

Talking Story at St. Jude's

St. Jude's Episcopal Church
News Magazine

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Edition 6 – Volume 1

Veterans Affairs Office at St. Jude's

The Department of Veterans Affairs (VA) uses St. Jude's facilities to provide mental health services for our Ocean View Veterans.

Veterans Affairs (VA) has reserved two days each week, at St. Jude's, to provide mental health services for Ocean View veterans. They provide primary mental health services for any mental health issues. They also give referrals to outside specialists, when needed,

The clinic is located in Heiburger Hall, which is behind and adjacent to St. Jude's main meeting hall.

Paula Sanders, Psychiatric Mental Health Nurse Practitioner, provides these services.

See "Veterans"
Continued on Page 2

St. Jude's Car Fund

By Don Hatch

St. Jude's is a small mission church located near the southern tip of the Big Island in Hawaii. We don't have a resident priest; instead we are served by visiting priests on sabbatical or vacation to St. Jude's for 1-4 months.

When we first set up the Episcopal Clergy Sabbatical Retreat Program we only planned on providing McKinney Place as a home for our visiting clergy, but when we had the opportunity to acquire a car for the priests to use, we looked at the costs and other transportation options.

We found that the only viable option for a visiting priest was to rent a car and the base cost for monthly car rentals were around \$1,000 for a sedan, a van was \$1,500, and a SUV was \$2,000 - then there would be taxes and insurance to drive the cost even higher.

See "Car" continued on Page 9

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Grab a cup of St. Jude's coffee & enjoy.

Veterans

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Meetings with Paula are by appointment only.

Appointments are made by calling Summer, (Rural Health Program Medical Assistant) at (808) 331-4528. This is her direct desk number.

Please leave a message if needed and you will be called back.

Meetings are scheduled for Tuesday and Thursday (from 9:30 until 2:00 pm); however, hours may vary, depending on the number of appointments scheduled.

In addition to these services, **Primary Care Medical Services** are available at the Hawaiian Ocean View Estates (HOVE) community center every Monday and Wednesday.

Appointments are made by calling the same appointment number mentioned above.

PRAY DAILY.

God is easier
to talk than
most people.

— QUOTE DIARY.LA —

He listens better too.

island variety

By Leonard Freeman

driving in the car

climates slip by,
rain forest, desert,
ranchland, town

the island's variety

moves within
moments

while our bodies

float between

eras.

*With permission from
Leonard Freeman*





Around the church yard

By Contributing Editor Don Hatch

Work Around The Church: Work continues on painting the outside of the church and we are 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); so, we have to schedule our work so it doesn't interfere with their activities.

When we finish painting the outside of the church, we still have two more jobs to do before we are finished with our painting effort. We still need to paint the inside of the church and Heiburger Hall.

The project for replacing the boardwalks was completed last month. The church looks much nicer now that this job is done.

The boardwalks are across each side of the church, and you have to walk across them to get into the church. When we looked under the board walks we learned there was a 3-4 feet deep space under it; so, for safety reasons, we had to remove the old boards and install the new ones on the same day.

The job was split into two projects. Each project was for one side of the church. Tuesday is the only day each week that the main part of the church isn't being used by someone; so, the job was completed by working two Tuesdays, one for each side of the church.

Bears In Our Church Yard: Over the last couple months I've rambled on about the chickens in our church yard and how they

seem to know when the sermon starts because that's when they start crowing.

I wasn't going to mention chickens this month, but on the last Sunday Fr. Bob and Susan Hartman was with us, they shared a story about when they were serving in Juno Alaska and a wedding was interrupted when several black bears started playing in the church yard. And, when they saw our chickens it reminded them of their bears.

I still plan on reducing our chicken population and when I do we'll have some "Chicken and Dumplings" at St. Jude's. In anticipation of that day, I included a copy of my Chicken and Dumpling recipe in this newsletter. I thought it would be humorous to include a recipe for "Bear and Dump-ling", but I couldn't find one in the internet and none of my Alaskan friends would share their favorite "Bear and Dumplings" recipe.

This recipe is similar to the one I've used for 20-30 years, but 5-10 years ago I started wondering why it didn't taste as good as I remembered it to be a few years earlier. So, I did a little research, and modified my recipe to try and get more chicken flavor. A few months ago, when I was trying to catch some of our church yard chickens, someone asked what I was going to with them, and when I said I was going to make chicken and dumplings he said you can't eat the wild chickens because they are too tough and taste bad.

See "Yard" on page 4

Yard

Continued from Page 3

I found my original research, updated it and included it in this newsletter titled “Where Did All The Flavor Go?”

Humming Birds in my Garden: I overheard a neighbor talking about watching humming birds buzzing around their garden and I instantly felt jealous. I wondered why they had hummingbirds and I didn't. Then I realized this had to be a gardener version of the “Tall” stories told by fishermen about the big one that got away.

Although weather here would be perfect for hummingbirds we don't have any. I remembered reading that when Darwin made his famous voyage along the coast of South America he saw hummingbirds and he thought they were huge bee – it was quite a while before found out otherwise because he didn't want to get too close to those big bees. The story went on to say that hummingbirds are unique to the Americas and most migrate between North and South America each year. While Hawaii is part of the USA it certainly isn't part of the Americas.

Another reason the story about hummingbird can't be true is because hummingbirds are considered “illegal aliens” in Hawaii and if any are caught sneaking across the borders into Hawaii they are deported.

Actually, back when the Dole family was developing their pineapple empire they campaigned to keep hummingbirds out of Hawaii. It isn't that they didn't like watching them buzz around feeding; they didn't like what they could do to their pineapple crops.

