



Talk Story



92-8606 Paradise Circle
Ocean View, Hawaii

(808) 939-7000
www.stjudeshawaii.org

Edition 6 – Volume 2
June 1, 2016

CINCO DE MAYO

By Thom White

On Friday night, May 6 about 50 people celebrated Cinco de Mayo at St Jude's

Anna made some great Pork Enchilada Suiza with brown rice and refried beans. Kepi brought us a delicious Cala Braitas, a Mexican vegetable dish of zucchini, yellow squash, corn, onion and spices. We even had vegan enchiladas provided by



Cinco De Mayo was celebrated with food, fun and great music provided by David Mattson and Ben Houghton.

Ray and Lodema. Hatch. For dessert for our celebration was Caramel Tres Laches. All of it was So Ono!

The Cinco De Mayo celebration included a variety of fine music provided by David Mattson and Ben Houghton. Everyone enjoyed themselves.

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June Dates to Remember

- June 3 Feed the members of TropiCare (Thanks from St. Jude's)
- June 4 Lemonade Party 9—11 a.m.
- June 5 Bishop's Committee Meeting after church
- June 19 Fathers Day with Ice Cream sundae's at Aloha Hour
- SAVE THE DATE
- July 1 Potluck and time of discussion with the Bishop and Bea



JYM Duncan on her 80th birthday.

Bible study birthday surprise

Jym Duncan was surprised with a birthday celebration at Women's Bible Study on May 17th. It was JYM's 80th birthday. To commemorate the date, JYM was crowned birthday queen, presented with gifts, a lovely chiffon birthday cake and also chocolate vegan cupcakes. Cindy was sure those vegan cupcakes would taste like chocolate hockey pucks, but they actually tasted pretty good and JYM was delighted to be spoiled on her first day as an octogenarian. ***Congratulations JYM.***



Becky Schaupp presents a birthday cake to JYM...

Stalking the pantry



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

Ka'u Food Pantry, Inc. next distribution is ,June 28 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11:30 a.m. to 1 p.m.

We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 0900 on that Tuesday.

The Pantry tries to hold a fund raising event every month- June 11-at the Swap Meet in Ocean View down by Malama Market. Please come down and support us and pick up some yummy home baked goods.

A big MAHALO to the Spin Zone Laundry Mat in Ocean View. They held a chili cook off contest and donated all the fees and proceeds to the Ka'u Food Pantry.

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non profit agency whose mission is to feed the hungry of Ocean View. We are currently feeding up to 120 families.

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

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

Your cash donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.





Around the church yard

By Contributing Editor Don Hatch,
Who has nothing to say this month.

Editor's Note: Don has been on a high seas adventure. His column will return in July. Hurry back Don, because I can't do this news magazine without you! CC



Flavor of the Month

The Reverend Mary Adelsberger

Serving St. Jude's the entire month of June is The Reverend Mary Adelsberger. She and husband Greg Silliman are looking forward to their first visit to the Big Island.

"Thank you for your generous hospitality. Greg and I are excited to meet everyone, and to explore your beautiful island."

Blessings, Mary Adelsberger



Reverend Mary Adelsberger



Good bye Father Tom

The St. Jude's congregation is grateful for the many gifts and talents Father Tom and Stephen shared with us during their stay. We hope you will come back soon.

"If we are all created in the image of God, then a.] He is wonderfully diverse and b.] we are more alike than we think."

Father Tom Eklo
Trinity Sunday, St. Jude's Episcopal Church

ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls

Stop! For the Thai Grindz Food Truck



Thai Grindz Food Truck is getting to be our fave go-to for a nice meal or a snack while on the run. It mainly shows up at the Saturday Swap Meet in Ocean View. It also on H-11 just south of the Miloli'i turn off on the makai side, Saturday afternoon after Swap Meet and several week days.

Short review: it's da bomb. All their food dishes are prepared to order, their food incorporates fresh ingredients and is wonderfully tasty. The owners/staff are friendly and helpful if you can't figure out what to order. All the menu items are under \$10 and that includes adding meat.

