



Talk Story



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

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June 2020

The 40 Day Prayer Challenge

By The Reverend Constance Garrett

Aloha dear friends! I sorely missed being with you in person during May. But it was fun getting to see Dan, Steve and Cindy each week as we taped on-line worship. I pray that our humble offerings of worship and song are sustaining you throughout this time of isolation.

I deeply appreciated the emails of encouragement and appreciation that a number of you have shared with this month's worship team. Cindy Cutts is certainly doing a great job editing and producing and publicizing St. Jude's on line offering.

As I prepared the sermon for the 7th and last Sunday of Easter, I was reminded of a project called "Forward Together. In Christ. In Community."

I volunteered six years ago as a Companion to assist congregations move forward. You heard this story in my sermon, so I won't repeat it.

It seemed to me that the Holy Spirit was nudging me to share it with the St. Jude's community as a way of involving the



congregation in the process of discerning the steps toward re-opening for group gatherings and in-person worship.

We are not sure here in North Carolina when Phase 3 of re-opening will begin, and I have even less idea of what the timing of your Episcopal Diocese of Hawaii will be. Nonetheless, it may help the congregation and community to begin praying together - that is praying the same prayer and reflecting upon the same scripture passage each day for 40 days.

That's the first and most important commitment to moving "Forward Together," out of isolation and into the new and different "normal" created for us by the COVID-19 corona virus.

I am happy to share the Forward Together prayer resources, should the Bishop's Warden and the leadership of the congregation choose to make the commitment to 40 Days of Communal Prayer.

See "Prayer challenge" continued on page 14



MY LITTLE LIGHT IS SHINING BRIGHT

BY CORDELIA BURT

I'm tired!! I'm tired of negative thoughts! I'm tired of negative news! I'm tired of negative people!! I refuse to be Eeyore! St. Jude's is a wonderful caring church that tries to walk the way of Jesus and Love and I really hope that we never let anything stop us from doing everything we can to remain that way.

For many years I have felt that "This Little Light of Mine" was truly the theme song for St. Jude's and we sang it many Sundays when we were allowed to meet in our building. Well I asked Cindy if I could record it for the service page of our newsletter and she agreed to allow me to do that. I felt so good singing that very uplifting song that I want all of you to stand up, or sit there, and sing it every time your feeling that old negative bug biting you.

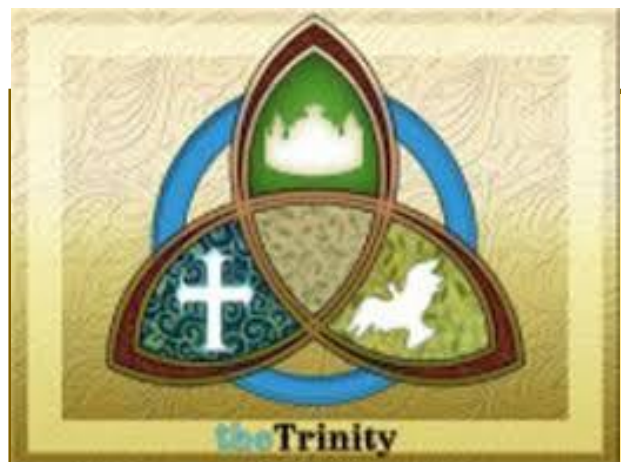
Another positive thing I did this week is read "The Christmas Jar" by Jason F. Wright. What a wonderful uplifting book and what a wonderful inspirational family tradition to begin this year. I want my church back with all it's wrinkles, bumps and hiccups. I want bible study back, if not in someone's home then on Zoom, I want to see faces and talk to those I love and miss so very much. I want to sing the hymns and hear someone's voice but mine. I want my hugs from Sam and Steve and Buddy and all of you.

I don't believe we should open the church up until we are able to have our Priest on island without the 14 day quarantine and

everyone can be at St. Jude's singing, with or without masks, and receiving Holy Communion. We might just as well stay on Zoom if we have to limit our numbers or decide who can attend and who has to stay home.

I don't want to live without the feel of love and joy. So I am going to venture out just as soon as I'm allowed! I'll wear my mask and wash my hands and stay 6 feet from you but I'm going out into the world that God has given me.

I'll not allow this virus fear to define who I am and I'll not live in fear for the rest of my life. I'll not be Eeyore!!