Pineapples originated in South America

and hummingbirds, with their long hard beaks, are one of the few critters that can effectively pollinate pineapples.

If the pineapples are pollinated they are full of small hard seeds. A pineapple is a bunch or cluster of berries (up to 200) that grow together to form a single large fruit. If the pineapple flowers are pollinated before they form the berry, each berry will have several small hard seeds, about the size of a radish seed. There would be many hundreds of little hard seeds scattered throughout the pineapple. Wild pineapples in South America have seeds and although they can be used for juice, they aren't picked to eat.

I don't have hummingbirds in my yard, but I do have Koji Pheasant. Last month Fr. Bob and Susan Hartman told me they saw a big bird, in the McKinney House yard that looked like a pheasant. I told them it probably was because there are



two types of pheasants in the area, the Koji and the Ring-neck, and I've seen several Koji pheasants with the chickens around St. Jude's.

Girl Scouts: This year the Girl Scouts of Ocean View decided to celebrate Earth Day by doing something close to home. They spent the day cleaning up the

See “More Yard” on page 5

More Yard

(Continued from Page 4)

grounds around the St. Jude's. Earth Day started 45 years ago on April 22nd and has been celebrated each April 22nd since then. Earth Day is supposed to raise public awareness and concern for Earth, the environment, and public health.

One of the main purposes of Earth Day is to help people understand what they can do to help keep our planet clean and better for everyone.



Ocean View Girl Scouts clean up the church grounds.

Way to go girls – Great Job...

Stalking the pantry

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

The Ka'u Food Pantry has new hours

12 noon to 2 p.m.

Ocean View Community Center

Last Tuesday of the month

Donations of non-perishable food items and cash are always welcome. The Ka'u Food Pantry is an all volunteer non profit organization.

We have a fundraising event every 3rd Saturday
at the Ocean View Swap Meet 8 a.m. to 1 p.m.

For more information
contact Karen 510 778 5500



Welcome Our
New Members

Ka'u Food Pantry Distribution

Last Tuesday
of every month

Noon—2 p.m.

Ocean View
Community Center



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.



New members at St. Jude's

On May 2nd, an entourage of St. Jude's members celebrated the confirmation of four new St. Jude's members. Milt Bartlett, Jerry and Susan Fine and Cindy Cutts were received in an island-wide confirmation worship service at historic St. Columba's Episcopal Church in Paauilo.

The family of St. Jude's proudly welcomes these new members into the family and looks toward many years of service to our Lord.



ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls**Ka Lae Garden Thai - Ocean View**

The menu is somewhat limited but surprisingly varied. The prices are from \$6-\$11 + GET.

We ordered chicken pad Thai noodle (\$9), red curry with beef (\$9.50), coconut milk soup with tofu (\$8), a Thai iced tea (\$3) and stir fry rice (\$8?).

We liked it. We got real pieces of chicken and beef [not shaved meat] in our dishes and they were of a sufficient quantity and quality.

The soup was very good, loaded with veggies and tofu, and had many of the Thai subtleties we enjoy in taste and fragrances. The red curry was tasty and boasted lots of veggies. The fried rice was fine and what you might expect. The Thai iced tea is

sweeten milk and Thai tea-yummy. The pad Thai noodles were a bit gluey. I would have preferred a little heat to it. Next time we will go for the heat.

We say this place has the groove goin' on.

Ka-Lae Garden is located below HWY-11 by the Kohala Blvd turnoff on the frontage road (makai side). Parking is easy. Hours Wed thru Sun 11a-7p. Closed Mondays and Tuesdays. They accept both VISA and MasterCard. The menu is very vegetarian and vegan friendly.

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facebook



**Visit St. Jude's
Facebook Page**

Missionary Carol Erickson

Serving the needs of unwed mothers in Kenya

Thank you to all who have prayed for Episcopal missionary Carol Erickson in Kenya over the last two years. For those of you who don't know Carol, she is a good friend of Lindsay and Len Freeman. Her first job out of graduate school was working as the Christian Formation person at St. Martin's, where Len Freeman served as rector, in Minnetonka Beach, Minnesota.

When the Freemans were at St. Jude's in 2013, the women's Bible Study group "skyped" with Carol. From two sides of the world, both near the equator, they found they had much in common: strong faith, a good sense of humor, ministry in isolated areas, careful use of water, work among the poor, and strength in Christ.

With the help of Methodists and Episcopalians, Carol founded Imara International to serve the needs of pregnant, unmarried teenage girls in Kenya. Many of those girls have been raped. Others are the victims of incest or child marriages. Through the Holy Spirit, they find their way to Imara, and are provided with

shelter, educational and vocational opportunities.

Lindsay is on the Imara Board of Directors, and wants you to know how much your prayers and other forms of support mean to Carol. In the last four months, Carol has unfortunately been attacked with robbers brandishing machetes, has lost some trusted employees due to illegal and immoral behavior on their part, and has endured the loss of several girls and their babies. Yet her faith remains strong, and her love for Christ is truly inspirational.

Here's a quote from Carol's recent sermon, preached at Messiah Methodist Church in Plymouth, Minnesota in April:

"If you are going through a dark time. I want to encourage you. Don't give up. Remember that you are dearly loved by God and keep your eyes on him. Remember to pray, even if it is only my favorite prayer, God help me! Take a moment and read a psalm. Psalm 92 has been dear to my heart. Think



Carol Erickson in Kenya

about what it says about who God is and praise him for it. Claim those promises, even when you don't feel like it. God is with you during the hard times. He is with you when you feel alone and he wants you to experience breakthrough. Not just surviving your situation, but breakthroughs of Holy Spirit proportions."