We have had the summer rolls which are offered meatless or with shrimp. I had the ones with shrimp [\$8.50]. Not only were the rice skins stuffed to the max with delicious, crispy veggies including carrot shreds, bean sprouts, lettuce and shrimp but "Nat's Peanut Sauce" was a perfect compliment. We have sampled a wonderfully creamy, flavorful pumpkin curry [\$9]. I am not a fan of pumpkin but this! this was too good to ignore. Yummy. Pad Thai [\$9] is my all time fave and they do not disappoint.

We order 3+ on the heat scale [it goes from heat free zero to Thai Hot 5]. The seasoning is enough to give your mouth the treat it is looking for but it is not designed to dissolve your tongue. I had the

pork Pad Thai and it was terrific. The meat is seasoned and the noodles were not over cooked. The sauce was light and seasoned to my satisfaction.

Because this is a food truck, the menu is limited to about a dozen "popular" Thai dishes but the people behind this are always experimenting with specials which often end up incorporated into the regular menu. You don't like Thai? Guess what! There are sandwiches available, a sirloin burger, hot dogs, chili dogs and the absolutely best French fries we have found in decades. Hot, CRISPY and lightly salted. There are many meat free options and those who need to, can side step gluten pretty easily.

So if you're cruising the Swap Meet or zipping back home from the north, STOP! The Girls say GO GRAZE.

THAI GRINDZ: Saturday mornings [great way to start your day BTW] at the Ocean View Swap meet. Highway 11 just south of Miloli'i Saturday 2 p.m. to sundown; Tuesdays, Wednesdays and Sundays 2 p.m. to sundown. Debit, VISA and Master Card accepted. Yes, you can call ahead and have your order ready. 808 345 6481.

There are few tables set up if you wish to remain and chat up locals and the tourists, which just adds to the fun.

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
Monday		Senior Nutritional Program							Hula Practice	NA	AA			
Tuesday			Women's Bible Study @ Bev's 10:00 am		Food Bank Monthly Last Tues.									
Wednesday		Senior Nutritional Program							Brownie Meeting			NA		
Thursday		Hula Practice	Veterans Affairs (Heimburger Hall)								Al-Anon	AA		
Friday		Senior Nutritional Program							St. Jude's Events					
		Men's Bible Study @ McGaney Place							Band Practice					
Saturday			Free Hot Shower								AA	NA		
			Free Hot Lunch With Shower											
Sunday		St. Jude's Eucharist Services & Aloha Poluok Social After Services						Marshallese Full Gospel Church			Marshallese First Assembly of God			
		Indicates this is a St. Jude's Function		AA = Alcoholics Anonymous NA = Narcotics Anonymous										

St. Jude's Weekly Schedule

www.stjudeshawaii.org

One of the greatest blessings in my life is being a father. .

Father's Day Blessings

By Thom White



Shanti and Devki with Bud in the hot tub.



One of my favorite Father 's Day memories is when Bud and I and our daughters lived on our homestead in Chickaloon Alaska, about 75 miles northeast of Anchorage. We would barbeque and fire up our wooden hot tub. It was heated by firewood and would take several loads of wood to get hot.

The picture above is of Bud and our two youngest Shanti and Devki enjoying a soak. The girls would have schoolmates over for the weekend and the hot tub was a big hit. We had a big brass bell on a wooden post next to the tub for the girls to ring for refreshments. The hot tub became a part of all the celebrations and holidays.

After the kids finished school and moved to the big city, we sold the homestead. The hot tub was moved

to the family summer retreat on Rocky Lake. The hot tub is now over 30 years old and enjoyed by the next generation.

I know one of the greatest blessings in my life is being a father. It also is one of the greatest responsibilities. Being a parent is one of the hardest jobs in life, but being a step parent is even harder I think. When Bud and I started our life together we could not know that 34 years later we would be blessed with the love of family, grandchildren and great grandchildren. We are honored to be called, "My 2 Dads."

Being a father is a lesson in unconditional love. We are humbled and grateful for this gift.

Amen!

Thom



TO YOUR GOOD HEALTH

BY RAY HATCH

I have two grandkids, Brooklyn and Brandon, headed to college in the fall. One of the many messages that I am trying to gently pass on to them is that there are some things that they can do that will increase their chance of success in college (and life for that matter).