June 7th is Trinity Sunday, The first Sunday after Pentecost, and the only day in the church year to commemorate a doctrine and not a person or an event. This day remembers God's gift to us of knowledge of the divine nature.



Around the church yard

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By Contributing Editor Don Hatch

Covid-19 Testing: Ocean View had two more drive through covid-19 tests in May. Both of these were staffed by the folks from Aloha Kona Critical Care. These were on Wednesday, May 6, and Wednesday May 20.

The first date had drive-through nasal swab testing for an active covid-19 infection. The second date had the nasal swab to check for the active infection, but they also had a Phlebotomy Lab where they took blood for Covid-19 Antibody Testing.

St. Jude's hosted the testing and also provided refreshments and lunch. We had coffee, ice tea, lemonade, and water. For lunch we served huge delicious sandwiches crafted by the Malama Market in Ocean View. We also served Frito Pie. Several of the nurses told me that when I first emailed them about providing the Frito Pie, they had to check on the internet to find out what a Frito Pie was. The Frito Pie (Chili and Fritos) has been very popular.

The Big Island Marshallese Community Association were at both of the testing events, giving out cloth masks they made. Everyone driving through the test must wear a mask, and if they don't have one, they will be given a one-use disposable mask by the testing staff. The masks provided by the Marshallese ladies look a lot better than the disposable ones, and they can be washed and reused.

After the testing day was over and everything was taken down and packed away, their final custom is a prayer circle. With thirty people social distancing in a circle, the prayer circle is huge.

Free Saturday Meal: In March, we began serving lunches with social distancing for our Saturday Free Meal. Our social distancing practices include a take-out door for guests and the only people inside the church are the workers serving the food. Everyone in the church must wear 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 to eat their meal.

Many of our regulars have started bringing containers so they could take their meals home to eat. We have also received several recycled single use containers from our members, so we can send the meals home with our Saturday family.

While we were hosting the Covid-19 testing I noticed several of our Saturday lunch family in the parking lot, using our wi-fi, and I invited them to join us for a meal.

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.

See "Church yard" continued on page 12

Dispatches from the Kitchen Table

Groovin' with the Grazing Girlz

By Karen Pucci

Still stuck in the 'View. Is this ever going to end? I am beginning to wonder. As the state begins re-opening, we have opted to stay in place at least through June. So won't have anything new to report in the next issue, either unless it is like a food truck. We do try to do take out from the local spots we like. We want them to stay in business while this is going on, but no touring in search of that new best thing. It will be interesting and probably heartbreaking to see what survives this. None the less, we are very grateful we are HERE instead of on the mainland or even in Kona.

In the meantime, we are continuing to cook and help out for Saturday Soup. We don't have a lot of customers. Went from 80 servings to as low as 15. We don't really know if people are really sheltering in place or if the showers (currently closed) were really the big draw. But for those who show, they do need the food so well worth the effort...I have had the opportunity to help out on the COVID 19 testing days here. St. Jude's has ordered sandwiches via Malama Market. Kepi also introduced "Frito Pie" to the menu. The health teams have been very excited to be fed and watered. The Frito Pie thing was a foreign concept to me and to many of the health care workers there. This is merely Frito corn chips under a couple of scoops of chili and some grat-

ed cheese on top. It was a HUGE hit with the worker bees and I could get behind doing it more often. Quite good and inexpensive way to stretch your meals out.

Just 'cuz we are not taking road trips does not mean we aren't eating. We are. OMG, we are! We, like a whole lot of others, are eating like tomorrow isn't coming. I suspect there are going to be a boatload of 'shedding the COVID fat' fad diets. We are experimenting with the air fryer and the Insta-Pot® to break up the monotony of meals. We Skype meals with friends and we are starting to do some social distancing "get togethers" but it ain't the same. Miss the hugs and just hanging out...

Oh yeah. Like things aren't just crazy enough: we are also swinging into HURRICANE SEASON too. Yikes! This just never ends! So...make sure you are prepared. Be prepared for at least two weeks of being on your own. If we have one of those hurricane/tropical storms land here, it could create slides that cut us off from both Kona and Hilo so don't think this is all hyperbole. Extra water, batteries, flash lights, staples, toilet paper, wood, propane or charcoal for your grills, pet food, medications, matches; just think about how you live every day and try to have enough on hand if it is possible to survive for a bit.

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

Don’t be shy ~ Zoom is easy to use and it’s free!





Thank you!