And as they say in Kenya...

God is Good, all the time and all the time, God is Good. Please keep Carol in your prayers.

For more information on her ministry, see www.ImaraInternational.org

Car (Continued from Page 1)

After seeing how expensive it was, we decided to provide the priests with a car while they were here - the benefit to the priests far outweighed the cost for St. Jude's.

The car turned out to be as popular as we hoped, but following that old adage "Every Silver Lining Has a Cloud", the cloud started forming as the miles rolled up on the car and the maintenance became more frequent and costlier.

The car has been racking up around 18,000 miles each year, and while that might seem like a lot of miles for driving around a little island, it really isn't when you consider that every month or two a new priest arrives with their families and friends. Each new arrival wants to see everything there is to see on the Big Island; so, most months the car is driven all over the island. The car currently has over 115,000 miles on it and the miles continue to build up.

We had several pleasant surprises during the last year. The first was when one of our priests started sending a monthly check for the car fund and the others were when two other priests sent us very nice contributions to the car fund. This is especially gratifying because every priest that has served us has more than met their obligations and they also exceeded our expectations.

Something that has surprised us about the Sabbatical Retreat Program is how attached we become to "our" priests, in the short time they are with us. They may be gone from St. Jude's, but they're still with us in our memories and in our hearts. These gestures from them let us know they have similar feelings for St. Jude's and its congregation as we have for them.

When Fr. Dennis and Nancy Maynard were at St. Jude's a year ago, Dennis commented about our car fund and he thought we should be more aggressive in funding it. Since their visit, Dennis and Nancy have been two of our biggest supporters.

When I started on this story I asked Dennis if he would like to share some of his thoughts on this subject; so, **below is a note from Fr. Dennis Maynard.**

Don

It's been one year since my wife, Nancy, and I were at Saint Jude's. I still reflect on our month in the loving embrace of that Church family. As our time in Ocean View began to draw to a close, there was one question that kept weighing on me. Providing McKinney House and a car for visiting clergy in return for a Sunday service is a creative arrangement. The parish receives the services of a priest and the priest enjoys some Sabbath time. As I considered the arrangement, I wondered how the little congregation would be able to keep up with the repair of the house, the replacement of the furnishings, the upkeep, and the eventual replacement of the automobile.

I learned from Cordelia and Richard that St. Jude's had already established a **Repair and (See "Car Fund" Continued on Page 10)**

Car Fund (Continued from Page 9)

Replacement Fund for those inevitabilities, but according to my projections, one or two major repairs could easily wipe out the money that was available at that time. The inevitable replacement of the auto would still be unfunded. While I'm not an automotive expert, my untrained eye can see that the time to replace their current car was already on the horizon.

I also learned that they hadn't planned to include an automobile in the original arrangement. I think for many visiting clergy, that would have been a *deal breaker*, or at the very least, shorten their commitment from a month or more to a week or two.



The convenience of having an automobile readily available is more appealing than any of the other options we would have. Which are, dependent on the members of the congregation, public transportation, or we would have been forced to rent a car for the month at considerable personal expense. If left to us, and I imagine other clergy, not having an automobile provided would have weighed heavily against accepting the congregation's invitation.

Starting last year, Nancy and I began sending a monthly check to **Saint Jude's Auto Replacement Fund**. While our contributions, in themselves, will not allow the mission to replace the current car, we want to help. We want to give back. It is a way we can say "thank you" to Saint Jude's and continue to be a part of their ministry.

I invite all the clergy that have enjoyed the loving embrace of St. Jude's to also consider contributing to their **Auto Replacement Fund**. It is a tangible way we can each thank the people of this wonderful little congregation for their ministry. Also, this is a way that we can help insure that future clergy will find their invitation as desirable as each of us did.

The check for the **Auto Replacement Fund** is one of the happiest checks I write each month. I think of Saint Jude's as the little Church with a huge heart on the Big Island of Hawaii. Every person who enters her doors is received as Christ would receive them. There are no out-casts. A contribution to the **Auto Replacement Fund** is a way all clergy who have shared in the *Aloha Ministry* of Saint Jude's in the past can continue to do so.

The Reverend Doctor Dennis R. Maynard

Editor's note: *While St Jude's appreciates the support we receive from visiting priests for our various ministries, there is no financial obligation or expectation from them when serving at our parish.*

We are blessed to have our visiting priests and they are only contracted to lead Eucharist services on Sunday. CC

News Flash, Just in: After writing the "Church Car Fund" article: During a routine oil change we discovered that the car needs some expensive work immediately and since they already knew of other work that would be needed in a few months, the Bishops Committee decided it was time to replace the vehicle. This needs to be done as soon as possible. As this newsletter goes to print, we are in the process of selecting and buying a replacement car for St. Jude's.



Motherhood lessons

By Kepi Bartlett

May 10th was Mother's Day, but around the Bartlett household, every day is a celebration. We tell each other how much we love each other, and most importantly we support each other through the good and not so good times. Some of the most cherished moments are not a dinner, but a simple expression of appreciation and love. Like a hug, kiss, note or poem.

Being a mother of two, stepmother of four and a grandmother of 10, I have tried to be wise about bringing up the children and the grandchildren. There have been times I could not buy new clothes for myself, but I always made sure they had food and shelter. I have been there for their heartaches and tears, as well as for their achievements and glories. I asked my children to be frank and tell me what I did right and wrong. Their answers surprised me.