As they move to college, many things change. One is they will not have mom and dad around for advice. In our case, Brooklyn is going to a local college and will still live at home. But Brandon is going away to college and will not have that shelter of home. For an 18 year old, leaving home for the first time is daunting by itself. But if you are that 18 year old, how do you maximize your chance of success on your own? If you are really interested in an education and you are going to a really tough school (and Brandon is!), you have to be sure that you focus on school and not on all the temptations that go with being out on you own.

Some of these things you can control, but one of the scariest things that can happen to a freshman out on their own for the first time is to get sick. In college life you are exposed to hundreds, if not thousands, of other students every day and many will be sick. How do you keep from catching what they have? There are some normal hygiene things you can do, and they all help. Washing your hands frequently is one we hear about a lot.

However, there is something else that you can do that will help just as much. You have to keep your immune system functioning at maximum level and to do that you need to do one simple (?) thing. EAT HEALTHY.

What does that mean? That simply means eat as much fruit and vegetables as you can every day. The nutrients that you need to keep your immune system at peak performance are in fruits and vegetables not meat, dairy, and processed foods. And by the way, French fries do not qualify as a vegetable.

You have to keep your immune system functioning at maximum level and to do that you need to do one simple thing EAT HEALTHY.
Ray Hatch

I want my grandchildren to understand that our body can function on meats, dairy, and cheeses, but it doesn't function at maximum efficiency. Although we can digest a wide variety of foods, our body is designed mainly to eat fruits and vegetables. Our teeth are designed to chew, not tear like meat-eating animals. Meat eaters in the animal kingdom, don't chew their meat, they tear in into pieces small enough that they can swallow whole. The rest of our digestive system is not like that of carnivores either. It is designed to digest plants.

So my message is that you don't have to change you way of eating dramatically to improve your health. Just add whole fruits and veggies to it. The more you add, the better.

In our prayers this month

For healing: Leah, Rev. Anne, Shirley, Peggy, Mariah, Phyl, Sandra and Gregg, Todd

For rain: In Fort McMurray, Alberta

For thanksgiving: The successful rescue of Cody Michael and his dog Bauer in the high Sierra wilderness. The rain that's beginning to fall in Northern Alberta.

For comfort & peace: The Houghton Family & others who are grieving and all those displaced in Fort McMurray,

For travel mercies: for those leaving their island home or coming back to their island home and those traveling for family emergencies.

For protection and safety:

All protective service personnel ~ law enforcement, firefighters, military personnel, health care providers, clergy, teachers and keiki on summer break.



Celebrating this month

June Birthdays

- 13 Jasmine Locotelli
- 10 Annie Schaupp
- 19 Marla Hubbard
- 22 Cordelia Burt
- 22 Marty Marsh



June Anniversaries

- 12 Ginger & Brian Stewart



Christmas stocking project



By Phyl Laymon

We here at St. Jude's will be making and filling 300 Christmas Stockings for the Ocean View keiki again this year.

Last year, we used every scrap to come up with 250 stockings, yet we were 50 short. There were 50 broken hearted children which broke our hearts as well. We not only need to make the 300 stockings this year, but fill them as well. There is no one else to do it.

For many of the children, this stocking is the most beautiful thing they have ever received. One little boy brought his stocking back at the end of the party with tears in his eyes. He thought he had to turn it in. You can't imagine his joy when he was told he got to keep it for his own.

This is such a big project for our little church. But we do it with joy in our hearts. Even some of the "down on their luck" folk who come for showers and soup on Saturdays stay to help. It is their way of giving a little back.

Can you help us again this year?

Your help in the past has been so above and beyond! I know you get tired. We do, too. But the children continue to show up every year with sparkles of anticipation in their eyes.



Cordelia Burt shows off samples of the Christmas stockings we will make for the Ocean View keiki this fall. Volunteers are invited to help with decorating and filling them for Ocean View keiki Christmas gifts.

How can you help?

Sew stockings!! 300 of them!! They are already cut out!
Iron on cute decals in an attractive design.

See "Stockings" continued on page 10

Stockings (continued from page 9)

Turn each stocking into a masterpiece with glitter paint.
Help collect items and stuff the stockings just prior to party.
Help distribute at the party in mid December!