By Cordelia Burt

We have so much to be thankful for at St. Jude's and we want to say thank you to the many people who have stepped forward during the last three months to help with everything.

From the beginning of the Shelter in Place order, we had people offer to help serve the soup on Saturday and it was very helpful since many of our St. Jude's family are in the most susceptible group to contract the virus. We "oldies but goodies" are "chomping at the bit" to get back to work, but we say Thank You to those who have felt the need to protect us.

People have sent money to help in the outreach; people from Ocean View, Kona, California and as far away as New York. Some of these people we know and others have told us that they heard/read about us and want to help. Some of those donating are groups that need the money for their operation but feel the need to offer outreach themselves. Thank You.

Two weeks ago when the COVID testing was going on in our parking

lot the leadership of the Marshallese community came up to our Bishop's Warden and asked if they could share the masks that they had made and the hand sanitizer with those coming through the line. What a wonderful gift they were giving and how great it was that another group stepped forward to offer their help. They went home later and brought food to share with the group and men to help tear down the tents and clean up the area. How great a gift it is that people everywhere are joining together in any way they can to help make the job easier for everyone.

St. Jude's is so thankful for all sharing and tenderhearted kindness that we have experienced throughout the COVID-19 restrictions. And are anxious for the time to be right for us to begin the showers again. Re-opening the showers for our Shower Family is on our minds and in our hearts. We are encouraged by the dozens of community volunteers who have stepped up to keep St. Jude's light shining brightly during this pandemic. How great you all are and thank you. Thank you for all you are doing.

Zoom fellowship at St. Jude's on Sunday mornings

Sundays at 11 a.m.

Beginning June 7th

Virtual



Hosted by Cynnie Salley via Zoom

**You are cordially invited to join St. Jude's Sunday Morning
Virtual Aloha Hour Zoom Meeting**

[https://us02web.zoom.us/j/6843449828?
pwd=YW94djVvU0szOGNKaFZ1V0pUL1owUT09](https://us02web.zoom.us/j/6843449828?pwd=YW94djVvU0szOGNKaFZ1V0pUL1owUT09)

Meeting ID: 684 344 9828

Password: Aloha

**SAVE THIS
LINK!**

Sundays, at 11 a.m. ~ Grab your coffee and fire up your device.

. See ya after church! ON....





CREATED FOR COMMUNITY

BY CORBETT CUTTS

Editor's Note: *In May, our EfM class studied the writing of German theologian, Dietrich Bonhoeffer, an anti-Nazi dissident, who encouraged Christian living in community. Bonhoeffer's writing, juxtaposed over the COVID-19 pandemic, was startling to me. In trying to better understand Bonhoeffer, I chatted with my son, Corbett, an adjunct professor of theology at William Jessup University. Corbett took the time to put his thoughts into the following:*

We belong to God (whose we are), and we were made with the capacity to be like God (who we are). Much ink has been spilt on what it means to be made in God's image, but what I shall say here is that I believe what is at the heart of this verse is the call for each of us to live a life of relationships: with God, with others, and with all of Creation. This is the relational balance God calls us to, and to be frank, this is precisely what our sinful selves natively reject.

The Greek maxim "know thyself" has found a renewed sense of purpose for me in recent months as the global pandemic has upended areas of life that were once sacred: Church, School, work, even family gatherings. These places were not just things we did, they were relational opportunities to be known and become known - and seemingly overnight they were gone and in that void was left the question, "who am I?"

For Christians, the answer to the question of who we are is interwoven with the more important question of whose we are:

"Then God said, 'Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground'." (Genesis 1:26 NIV)

For Christians, the answer to the question of who we are is interwoven with the more important question of whose we are.

Corbett Cutts, MAT

Despite what God has designed, our tendency is to frame things in terms of "what's in it for me" - what I need, what I want, how a decision might affect me. These

questions of self-preservation aren't always inherently bad, but when left unchecked, they become barriers to experiencing the fullness of who God has called us to be as they value solitude over community. When left in isolation we have the inclination to define ourselves (either in the positive or the negative) based on how we want to see ourselves. We create a caricature of our self that is, at best, two-dimensional. We create a facade of relationships (quite easy in the digital age!) by surrounding ourselves with people and sources of information that only affirm this false self. We miss out on the chance to grow, the chance to live, the chance to be what God intended - simply because we're afraid of the relational risk associated with putting others before ourselves.

See "Created for Community" continued on page 22

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: Rev. Cathy, Brittane, 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.