What I did right according to them, was to work two jobs to provide for their needs, to be strict, discipline them by hav-

ing curfews and household rules, making sure they went to church, and stayed in school. They stated they are now successful members of society because of this, and obey God and respect others as well. They learned to share, budget, clean, negotiate as well as be kind and compassionate.

What I did wrong was to not take better care of myself. There is some truth in that, because as I write this today, I have suffered one major and two minor strokes in the past 15 months. My children stress that I need to slow down and relax. They have suggested that now I have three new

roles, to be a hula dancer, be the family scholar and the family "prayer manager." When anyone has a concern, I listen and pray on their behalf. Sounds like a great position, if you ask me. In the past my children and grandchildren always came first, but now I must place myself first to continue helping them physically, mentally, and most importantly spiritually.

On Mother's Day I

danced the hula in a chair, and it was an honor to do so for the church and

God. I may not be the perfect dancer, but in the sight of God and my family, they know every hand movement I make is to praise and honor God. That is perfection to God, pure and simple worship, done with a good heart.

*Always be pure in thought
and have a good heart. The
rest comes easy after that.*

Kepi

This is what I tried to teach my children and grandchildren. Always be pure in thought and have a good heart. The rest comes easy after that. Wish someone a happy day. It will be much appreciated; it doesn't cost a dime, and it will make them smile too. Spread the love.

K epi



	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		Veterans Affairs (Heimburger Hall)									
Wednesday		Senior Nutritional Program							Brownie Meeting			NA		
Thursday		Hula Practice		Head Start (1st & 3rd Thurs. each month)						Al-Anon	AA			
Friday		Senior Nutritional Program						Eucharist Service	Reserved For St. Jude's Special Projects					
		Men's Bible Study @ McKinney Place												
Saturday		Free Hot Shower								AA	NA			
		Free Hot Lunch With Shower												
Sunday		St. Jude's Eucharist Services & Aloha Paluck 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										

Weekly Church Schedule

St. Jude's website is loaded with information



www.stjudeshawaii.org

Aloha from the Freemans

By Father Leonard Freeman

Time is flying by all too quickly for Lindsay and I here in Hawaii. Returning to St. Jude's and the Big Island is a time of renewing friendships, but also of growing in our experiences of beauty and grace here.



Hawaii is the land of surprises out of the corner of your eye. Walking around the Circle a fine rain begins. As we turn to contemplate heading back the entire sky is filled with a rainbow... end to end.

Driving on the Old Mamaloa Highway near Waimea, we are taken by a sudden cave at roadside. Turning back to look again, the sky clears and there is Mauna Kea above the clouds clear as clear, observatories and all.

There are sites to visit, names on the maps or in the guide books: Akaka Falls, the Tropical Gardens, South Point... and they do not disappoint. But we find that beauty often pops up almost without knowing that it will be there... which is often the very best.

Back home we have a sense that people sometimes look at Hawaii a bit like Disneyland, as an adventure in play. Our experience, and advice to others, is to look at it as a real adventure. When the beach

signs say "dangerous" they mean it. When one goes to the volcano, it is not on a time clock that turns off when the staff goes home.

When you step up that trail and it says 4-wheel drive only, you'd best not take the shiny new sports car. And the lives and people you will meet here are just as real: alive, hurt, joyful, wounded, lovely, getting by, getting on.

We are simply grateful for the gift of being able to come into this place and share lives with you, even if only for a little while, in God's good grace.

You are a gift, and gifted in aloha. Jesus loves you, and we do too.

Mahalo.

Leonard and Lindsay Freeman

Beauty often pops up almost without knowing that it will be there... which is often the very best.

Father Leonard

In Our Prayers

For Healing: Terri, Michelle, Rose, Cordelia, JYM, Brian

For Thanksgiving: Thom and Richard for successful eye surgery

For Safety and Peace: Carol, Malarie and all those in protective service

For Safe Travel: For all who are on adventures

In Celebration of Baptism:

Greyson Monroe Sneed & Mason Gregory Sneed



Celebrating this month

June Birthdays

10 Annie Schaupp

19 Marla Hubbard

22 Cordelia Burt

22 Marty Marsh

June Anniversaries

12 Brian & Ginger Stewart



Things To Do, When You're in Ocean View

By Don Hatch

When you visit Hawaii, several of the things on your bucket list should be, to see some authentic Hawaiian music and dancing. Everyone has to go to a luau at least once, and you can find information on this in your commercial guide books.

There are two free, or almost free, concerts that we like to go to. The reason I say almost free is because one of them is a fund or food raiser for the local food bank and the entry fee is two or more cans of food per person.

Each of the two concerts discussed here are available once per month.

Hulihe'e Place – Free Concert – Kailua-Kona

The concert includes Hawaiian music featuring the Merrie Monarchs men's glee club, Kumu Etua Lopes' Na Pua U`i O Hawai'i hula halau, and other local groups. The concert is usually on the 3th Sunday of each month and starts at 4:00 pm. And you need to bring your own beach mat or chair.

We were at a party one Saturday night and several of us were talking about going to the concert the next and Hannah Uribes, the kumu who choreographs the hula dances at St, Jude's was there. The next day at the concert we noticed Hannah and her sister setting at the head table at the concert. She told us she hadn't planned on coming to the concert, but after listening to us talk about it she decided to come and visit with her sister, who is one of the coordinators for the concert.