We can also use money and or donations for the stocking fillings. Three hundred of anything is going to cost a lot and we want to fill the stockings with keiki treasure. We also need bodies to "physically" help on the scheduled work times. We usually work early Friday afternoons for a couple of hours and/or Saturdays during showers. There will be an announcement for starting date and time so if you'd like to help, watch for



The Hickman kids

the invitation to work parties in the fall. Don't be shy – there is something for everyone to do – men and women.

St. Jude's Christmas stocking benefactors are Phyl's siblings, the Hickman kids, pictured above. The Hickman kids, are committed to Project Christmas Stockings 2016. They made the very first batch of stockings for the Ocean View Community Center Christmas 2001 and have faithfully been involved ever since.



ANOTHER HORSE STORY

By Cynn timer Salley

Return of horse in the house

This is the second and last response to the challenge from Cindy Cutts to write about horses that have been important in my life. My horse situation was a bit different than many of the Facebook stories, in that I didn't have a horse that was "mine". We rode ranch horses that were pulled out of the cowboy's strings for our use.

Progressively, as I got older the horses that I rode went from being old plugs to very nice riding horses that stepped out...thank goodness! But the old plugs are a lasting memory. Most of my horse stories involve a variety of ways to fall off; and I did more than my share of that! But instead of belaboring that, I'll tell my other equine in the house story.

Our family would come to the Big Island during vacations and spend many weeks up the mountain in a cabin at an elevation of 6200'. Before the end of the war, it was an all day horseback ride to get there, with the family and our friends and a number of pack mules.

The cabin was a two story square box. The downstairs was one big room with a wood cooking stove, (which also heated the water), a counter and a sink, a long table in the middle of the room with benches on each side and punee like mattresses along the walls not otherwise occupied. Just outside the door was the shower room. The shower was a canvas bag which was filled with warm water and



Cynn timer on horseback

hoisted with a shower head that had toggle chains for on and off. Two kids were allowed one bag full, so we learned early on, how to ration the water so that we had enough left, to rinse. The bathroom facility was up the hill in a charming little red lean-to. It was a two holer. Upstairs in the house were three bedrooms with bunk beds that slept 10 people. Four could sleep downstairs and we usually had a full house.

In the morning after breakfast, the horses were rounded up and saddled and off we would go, either on a picnic if my parents went, or with the cowboys to watch them do whatever was on their schedule that day. We would come back to the house mid afternoon, unsaddle and turn the horses loose in the house paddock. On this particular day, my friend Mary and I wanted to ride more, so we got a rope and went to catch whichever equine was

See "Horse" on continued on page 12

Father's Day at St. Jude's

Father's Day is June 19th and St. Jude's will be honoring fathers with a praise hula to the song "The Prayer."

Please join us after the service for an ice cream sundae bar.



Horse continued from page 11

easiest to get; it happened to be a mule named JimBoy. We tied the rope around his neck, made a quick hitch around his nose, led him to a log where we hopped on. We rode around the paddock, sitting back to back, reading a comic book or singing "Sweet Violets" in op language. At some point during this adventure, we decided to take Jim-Boy into the shower. I have not analyzed my affinity for horses in the shower, but there it was.

First we tried riding him in, but the roof was too low for both him and us to fit under, so we hopped off and led him up three stairs and half way through the door to the shower at which point, he balked! Now, I was a bit older during this adventure than the last one; probably around eight or nine, so was able to try and think through our dilemma.



We pulled to no avail and we pushed with no success, many times over. His hooves made a ruckus on the wood floor, so out of the downstairs door came a cowboy named Joe Gans, face to face with the mule's rear end.

Well, after a few colorful expletives and more pushing and pulling, he successfully backed Jim-Boy out and down the stairs.

Cowboys to the rescue once again! Needless to say, any further attempts to bring horses into the house were discouraged!

Editor's Note – *If you have a horse story to share, please email to cindycutts00@yahoo.com . See our Talk Story guidelines on the News page of www.stjudeshawaii.org .*



BEING PART OF THE RESCUE TEAM

By Cindy Cutts

This past week I requested prayers for a former student, Cody Michael, who was lost in the high Sierra wilderness. Cody, age 23, is an experienced outdoorsman, and had text a photo to his family of himself and his German Shephard Bauer on Saturday. The photo was typical cyber fodder – Clear blue Sierra skies, lots of sunshine and Cody, with a big grin, decked out in hiking gear, while Bauer was wearing canine hiking boots. They were posed at the head of a wilderness trail near Donner Pass, headed in for a one night stay.

