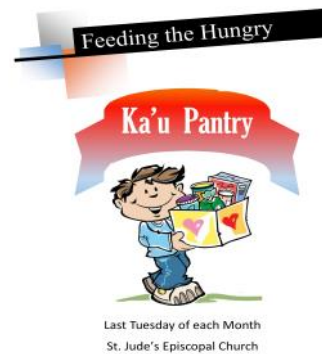
For the re-opening of our church, in a safe environment of warmth, music, Holy Communion and divine connection.

For our shower clients: That they will continue to feel our love, in the midst of crisis.

Blessings, wisdom, energy, enthusiasm, discernment and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church operating; and for local, national and international world leaders, working together in crisis.

Lord, hear our prayer.

Ka'u Food Pantry Distribution July 28th



Ka'u Food Pantry's next distribution is scheduled for Tuesday, July 28th at St. Jude's Episcopal Church, from 11:30 a.m. to 1:00 p.m. or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held.

All dogs, including service dogs, must be on leash and out of the way of foot traffic. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

For emergency assistance please call Allan Humble at 253-486-3917.

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 125 families.

Our program is designed to provide 1-3 days' worth of nutritious food to help people who run short of money, benefits and/or food by the month's end. As a non-

profit, the Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of a case of food to help your community.

Donations of non-perishable food items and funding are welcomed. You may donate funds via St. Jude's-just write Food Pantry in the memo area of your check.

Checks 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.

For a one -time emergency food delivery, call or text Barbara Breskin (Big Island Giving Tree) at (951) 367-4248.

Please note, COVID-19 issues may alter or cancel this event date.

More church yard

Continued from page 6

In April we shut down the free hot shower community support program indefinitely.

When this COVID-19 shutdown is over, we will open it back up to the public.

Education for Ministry (EMF) class has been continued using Zoom to meet. They are now on summer break and enrollment for fall session will begin this summer.

Aloha Hour using Zoom: After our Sunday service, St. Jude's always has an Aloha Hour with a potluck lunch. Many of the church members miss sitting around discussing what was going on in our friend's lives; so, we started having a Zoom aloha hour each Sunday at 11:00 am until noon. It isn't as cozy as meeting in person, but a big plus is that several of our priests have joined us for our Zoom Aloha hour.

Women's Bible Study using Zoom: Many of our ladies miss the weekly Women's Bible study gatherings; so, they have started hosting the weekly meeting using Zoom. The first Zoom session was quite successful with eight women gathering to study and about half of them were new to Zoom technology.



WHAT'S COOKIN' AT ST. JUDE'S?

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

Summertime Pineapple Pasta Salad

Ingredients:

16 ounce box pound rotini/corkscrew pasta

1 cup pineapple cubes or tidbits

1 cup sliced broccoli florets

1/2 cup chopped red bell pepper

1/2 cup chopped green bell pepper

1 small zucchini, sliced

1/2 cup Maui sweet onion, chopped

1 small can sliced black olives

1/2 cup crumbled bacon

1/2 pound pepperoni, each piece cut into 4

1/2 pound cheese cut into 1/2 inch cubes

~~~~~

2 cups raspberry vinaigrette salad dressing, divided

1/4 cup grated Parmesan cheese

2 tablespoons chopped fresh parsley

1 clove garlic, chopped

salt and pepper to taste

1 cup cherry tomatoes

## Directions:

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

In a bowl combine cooked pasta, pineapple, zucchini, onion, olives, broccoli, bacon, pepperoni and mozzarella cheese. Toss until well mixed. Pour on one cup of the dressing and mix well. Cool in the refrigerator 3 to 4 hours.

**Serve cold.** When ready to eat, toss with remaining one cup of dressing, Parmesan cheese, parsley, salt, pepper and garlic. Garnish with cherry tomatoes.





## **Flavor of the Month**

**The Reverend  
Lester MacKenzie**



Serving St. Jude's through the month of July is The Reverend Lester MacKenzie.

Father Lester and his beautiful family served St. Jude's a few years ago, and so many of us were looking forward to their return. Unfortunately, COVID-19 travel restrictions mean that Father Lester will be serving us remotely from his home in Southern California.

St. Jude's is humbled and grateful for the unselfish service our visiting priests provide to our congregation during the pandemic crisis. Serving our congregation remotely, with none of the perks at McKinney Place is a remarkable gift.

Thank you Father Lester for your support during the pandemic. We can't wait to hear your sermons!

Alleluia!

# Pandemic perspectives

Submitted by Faye Miller

For weeks I have heard people saying, “ I just can’t wait for things to be back to normal.” I remember even saying that a few times myself. But as I’ve thought about our current situation I have realized how much I don’t want things to go back to the way they were. Here are a few of my thoughts...

1. I pray that the next time a friend grabs me and pulls me in for a hug, I actually take the time to appreciate the gift of their embrace.
2. I pray that when school resumes and you are dropping your kids off, you take the time to thank the staff for the amazing gift that they give to your family.
3. I pray that the next time I’m sitting in a crowded restaurant I take the time to look around at the smiling faces, loud voices and thank God for the gift of community.
4. I pray that the next time I’m standing in church listening to the voices of praise and taking communion that I take a moment to thank God for the gift of congregation.

5. I pray that the next time I see a person or situation that needs prayer, I hope I pray as passionately and fervently as I have these past few weeks.

6. I pray that when I am at the grocery store that I take a moment to thank God that He provides us with the necessities of life and the amazing people who work so hard to keep us supplied.

7. I pray that I never again take for granted the ability to hop in the car and visit a friend, go to the mall, take my kids to a movie, etc.

So, truth is, I don’t want things to return to the way they once were. I pray that we take the lessons and challenges of the past few weeks and create a new normal.

My goal is to pray more, love harder, and truly appreciate the daily abundance of blessings that were so easily overlooked just a mere few weeks ago.

If someone tells you they love you, take it to heart!



Come join the conversation!  
Come join the laughter and fun!  
Come start another part of your spiritual journey!  
It's time to think about beginning Education for Ministry.

We have signups soon for the next fall session - first year students and continuing students.

Classes meet once a week from September 2020 through May 2021.

Registration will take place in July.

Don't hesitate to call

Cynnie Salley or

Teri Martindale with your questions, comments or just to chat.



# July Dates to Remember

13

- 4 Independence Day
- 5 Virtual Aloha Hour Zoom 11 a.m.
- 6 Bible Study Zoom 10 a.m.
- 12 Virtual Aloha Hour Zoom 11 a.m.
- 13 Bible Study Zoom 10 a.m.
- 19 Virtual Aloha Hour Zoom 11 a.m.
- 20 Bible Study Zoom 10 a.m.
- 26 Virtual Aloha Hour Zoom 11 a.m.
- 27 Bible Study Zoom 10 a.m.
- 28 Ka'u Food Pantry Distribution

Free Soup lunch every Saturday



## July Birthdays

- 7 Conny Santana
- 15 Diane Nelson
- 20 Jerry Cutts
- 25 Cindy Cutts
- 28 Bud Sherfield

## July Anniversaries

- 15 John & Stella Kiberu
- 24 Rev. Doug & Carolyn Coil

## Sunday services on-line

Until the further notice, St. Jude's will not be holding Sunday morning services at the church. All of St. Jude's in-person gatherings, study groups, events, meetings, etc. have been suspended.

Sunday morning worship service will be held on-line via our church website on the worship page.

Go to the church website [www.stjudeshawaii.org](http://www.stjudeshawaii.org). It's on the worship page.

You **do not need** a Facebook account to participate. Just click on the link that will be emailed to you, review the page to see where the lessons and prayers are located, then click on the arrow of the video.

## Aloha Hour on Zoom

Sundays at 11 a.m.

Check your email for Zoom links

## Digital Church continued from page 1

A worship team works together each week to produce our on-line worship service. The visiting priest officiates the service from faraway, off-island locations. Reverend Mary served her final weeks with us in April from Utah. Reverend Constance, provided her on-line services from North Carolina. Father Doug lead our worship from Florida and in Georgia. This month, Father Lester MacKenzie will officiate from Southern California.

It's noteworthy to point out that the priests who have served during the Pandemic, have done so without any compensation. The usual arrangement of the priests staying at McKinney Place and driving our church car while they serve here, is of no benefit, if they are unable to travel to Hawaii. Yet, every one of these remarkable men and women of God, have cheerfully and enthusiastically embraced serving from afar.

The prep time for a priest to officiate a virtual service is the same, or perhaps more, than a live service. The production planning for the digital service takes many hours, but the actual recording of the service takes less than an hour. The staging of the recording set can take a few days, depending on the situation and what the priest prefers. Even a simple recording from a priest's office still requires positioning of the camera or trying various lighting and filters. Priests usually want to practice on Zoom from the set they have designed.