Kona, Hulihe'e Palace was the vacation residence of Hawaiian royalty. Today it is



a museum operated by the Daughters of Hawai'i and is a showplace of beautiful furniture and fascinating artifacts

The palace was built in 1838 and ownership passed down through a number of Hawaiian royalties. In 1925, Hulihe'e was purchased by the Territory of Hawai'i to be operated as a museum by the Daughters of Hawai'i. Most of the furnishings were originally in the Palace during the Monarchy. Hulihe'e Palace was placed on the National Register of Historic Sites in 1973.

Across the street from the palace is the Mokuaikaua Church which is the oldest Christian church in the Hawaiian Islands. The congregation was first founded in 1820 by Asa and Lucy Goodale Thurston. The church is still in use and is open to the public for tours.

Before and after the Palace performance you can stroll thru historic Kailua Village (the Stroll starts at 1:00 pm & goes till 6:00 pm). You can enjoy ocean-side cafes and restaurants, local musicians & artists.

See "Things" on Page 16

Things

(Continued from Page 15)

Parts of Alii Drive are blocked off for the Kailua Village Stroll; so, getting around the area and parking can be difficult. Alii runs along the ocean, and a block above (inland) is Kuakini Hwy which you can use. There is parking between Alii and Kuakini, but the free parking fills up fairly fast.

From the Belt Road take Henry Street (around the 122 mile marker) south for 3 blocks. It runs into Kuakini Hwy. Turn left on Kuakini Hwy. and then immediately turn right into the next road. Try to find parking in this area because the palace is directly ahead around 200-300 yards away. The palace is between Alii drive and the ocean.

The Hulihe'e Palace is located at 75-5718 Alii Drive in Kailua-Kona.

Keauhou Shopping Center – Free Monthly Concert – Kailua-Kona

The Hui Kako`o Concert Series is held at The Keauhou Shopping Center on the last Saturday of each **month. It isn't exactly free** - admission per person is two cans of food which are given to the Hawaii Food Basket.

The concert starts at 5:00 pm with local Hawaiian music. Then at 6:00 pm one of the professional Hawaiian entertainers will perform. This is a charitable event in support of the local Food Basket; so, some of the top names in Hawaiian entertainment volunteer to perform here. It seems like many of the entertainers have just returned from tours in the lower 48, Europe, or Japan.

The concert is set up in the parking lot in front of Longs Drugstore. Seating is limited so you should bring

lawn chairs. Since parking is limited on concert nights; we sometimes park near where the concert will be performed, and walk to the other end of the shopping center for dinner.

Before the concert we usually have dinner at Bianelli's Gourmet Pizza & Pasta Restaurant, which is located in the southern part of the Keauhou shopping center. Then we go back to the northern part of the shopping center to set up our chairs and enjoy the concert.

Eating at Bianelli's is a family tradition for us, but there is 9-10 other places to eat in the area that you may prefer. Including Sam Choi's, Aloha Fridays, Royal Thai Cafe, and Las Habaneros Mexican cuisine mentioned elsewhere in this document plus several others that I haven't tried.

Directions: Turn south west off of the Belt Road onto Kamehameha III Road (Keauhou Bay Turnoff which is located between the 117 and 118 mile markers. Go 1.5 miles to the 2nd stoplight, Turn right onto Laii Drive, go one block and turn right into the Keauhou Shopping Center.

The KTA Market and Bianelli's restaurant is located at the southern end of the shopping center. The theatre, Longs Drugstore, and the monthly Keauhou Shopping Center are located at the north end of the shopping center. Also, The Royal Thai Café, Habaneros Grill, and Subways are located near the concert.



Playing the Palace

By Thom White

When I retired in 2007 to Hawaii from Alaska, my vision for retirement was going to be the beach, gardening, a little volunteer work and living in paradise. No where on the radar was being Bishop's Warden or Hula dancer. I noticed the little church St Jude on the hill, like a picture postcard.

One Sunday I decided to attend a service. I worried if I would be accepted because of my lifestyle. I need not worry as I was welcomed with Aloha.

I had not attended services regularly since I was a teen. I would celebrate Easter and Christmas Mass and that was about it. So I made an effort to attend more often to give thanks for all my blessings and especially that I was able to retire in Hawaii, a life long dream.

As I came to know the St Jude Family and their commitment to love and serve the community I wanted to help in that goal. I was amazed how the church was used all week long. This church was not just opened Sunday morning and then after services the lights turned off and locked up.

This was not just a building on a hill waiting for the next Sunday. Seven days a week the Church is used by and for the community. Seniors, help groups, veterans, Girls Scouts, head start, the hula halau and so much more. When I was asked to join the Bishop's Committee I took a baby step to serve. Then I was

asked to be Bishop Warden. Again I took a deep breath and took a another step to grow in my faith and service.



This is how I came to be in the hula halau. I have always loved watching hula. When I saw the hula classes on the church schedule I had to check it out. I had no plan of being a dancer or performer but as I learned, hula is meant to share.

Before I knew it I was a member of Hannah's Makana Ohana Hula. Our Kumu Hannah lovingly shares her knowledge of hula and Hawaiian culture. We are a kapuna halau which means we are seniors. We perform praise hula and auana (contemporary) hula. We perform at various events and festivals around the island. One big event is the Kapuna Festival in September in Kona. We also have danced at the Hulihee Palace annual event in Kona for the past 3 years.

The biggest event though is performing Praise Hula. To dance "How Great Thou Are" or "Power of Your Love" is transforming. To worship and praise in our Father's house with music, song and hula is to renew the Spirit.