COVID-19 Testing at St. Jude's

By Don Hatch, Bishop's Warden

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In May, St. Jude's hosted two rounds of COVID-19 testing on Wednesday, May 6, and Wednesday May 20 by the Aloha Kona Critical Care personnel.

The May 6 drive through testing was checking for the COVID-19 virus using nasal swabs, and the May 20 tests included both nasal swabs to check for active COVID-19, and they also took a blood sample in search of COVID-19 antibodies, which indicates patients have contracted COVID-19 sometime in the past.

Blood samples must be separated using a centrifuge shortly after they are taken, so, the testing team brought a centrifuge with them and set it up in the church.

On the May 20 tests, they also brought their technical support with them. This technical support consisted of two ladies with computers set up in the church.

As a car arrived at the first station, they filled out an information application sheet, and the staff took a photo of the application, the patient's photo ID, and insurance card if they had one. The photos were then sent to the technical support staff in the church, where they actually did the registration online.

The second station was screening, and depending on what tests you were getting, they directed you to the third and/or the fourth station.



COVID-19 testing and COVID-19 Antibody testing was conducted in the church parking lot.



Masks were donated by the Marshallese Community.

The third station was set up as a Phlebotomy Lab where they took blood for COVID-19 antibody testing.

The fourth station was the COVID-19 nasal swab test.

The testing ran from 10:00 am through 2:00 pm.

During setup, on May 6th, several Marshallese ladies showed up with hand-made cloth masks and the women asked if they could distribute them.

I introduced them to the medical staff and was told that everyone driving through has to wear a mask, and if they don't have one, a once-use disposable mask will be provided. The cloth masks looked a lot better than the single use ones the testing team planned to provide, and the cloth ones offered the added value that they can be washed and reused. So, the testing team agreed to allow the masks to be distributed.

We set up another tent between station one and two for mask distribution. Later in the day, the Marshallese men showed up and took over part of the work. I ask them if they were

See "Testing" continued on page 12

Contact Information			Status / Plans	Day and Time						
Organization	Name	Phone		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Nutritional Program	Teresa Zachary	808-937-7919 808-939-7169	Closed Until Further Notice		7:30 - 12:30 pm		7:30 - 12:30 pm		7:30 - 12:30 pm	
Hula Practice	Hanna Uribes	808-769-1821	Hula cancelled until further notice		3:00 - 5:00 pm			9:00 - Noon		
Hanna's Makana Ohana	Carolyn Anthony	808-747-2624								
NA			NA plans to continuing with their regular meetings		5:30 - 6:30 pm		7:00 - 9:00 pm			7:00 - 8:00 pm
NA 500th Side Hope Feins	Carla	808-990-6195								
NA	Rick	808-443-4916								
AL-Anon	Carolyn Anthony	808-747-2624	Cancelled for 2-3 weeks					5:00 - 6:00 pm		
Asm of God - Marshallese	Tomiko Samuel	808-464-3938	Closed Until Further Notice	6:30 - 9:00 pm						
Ka'u Food Pantry	Allan Humble	253-486-3917	Closed Until Further Notice			8:00 - 1:00 pm last Tue. of month				
Celebrate Recovery	Jeff Sarlana	808-443-4079	No meetings for 3 weeks			5:00 - 9:00 pm				
Big Island Giving Tree	Barbara Breskin	951-367-4248	Will Continue with limited service							8:00 am - noon 3rd Saturday of month
Education For Ministry (EFM)	Cyrnie Saley		Distributed meeting using ZOOM			10:00 - 12:00				

St. Jude's Weekly Schedule During COVID-19 Suspensions



After testing was completed the entire team gathered in a large circle to pray.

Testing continued from page 10

planning on being at our COVID-19 testing sites every time and they said they would like to if it was ok with me. I told them that it was ok with St. Jude's, because community support isn't a competition, and anyone that wants help is welcome.

Part of St. Jude's support for this effort was to provide coffee, ice tea, lemonade, ice water, sandwiches, and Frito Pie. Karen arranged for sandwiches for their lunch, and set up an ice chest full of ice-cold bottled water at the registration tent.

After the work was over, the entire testing team, St. Jude's volunteers and the others who came to help gathered in the lower parking in a prayer circle. I counted 30 people in the circle. Since everyone was social distancing it was a large circle, in addition to health care people, there was also four national guard soldiers, a couple people from the HOVE Road Corporation to help set up and direct traffic, as well as people from the Marshallese Community Center. As we started to tear down the stations, at the end of the day, the Marshallese women brought a lot of food, they had prepared, into the church and everyone ate again.