Readers must rehearse and learn recording tricks, such as how to reduce



### EfM began classes using Zoom in April.

background noise and feedback. Just assembling the various people to arrive at the meeting on time can be challenging when everything hinges on multiple internet signals, bandwidth, data plans and natural disasters. Recordings are best if done in "one take," meaning the recording runs until the service is over, with no "do overs" if a mistake is made.

Once the service is recorded, it's formatted from Zoom to YouTube where it's edited. Then it's formatted again for our church website. Music is recorded and formatted, then uploaded to our website as well. The graphics, photos, videos and other details are changed each week to create a meaningful worship environment for our on-line service. And the website has a maximum "load" that can be placed on it, so that becomes another juggling act to consider as the webpage is designed each week.

Feedback from the parish has been very favorable. No one thinks on-line worship is better than live services. But the on-line service is a good alternative for

**See "More digital church" continued on page 15**



**Above,** Reverend Constance Garrett used creative backdrops while recording services in May.

**To the left,** Sunday morning Aloha hour has been fun on Zoom. Old friends from near and far have been attending.

## More digital church

### Continued from page 14

worship and it provides hope that eventually we will all be back in church together.

Probably the most remarkable discovery among our aging congregation is that they can and do learn new technology to stay connected. The EfM class successfully completed their semester on-line, with nine participants.

Just one week into the Shelter at Home order, people who considered themselves technologically illiterate learned to proficiently use Zoom. This was particularly impressive, because due to the isolation orders, there were no house calls made for setting up Zoom beyond emailing directions with links, text messages with screen shots and phone calls to walk novices through Zoom. Yet all nine participants showed up at the first EfM Zoom meeting.

In a few weeks, our congregation learned to Zoom not just EfM, but also Bishop's Committee meetings, Bible Study and the Sunday morning Aloha Hour. Members are getting a little cocky with their new tech skills and are using contemporary tech terms, upgrading their devices and embracing other options such as Zoom or Facetime medical or legal consultations. Members are reaching out to one another to offer support as more and more people are stepping up to learn how to stay digitally connected.

No, virtual church is not as good as being together in person, but it is a great way to stay connected in a disconnected world.

Miracles are still happening at St. Jude's. *Just look at all those octogenarians who are Zooming!*

# FREEDOM & JUSTICE FOR ALL

BY THE REVEREND MARY JANDA

**Editor's note:** *The following article, written by Rev. Mary Janda, was published recently in the Salt Lake Tribune.*

How do I, as a white woman, respond to the deaths of George Lloyd and all the other young people of color who have been killed by law enforcement? I cannot walk in their same shoes, no matter how much I am angered, discouraged and outraged with these acts of violence.

Why? For the obvious reason: I am the recipient of White Privilege—something that was given to me at birth; something that I did not earn; something that I did not apply for; or something that I did not knowingly understand until much later in life. Oh, it is NOT that White People are bad because of this, but the continued idea that this does not exist in our country only furthers the pain and despair of the people of color in this United States of America.

The anger, frustration and violence that we all see on the various news media outlets did not just happen because of the brutal killing of Mr. George Floyd. It is the accumulation of racism and bigotry that has

pervaded our society since that first ship brought shackled men, women and children to this land. Time and time again there have been efforts to

undo this evil, but time and time again the vestiges of this kind of hatred return. This is an insipid hatred because it disguises itself in so very many different ways. Racism can hide underneath badges, within the legal system, under healthcare, behind the pulpits, and in so many other places.

Our country is in deep trouble right now: fighting COVID-19 and all the ramifications that come from that and the heinous actions of a few who

**See “Janda” continued on page 17**

*It is going to take ALL of us to...  
reclaim our motto of “justice and  
freedom for ALL.”*

**The Reverend Mary Janda**





## Janda continued from page 16

further the cause of injustice and violence against the black community. It may seem hopeless. It may seem insurmountable. That is the coward's response, however. It is going to take ALL of us to undo these behaviors and reclaim our motto of "justice and freedom for ALL." The virus will be defeated in time, but it is going to take all of us to follow safe practices to ensure the diminishment of the pandemic until the scientists can produce a vaccine. The other pandemic of racism has to be stopped by taking real actions with our governance in local, state and federal agencies. Changes have to be implemented sooner than later. We have had over 400 years to get this right.

As a retired priest in the Episcopal Church, I firmly believe that ALL are entitled to fair and equitable treatment in terms of moral and legal actions. The touchstone in our church comes from our baptismal covenant when we affirm the following: To strive for justice and peace among all people and respect the dignity of every human being. I believe that this is something that all people in our country can follow, regardless of religion or Christian denomination. There is hope when we all pull together.

The Rev. Mary Sheridan Janda



**Mondays**<sup>18</sup>  
**10 a.m.**  
**Via**  
**ZOOM**

**On Summer Hiatus**  
**See Cynnie or Teri to sign up**  
**for fall session**

**Check email for**  
**Zoom links**



## Lemonade Party

Temporarily Suspended  
Monthly Church Clean up

## 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  
Email : [StJudeHawaii@bak.rr.com](mailto:StJudeHawaii@bak.rr.com)

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***We welcome submissions!***

**Submission Guidelines:** 500 words maximum.

Uplifting, informational and reflective stories, news,  
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)

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