In showbiz there is a saying "When you've played the Palace you've made it". I feel when you played in our Father's Palace you know you've made it. **Amen**

Independence Day Celebration

Saturday July 4th, 2015



We Want You

at our Annual

Ocean View Community Independence Day Celebration

Doors open 10:00 am until 2:00 pm

Live music provided by **David Mattson**

Dinner including: Hamburgers, Hot Dogs, Chips, and Drinks

Calabash Party – No Fixed Price

Everyone Contributes Whatever They Can Afford

The party takes place at ➡ St. Jude's Episcopal Church
Southeast Corner of Keaka Pkwy 92-8606 Paradise Circle
and Paradise Circle Ocean View, HI 96737

Father's Day Thoughts

By Cynn timer Salley - *My Dad, A. Lester Marks*

My father was born in Honolulu, the eldest of three children, in 1892. Hawaii was still a republic at the time. His father, Louis Marks, from Germany, helped to found and run Hawaii's oldest stevedore company. His Mother, Nellie Baskerville Marks, grew up, on and off, in Honolulu. Her Mother had died and her father, a ship captain, plied the sea between Hawaii and the west coast. He put her in Punahou School during the school year, as a boarder and during vacations put her in an orphanage in San Francisco.

Louis Marks was the first automobile fatality in Hawaii. So, Nellie was a single mom with three young children. My father went to and graduated from McKinley high school in Honolulu. His two sisters graduated from Punahou. All three of them went off to College on the mainland. My Dad went to Cornell and graduated as a civil engineer. His two sisters graduated from U of Cal Berkeley. They both remained on the mainland with their Mother, who had moved to Berkeley to take care of her daughters while they were in college. Nellie died the year I was born.

In the meantime, Dad came back to Hawaii and worked as a civil engineer, overseeing the building of many Government projects. He served in the Army during WW I. and then returned to Hawaii and started his own Construction Company. When I was growing up, he was the Commissioner of Public Lands, which I guess now would be equivalent to the DLNR. After that he ran McCandless Estate until retirement.

My Dad had a wonderful sense of humor and had the biggest stable of clean jokes that I know. He was quite musical. During WWII, the family would get together in the evening and sing. Mom played the piano, Dad played either the uke or a piccolo type instrument and the rest of us would just sing. The songs were fun and have been passed down through generations.

Deep sea fishing was a passion of his. After



Cynn timer's Dad, Lester Marks

the war, he purchased a boat from the Navy, and named it Eliwai (water digger) a name given to my maternal grandfather who was a water well driller in Hawaii. For many years his weekends were spent out fishing with his boat buddies. In the summer, when the family would all come to Kona, he would bring the boat up as well

Dad was always there for me: supportive, taught me sports, helped me with math ...which meant that he pulled out his slide rule and then for sure, I was lost,

He was a wonderful Dad; He died over 40 years ago at 81. He saw more change during his lifetime than any other generation in Hawaii, from electricity and automobiles to astronauts and landing on the moon; from the Hawaiian Republic to Statehood. An amazing time. I think of him so very often with love and nostalgia!

Happy Father's Day, Dad!!

June ~ Priestly Flavor of the Month

The Reverend Cathy McDonald served St. Jude's parish in March 2014 and she is returning as our priest for June 2015.

John, her husband of 53 years, will also be with us again.

Cathy recently celebrated her 37th year as a priest and will have been a deacon for 38 years. After 13 years as a prison chaplain Cathy retired and then served part time in a veteran's home for 7 years.

Cathy grew up on a family farm in South Dakota and her brother still lives there. Cathy was the fifth woman ordained as an Episcopal priest in Minnesota and was recently honored by the Anoka Chapter of the Daughters of the American Revolution as a Woman in History. Each year DAR chapters select one or two women to honor for their contributions to history and their community.



The Reverend Cathy McDonald will serve St. Jude's in June.

Music Trivia —By David Mattson

The first year at our church I asked what was meant by 'gradual.' Every week we have a 'gradual hymn.' I suggested that it meant we were gradually getting to the next part of the service. Nobody yet has told me what it means.

I happen to know and even remember where I learned this. Be the first in this church to come and tell me what is the meaning and you will be the winner.

When Bach was the music man at the church in Leipsig, he had a wee bit of a problem one day. There was a new rector. He didn't like Bach, so he sent his new choice up to the choir loft to replace Bach. Bach was in the choir loft. He is said to have thrown the new guy down the stairs. The rector never said anything and Bach continued at the church.

Who was the rector? What was his name? What did he preach? Does anyone know? Does anyone remember? I rarely run into a church person who is not at least minimally acquainted with Bach. Jesus said that the first shall be last and the last shall be first.

From the Diocese of Hawai'i

On Saturday, June 13th, at 10:00 AM, it is my intention, God and the People willing, to ordain Ernesto "JaR" Pasalo, Jr., to the transitional Diaconate in Good Shepherd Episcopal Church, 2140 Main St., Wailuku (Maui).

On Sunday, June 14th, at 4:00 PM, it is my intention, God and the People willing, to ordain Viliami Langi to the vocational Diaconate and to receive Raymond Woo as an Episcopal Priest in St. Elizabeth's Episcopal Church, 720 N. King Street, Honolulu (O'ahu).

If you are available, please join us.

Please remember to keep JaR, Viliami and Ray in your prayers.

Yours faithfully,

+Bob

The Right Reverend Robert L. Fitzpatrick

St. Jude's Favorite Recipes

Easy Vegetable Soup

From the Kitchen of Thom White

Dice 1 med onion, some celery n carrots, sauté.

Add some chopped garlic,

Add 1 or 2 cans tomato sauce n 1 can diced tomato,

Add 1 or 2 can of water or chicken or beef stock, heat.

Add 1 bag mix veg or your choice. Cook till tender. Great for left over vegetables.