The next COVID-19 testing at St. Jude's will be on Wed. June 3rd from 10:00 to 2:00 pm. This will include the nasal swab to test for an active case of COVID-19, and a blood test to check for COVID-19 antibodies. Please review the flyer on page 21 for pre-registration and other details.



COVID-19 Testing Team was a hungry group.

Church yard

Continued from page 3

Free Hot Showers: We started our Free Hot Shower community support programs in Sept. 2013, and since then we have hosted over 8,200 Free Hot Showers. In April we temporarily suspended the free hot shower community support program until the COVID-19 restrictions are lifted.

Bishop's Committee has been using emails to conduct the church business. So far it is working out fairly well.

Education for Ministry (EMF) class has been continued using Zoom to meet each Tuesday.

Ka'u Food Pantry Distribution Suspended

Ka'u Food Pantry, Inc. has suspended food distribution until further notice.



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

Bible Study to try Zoom June 15th



Because we have had interest from both local women, and those who are far away, St. Jude's Women's Bible Study will try a Zoom format, beginning June 15 at 10 a.m.

Phyl will host, with Cindy providing tech support. Women from around the globe, as well as regular St. Jude's Women's Bible Study members are welcome to attend.

If you wish to join the Zoom Bible study, you will need to download the Zoom app from the website www.zoom.us

Cindy will email the Zoom invitation which contains the link to connect to the meeting. Please email Cindy if you wish to be included in the Zoom Bible Study.

cynthiaanncutts@gmail.com



Zoom meetings have been working well for the EfM study group.

Zoom is free. For more information on how Zoom works, or how to use Zoom, see page 5 of this newsletter.

Prayer Challenge

Continued from page 1

A sample of what the prayer book looks like is shown below. It could be that a Sunday Zoom Chat could provide the opportunity to share together reflections from each week's study. I like Zoom, because you can be a part of the discussion by calling in and do not have to have a computer to access Zoom Chats.



Whether y'all decide to participate or not, I continue to pray for your well being as you start to consider ways in which you will choose to re-engage at a pace that considers the safety of your whole community.

In hopeful anticipation of spending face to face time with you in September, 2020.

Yours in Christ,

Pastor Constance Garrett

Week One – Forward Together

Day 1 Matthew 5:6 “Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Ask God to create a hunger and thirst in your community for the grace of God. Then ask God to fill that hunger as you move Forward Together in Christ, in Community.

Day 2 Acts 1:8 “But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”

Pray for those who will be leading Forward Together in your congregation, that the power of the Holy Spirit will guide them to God’s preferred future.

Day 3 Psalm 103:1-5 “Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and do not forget all his benefits— who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle’s.”

See “More prayer challenge” continued on page 20



IT'S NOT AN ARGUMENT

SUBMITTED BY CYNNIE SALLEY

Health vs Finances

Submitted by Cynn timer Salley

This is one of the most balanced and reasonable things I've read about our current situation...

"I see both sides of this: health vs finances and I'm not even sure where this came from but it sums up my feelings so perfectly.

Flattening the curve didn't mean stop the infection, but spread it out so that the system could handle it. I am seeing so much anxiety about resuming business, and so much anger about continued regulations. People are feeling the need to catapult to one side or the other, then fight the opposition.

Here's my perspective, from a mainstream medical model. I think a lot of folks have fallen into the idea that social distancing was meant to stop the viral spread. It wasn't. It was meant to SLOW it while we put medical infrastructure in place. It's not perfect, but it's much better than it was seven weeks ago.

A vaccine is a long way off. At some point, people have to be systematically exposed to begin the building of (hopeful) herd immunity. We will likely begin to experience a real increase in cases after reopening our economy. Ideally, that exposure is controlled and calculated, in phases, to allow our medical community to respond adequately, and reduce the number of severe or fatal cases. That's where we are.

Whether you feel like things will be opening too soon, or not soon enough, we were never going to social distance this thing into nonexistence. You now need to proceed as your health, wallet, and conscience allow.

If you are medically vulnerable, you do not need to be a part of what is about to happen. Stay home if you can. If you're not, or if your financial vulnerability trumps your health concerns, you

need to proceed in ways that continue to protect yourself, and the elderly and medically vulnerable around you.