Salt n Pepper to taste.

2 Tbsp of Italian Seasoning,

2 or 3 cups of cooked macaroni. Stir and heat through

If needed, add more water or stock,

Adjust seasoning to taste

Optional: Splash of left over red wine,

Dash of sugar to taste.

Serve with parmesan cheese n garlic bread.

ENJOY



Chicken Dumpling Soup (Slippery Dumplings) ✓

When I was a child we used the oldest and meanest rooster to make chicken and dumplings. The only way that tough old bird was edible was to boil it until the meat was falling off of the bones. That also made an extra hearty broth with lots of chicken flavor.

You need an extra hearty broth to make good chicken and dumplings, but you can't buy old mean roosters at the local market. This recipe tries to duplicate that old mean rooster flavor using tender young grocery store chickens.

Broth: When I buy rotisserie chickens I save the bones in the freezer and when I have 2-3 the skeletons I put them in a slow cooker or pressure cooker and make enough extra hearty broth for this recipe.

Dumpling: Most recipes rely on the dumplings to adsorb chicken broth as they cook to give them a chicken flavor. This recipe seasons the dough and uses chicken broth instead of water to make the dough, which adds some chicken flavor to the raw dough.

Serves: Eight

Soup	2 to 4	lb.	Chicken (skinned, de-boned, and cubed)
	1	large	chopped Onion
	2	large	chopped Carrot
	2	stalks	chopped Celery (with leaves)
	1/2 to 1	tsp.	Black Pepper
	8	cups	dried Parsley, Basal, Oregano, & Thyme to your taste
	1	12 oz. can	hearty Chicken Broth (add a little low salt bullion if necessary)
	1	12 oz. can	Whole Kernel Corn (optional)
			Green Peas (optional)
Dumpling:			
dry	2	cups	Flour
	2	tsp.	Baking Powder
	1/2	tsp.	Garlic Powder
	1/2	tsp.	Black Pepper
	2	Tbsp.	dried Parsley
liquid	1		Egg
	2	tsp.	Chicken Fat (or cooking oil)
	3/4	cup	Chicken Broth

Soup: Combine all of the soup Ingredients in a large pot. Cover and simmer for an hour.



Dumpling: Combine all of the dry Ingredients and mix thoroughly. Stir in the oil, egg, and broth until moist (it may take less or more broth than called for). Turn out on a floured surface, knead it like you are making bread, roll out until it is 1/8 inch thick, and then cut into 1x3 inch strips using a pizza cutter.

Finish: Drop dumplings into the simmering broth. Cover and simmer for at least 20 minutes, until the dumplings are plump and tender.

When the dumplings are first added they will float to the top and when they are cooked they will sink.

Thicken: Blend 2 Tbsp. flour with a cup of water, add to the broth, and cook 10 minutes more.

Note: I often make this recipe using the meat from a rotisserie chicken instead of raw meat.

Where Has All The Flavor Gone?

When I was trying to catch the chickens in the church yard someone ask me what I planned on doing with them and I replied that "I'm going to make Chicken and Dumplings". They said "Oh, you can't do that. Wild chickens are too tough and they taste bad".

When I was a youngster all of our chickens ran free, like our churchyard chickens, and they tasted great. Actually they tasted much better than the store-bought ones available today.

I thought the Church Yard chickens would probably be more like my childhood chickens and should be great for making chicken & dumplings. I wondered what happened to those scrawny but tasty chickens of my childhood, and here is what I found.



Before World War II Chicken was a rarity on most dinner tables and the average person ate less than a pound each month. At that time chickens were slow growing and too expensive to farm for meat.

When my parents were growing up, most families kept some chicken for their eggs. Most of the young roosters were eaten as fryers and if you had too many hens some would become fryers and others would be raised as roasting hens. When a laying hen got so old she stopped laying eggs, they were usually too tough to be fried or baked; so, it would be stewed and served as chicken and dumplings.

I can remember chicken dinners when I was a child and how good it tasted. My favorite was fried chicken with chicken gravy over fresh hot biscuits. But, I also loved the chicken and dumplings.

Any time I think about Fried Chicken and Gravy I remember sister Vickie and the first time she cooked Fried Chicken with Gravy.

She'd watch mom make it many many times and although she had the procedures down perfect, mom didn't measure her ingredients; so, neither did Vickie.

After she fried a chicken to perfection, she added a couple cups of flour to the frying oil and proceeded to make a light roux. Then she started adding milk. When the pan was full of gravy she poured out half of it and continued to add milk until she got the texture about right. Shortly after that she learned about using an oil flour ratio of around 1:1 and that for every tablespoon of flour you will need around 1/2 cup of milk. Now she has become the gravy maker in our family.

Prior to WWII chickens weren't raised for their meat because they were slow growing and too expensive to farm for meat. Beef was much cheaper than chickens.

When Chickens Became Popular: During WWII when most meat was rationed, but since chickens were mostly raised for their eggs, they weren't. Chicken became popular as a source for meat and some farmers started farming them for their meat.

At that time A&P Markets was the largest supermarket in America, and they were a pioneer in the high-volume, low-cost food marketing. They were also the country's largest poultry retailer and wanted to continue to grow their poultry market; however, they worried that when rationing was lifted, people would go back to eating beef and pork and their profits from chickens would go away.

A&P and the USDA sponsored a national event called the "Chicken of Tomorrow" contest. In 1946-1947 they held regional contests and in 1948 the winners in the regional contests were invited to participate in the national event.

The final winner was Vantress Hatchery in California. Their chickens were big, averaging 3.75 pounds, and ate less food than their competitors.

Looking back across time you can see that chicken sized and growth rates were slowly improving.

In 1923, it took 16 weeks to get a 2.2 pound chicken.

In 1933, it took 14 weeks to get a 2.6 pound chicken

In 1943, it took 12 weeks to get a 3.0 pound chicken.

In 1948, it took 12 weeks to get a 3.75 pound Vantress chicken using less food.

No one recorded how the winning chickens taste because that wasn't the purpose of this contest. They were testing for quantity, not quality.

Since then the focus has mostly been on growing cheaper and larger chickens and the chicken flavor has declined.

Once they understand how easily they could control chicken growth by selective breeding, the pace of change became faster.

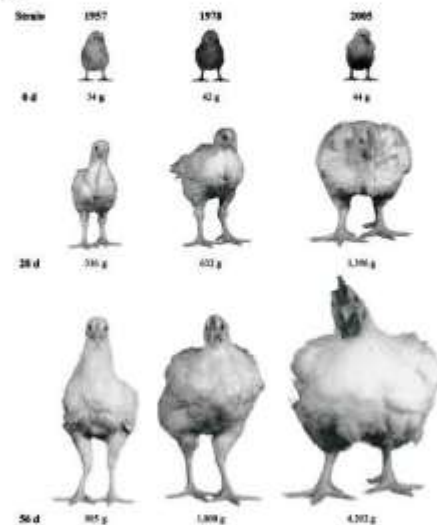
By 1951, the "Chicken of Tomorrow" winners got fat two weeks earlier than in 1948. By 1973 the growing time was down to 8½ weeks and used even less chicken feed than prior years.

Although chicken consumption declined when rationing was lifted, the effort at reduce the cost of raising chickens took effect and in the early '50s sales of chickens were back up to the WWII levels and by the mid-50s they were exceeding war time levels.

In the 90s chicken consumption exceeded beef consumption.

An article published in Albert in 2005 said a modern broiler chicken grows four times faster than one bred 60 years ago and it takes around half the feed to grow it.

I think it is amazing what they did in a few years, but now when I eat chicken I always wonder **Where Has All The Flavor Gone?**



What was I signing up for?

By Editor Cindy Cutts

A few weeks ago, on a Saturday morning, I got up at 5:15 a.m. and together with a group of St. Jude's members drove to St. Columba's Episcopal Church in Paauilo. The building is an historic treasure, with a palpable spiritual presence. We were there to participate in a confirmation service.

This was a special day for those being formally admitted into the church. It marked a commitment, by those who proclaimed the tenets of the Episcopal faith. We were gathered together in worship and prayer to celebrate not just the body of Christ, but also the family of God. The service was elegant, resplendent with pageantry and inspiring special music.

I'd been an observer of St. Jude's culture for over a year before I seriously considered membership. Traditional, formal, liturgical church was not high on my list of favorite endeavors when I arrived on the Big Island 18 months ago. But unlike my other experiences of church trappings, the simplicity of St. Jude's church facility, contrasted with the complex tapestry of its ministries, intrigued me. I found the visiting priest program pure genius, not just for the economic freedom it gave the church, but also because if one preacher didn't suit me, I had hope there was a replacement on the horizon.

When I felt called by God to share my meager gifts and talents at St. Jude's, I found the parish to be filled with the most authentic, sincere, down-to-earth people

I'd ever met. There seemed to be a commitment by the membership to include and serve everyone who walked through the church door. This wasn't just an Hawaiian thing – this was a St. Jude's thing.

When "picture time" happened after the service, I was stunned to realize that our tiny congregation of St. Jude's was the largest group present for the all-island event. (See photo on page 6.)

It was like a small army of well-wishers, celebrating with hugs, congratulations and even fragrant Hawaiian leis.

It made me realize that by attending this service, I was joining, not just to serve at St. Jude's as a member, I was also signing up **to be served by St. Jude's congregation**. Something Rev. Lindsay mentioned the next day in her sermon. The service was a confirmation of more than faith – it was also a confirmation of commitment from my new church-full of friends who will support me in my journey to serve God.

What an awesome concept!

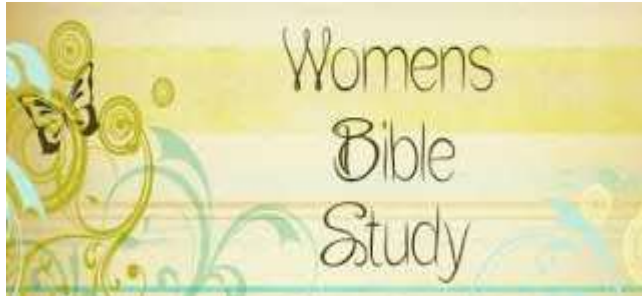
Blessings,

Cindy



I was joining, not just to serve at St. Jude's as a member, I was also signing up to be served by St. Jude's congregation. Cindy Cutts





Tuesdays at 10 a.m.

At Beverly Nelson's home



Fridays at 9:30 a.m.

McKinney Place



Lemonade Party

June 27th 9 a.m. to 11 a.m.

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

Talking Story at St. Jude's

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Contributing Editor: Don Hatch

Columnists: Cynnie Salley, Thom White, Karen Pucci, Kepi Bartlett, Don Hatch

We welcome submissions!

Submission Guidelines: 500 words maximum. Submit as a Microsoft Word document attachment, or as the text of your email.



Photos must be submitted as jpgs and emailed as attachments. Please email only one photo per message.

Submit via email to: cindycutts00@yahoo.com

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