All of us need to calm down. Quit telling people who are financially struggling that they don't care about human lives. Quit telling people who are truly at risk of dying from this virus that they are cowering in fear. Remember that until you've walked in someone else's shoes, you should probably be careful in your judgements and subsequent harsh words.

We don't HAVE to choose an either/or proposition and fight. We could choose other ways to be. Examples include but are not limited to: "I think this may be too soon, so I will continue to shelter myself, and pray/make masks/ check on those who can't."

"I really need to go back to work, so I will do so, but I will be careful and try to protect myself, my family, and those around me with healthy strategies."

See how those positions allow each of us to do what we need to, and also respect those who are choosing differently?

One thing that allows us to do this is humility. I can acknowledge that I am not an epidemiologist/economist/whatever, that I am making decisions based on my understanding of complex subjects and my own personal health and financial situation, that I am not all knowing, always right, and an expert in all fields, and that each person around me is doing their best too.

We can make different choices and still be a supportive community. We can learn and evolve in our understanding of these issues."

Please note - I did not write this, just thought it was beautifully written. Shared from a friend.

Original author unknown



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

Dinner in a Pumpkin ✓

This is a tasty dish that also has lots of eye appeal and is one that youngsters will enjoy helping you prepare. Leslie makes it each year around Halloween or Thanksgiving and it has always been one of my favorites. The small sugar or pie pumpkins are usually available late in the year (Sept. thru Dec.). The small pumpkins are especially nice because each person gets a pumpkin bowl of their own.

Ingredients

Pumpkin	4-5	small		Pumpkin (about 5" to 6" across or 1 to 2.5 pound) *
Filling	1		chopped	Onion
	2	Tbsp.		Vegetable Oil (optional)
	2	pound		Italian Sausage **
	2	Tbsp.		Soy Sauce
	2	Tbsp.		Brown Sugar
	1/3	cup	frozen	String Beans
	1	10 3/4 oz can		Cream Of Celery Soup
	1/2	cup	toasted	Pine Nuts
	1 1/2	cup	cooked	Rice***
	1/2	cup	frozen	Corn
	1/2	cup	frozen	Peas
	1	tsp		Salt
	1	tsp		Black Pepper

Filling: Sauté the meat and cook until it is brown and drain any excess grease out of the pan. Add the onion and the oil (if needed) and cook until tender.

Add soy sauce, brown sugar, string beans and the soup. Simmer for 10 minutes, stirring occasionally. Mix in the corn, peas, and cooked rice.

Pumpkin: You can use a permanent marker to make a face on the pumpkin. Cut the top out of each pumpkin (at an angle or zigzag) and thoroughly clean out the seeds and pulp.

Spoon the filling into the clean pumpkin shells and replace the pumpkin top. For the small pumpkins, it will take around 1 cup of filling for each pound the pumpkin weighs.

Place the filled pumpkins on a lined cookie sheet and bake for one hour at 350° F. As it cooks, the flavors of the filling permeates the pumpkin while the flavor of the cooking pumpkin seeps into the filling.

Variations: You can use one larger pumpkin or substitute acorn, kabocha, hubbard, or turban squash for the pumpkin. * You can use other meats such as turkey sausage, chicken sausage, ground beef, ground pork, ground chicken, or ground turkey; however, for regular ground meat you should add 2 teaspoons of Italian seasoning. ** You can substitute wild rice, bulgur wheat, quinoa, or lentils for the rice. ***

After I got the recipe from Leslie I did a network search on "Meal in a Pumpkin" and found many variations. This recipe includes the most common ingredients, but you can find variations that use mushrooms, water chestnuts, celery, carrots, peppers, spinach, cabbage, garlic, olives, lemon/lime juice, parsley, almonds, tomatoes, tomato sauce, parmesan cheese, and eggs.





**The Reverend
Doug Coil will serve St.
Jude's in June**

Flavor of the Month

The Reverend Doug Coil

The Reverend Doug Coil will return to St. Jude's via the magic of technology beginning June 14th. Father Doug and his lovely wife, Carolyn will continue our Sunday morning worship on-line, and broadcast from our church website: www.stjudeshawaii.org.

Father Doug will direct our readers and preach his sermons all via Zoom technology from his home in Florida.

St. Jude's has temporarily suspended all church sponsored gatherings until further notice. Sunday morning worship is offered via our website.

www.stjudeshawaii.org

St. Jude's is extremely grateful for Father Doug's commitment to St. Jude's, during the COVID-19 travel restrictions and the social distancing that has closed the church doors. Father Doug and Carolyn have committed to serve our congregation, knowing they are missing out on all the perks that are usually associated with serving at St. Jude's.

June Birthdays

22 Cordelia Burt
27 Lodema Hatch

June Anniversaries

12 Brian and Ginger
Stewart
22 Carl and Diane
Nelson

Thank you. Father Doug and Carolyn, for being willing to share your love, wisdom and leadership with our congregation from afar.



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.

EfM



We will have signups soon for the next year's study - first year students and continuing students.

The classes meet once a week from September through May.

Registration will take place in July.

Don't hesitate to call Cynn timer Salley or

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

ZOOMing through the Corona Virus

I used to zoom out the front door
 To rush to body pump, but no more;
 Now I ZOOM from my living room,
 Go to meetings and visit with friends;
 Staying at home, till the quarantine ends,

I like the different pace, the slowing down;

Instead of stressing and running to town.

I enjoy spending more time with my spouse;

Despite having to stay in the house.

Saving money by eating at home;

Calling old friends on the phone.

A gift of time has been given;

To reflect on how we are living.

But a different world it will surely be;

When the "stay at home" ends, you will see.

Despite the challenges of this awful disease:

The benefits of being home, are sure to please.

What is important will change I'm sure;

And the frantic pace will not endure.

I'm slowing down, but will continue to ZOOM;

But only from my living room.

Madalyn McWhite-Lamson

Covid-19 Testing in Ocean View

When: **Wednesday, June 3rd, 10:00 am until 2:00 pm**

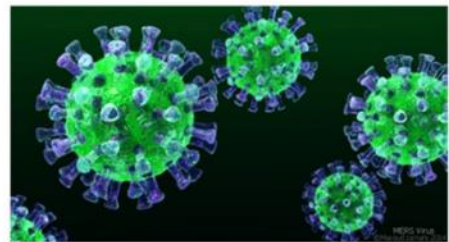
Where: **St. Jude's Episcopal Church
92-8606 Paradise Circle Mauka**

Method: **Drive through testing for Nasal Swab.** The patients do not get out of their car & No walk-through Patients.

They will also have a Phlebotomy Lab set up to take blood for Covid-19 Antibody Testing. Most insurance companies do not pay for the antibody test. No money is collected at the test site, but the lab will bill you a \$43 charge for this test.

Time: **10:00 am until 2:00 PM** Pre-registration is encouraged because it will shorten your wait time and speed processing: however, drive ups are welcome.

Aloha Kona Urgent Care will be doing the testing. Pre-Screening can be done by calling them at (808) 854-3566.



Please bring a pen to fill in the application, Picture ID, and insurance card if you have insurance. If you do not have insurance, you can still be screened and tested using a nasal swab, at no cost to you

For healthcare workers and first responders they do not need to have any symptoms.

At risk Category are people with Asthma, Chronic lung disease, Diabetes, Serious heart conditions, Chronic kidney disease being treated with dialysis, Severe obesity, People aged 65 years and older, People in nursing homes or long-term care facilities, Immunocompromised, **or** Liver disease.

More Prayer Challenge

Continued from page 14

Praise God for all the benefits poured out on the human race through Jesus Christ. Pray that the outstretched arm of God may bring the benefits of forgiveness, restraint, wholeness, and renewal to many in your community.

Day 4 Matthew 7:7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Ask the Lord to guide all those who have a leadership role in Forward Together, that God’s will be done, that God may be glorified in the plans and their implementation.

Day 5 Ephesians 4:1 1-2 “The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ...”

God provides varied kinds of giftedness. Ask the Lord to use the gifts of God in powerful ways to bring about the future of the church.

Day 6 John 8:31-32 “Then Jesus said to the Jews who had believed in him, ‘If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.’”

Pray that the truth of God’s preferred future will be revealed to the leaders of St. Jude’s. Pray that God will use the plans to set God’s people free to serve and love.

Day 7 Isaiah 40:31 “But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Spend some time meditating on this passage, thinking about its application for Re-Opening. In patient trust in the Lord, ask him to renew the congregation, the community, and yourself in God’s good time.

See “Forward together,” continued on page 21

Forward together

Continued from page 20

Please continue on and take a moment to reflect on God's Dream for the People of God at St. Jude's



END OF THE WEEK REFLECTION – GOD'S DREAM

Read all of the following passages and reflect on what they tell us about God's dream. Choose one to write about.

Genesis 1:1-2:3

Genesis 12:1-3

What is God's dream for the world?

How is that dream embodied in Jesus?

How is it embodied in your congregation as the "body of Christ"?

How is it embodied in you personally?

Editor's Note: Whether you are part of the congregation of St. Jude's, a Ka'u community member or a friend of St. Jude's from far away, we want to hear your thoughts about Reverend Constance's challenge.

Are you interested in praying together - that is praying the same prayer and reflecting upon the same scripture passage each day for 40 days?

Please email , cynthiaanncutts@gmail.com to confirm your interest. No matter where you are in the world, you can participate with us.

Praying together for 40 days. Are you in? **Zoom, zoom, zoom!**

June Dates to Remember

22

- 3 COVID-19 Testing & COVID-19 Antibody Testing
- 7 Trinity Sunday Rev. Constance last Sunday
- 8 Virtual Aloha Hour Zoom 11 a.m.
- 14 Father Doug's first Sunday
- 15 Bible Study Zoom 10 a.m.
- 17 COVID-19 Testing & COVID-19 Antibody Testing



dreamstime.com

EfM Zoom meeting every Tuesday

Free Soup lunch distribution every Saturday

Created for community

Continued from page 8

The same pitfall is also evident with how we view God. Much like how we can come to know ourselves richly through our relationships, we also can come to know the fullness of God when we see him through the relationship that is central to God the Trinity.

St. Augustine used the analogy “Love, Lover, and Beloved” to describe God and despite its shortcomings (as all analogies will have), it does well to highlight why we need to see the godhead in relational terms. Augustine wrote, “Now when I, who am asking about this, love anything, there are three things present: I myself, what I love, and love itself. For I cannot love love unless I love a lover; for there is no love where nothing is loved. So there are three things: the lover, the loved and the love.”(3)

In straightforward terms, Augustine is arguing that we cannot claim that God is love (c.f., 1 John 4:8) if God is left in isolation. Love is found not just in God's nature, but in his personal relations to the beloved (Jesus) through the act of love (the Holy Spirit).

Too often, we fixate on one person of the Trinity and we do so to the detriment to the other two. Perhaps we gravitate toward Jesus and his ministry and sacrifice, the Spirit who brings Jesus to us today and illuminates our steps, or the Father who relentlessly pursues us so that we might be a blessing to others. The ebb and flow of our focus is natural as the blessings and battles of life wax and wane, but it is a reaction we must resist if we want to know God on a more intimate level as in doing so we create a caricature of God that reflects only what we want to see in Him, and not who he really is.



How a Christian understands his or herself should be different from the world, both because of who we are in Christ and whose we are in life. God created each of us in his relational image and calls each of us to understand both himself and our self through a life lived in relationship.

On-line worship ~ Snail Mail offering

St. Jude's continues to support the hungry, the lonely, those who need WiFi or other services, despite COVID-19 restrictions. While we worship on-line, there are plenty of expenses that still must be paid.



Please mail your offering to:

St. Jude's Episcopal Church
P.O. Box 6026
Ocean View, HI 96737

**Or drop off donations on Saturday
between 9:30 am and 12:00 pm.**

Thank You for your continued support of the many ministries of St. Jude's.

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.

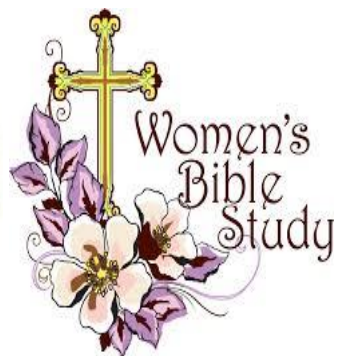
Sunday morning worship service will be held on-line via our church website on the worship page.

Go to the church website www.stjudeshawaii.org. 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 coming June 7th

Sundays at 11 a.m. See page 5 for details.



Mondays ²⁴
10 a.m.
Via
ZOOM



Tuesdays at 10 a.m.
Zoom Meeting

Starting June 15th



Lemonade Party

Temporarily Suspended
Monthly Church Clean up

Talk Story

A monthly news magazine published by St. Jude's Episcopal Church
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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



Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: cynthiaanncutts@gmail.com

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

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Mistakes happen ... If you find a typo or tiny error in this publication, please do not report it. *We don't want to know.*