When Cody didn't return home on Sunday, as expected, an intense search and rescue mission ensued Monday morning. Cell phone pings went unanswered, so there was no GPS search data, but as canine search teams started at Cody's car, still parked at the trail head, helicopters began searching from the air. It was massive, as the Placer County Sheriff's Office took charge of locating Cody.

Cody's mother, Dana went public with her plea to pray for Cody. She is a woman of faith, but she is also a mother of an invincible 23 year old male and she was worried. Clinging to her faith, Dana's Facebook updates were filled with resolve to put her trust in God to watch over her son, and petitioning her friends to pray for Cody.

I put Cody in the forefront of my mind, praying for him every hour, asking God to be merciful and to guide the rescue teams. But Monday, Tuesday and Wednesday the search efforts were fruitless. Undaunted Dana continued to request prayers and to put her faith out there publicly as the rescue teams came off the mountain Wednesday night.

"I lift up my eyes to the mountains, where does my help come from? My help comes from the Lord, the maker of heaven and earth. He will not let your foot slip- he who watches over you will not slumber: indeed, he who watches over Israel with neither slumber nor sleep. The Lord watches over you- the Lord is your shade at your right hand: the sun will not harm you by day. Nor the moon by night. The Lord will keep you from all harm. He will watch over your life: the Lord will watch over your coming and going both now and forevermore" Psalms 121 1:8

I'd like to think that I cared for all my former stu-



Cody Michael & dog Bauer as they headed out for a one night camping trip.

dents equally – but the truth is, some of them take up a bigger spot in my heart than others. And some of their families do as well. Cody is one of those students – nothing extraordinarily flashy about him – he's not a rock star, just a good kid, helpful and kind, quietly making a difference in the world. He recently graduated from Sacramento State University, was active in his church group, and had begun working in the county juvenile corrections division.

As I went to sleep on Wednesday night, I asked God to keep Cody safe, warm and protected. Temperatures were in the low 40's and this time of year bears are roaming the area as well as the newly introduced wolf pack. I reminded God that Cody was one of the good guys. My heart ached for kind, tenderhearted Dana; this was the fourth night her son was officially lost. I prayed for God to comfort her as well.

Thursday morning I woke up about 4:30 a.m. with Cody on my mind. I knew it was 7:30 a.m. in the Sierra and

See "Rescue" continued on page 14

Rescue

continued from page 13

the rescue teams were headed out on the mountain once again so I spent some time talking to God about the day’s rescue efforts.

About 7 a.m. Hawaii time, my cell phone began pinging, chirping and ringing with the news that Cody and Bauer had been rescued and both were doing well. They were hungry but unhurt. Cody was a bit embarrassed (that invincible thing) and thoroughly grateful for being rescued. I was overjoyed as I shared the news with those who had been praying for Cody’s rescue at my request.

The media ate it up – a good looking local guy with a cool dog, rescued by a Black Hawk helicopter. Hollywood will probably make a movie about it! The rescuers whisked Cody to their base headquarters where Cody munched on a pastry and Bauer inhaled a bowl of dog food. My favorite rescue photo is Cody eating a doughnut with his Bible opened in front of him.

Cody has become a poster child for what not to do in the Sierra wilderness and he is boldly speaking to the merits of “hug a tree” and “be prepared.” He is not ashamed to say, “I did everything wrong.” When he encountered snow over the trail, rather than stop, he continued to hike in the direction he thought was correct. He was nearly 12 miles from where the rescue team expected to find him.

When Cody spoke at his church last Sunday, along with deep gratitude for their prayers, he also offered this, “I am so blessed to still be here with my family. I believe that my purpose is to glorify God. I have a new chance to do that, so that’s what I’m going to do.”

While Cody’s experience was terrifying, it was also



Cody refueling on pastries at the rescue command headquarters. I love the Bible on the table, but next time Cody, please also pack a compass and maybe a back up battery for your cell phone.

inspiring. Dana’s boldness in sharing her faith and asking for prayers rallied me and hundreds of others to be part of her prayer team. From thousands of miles away, we were part of Cody’s rescue. When we prayed, we asked to move the hand of God. And to watch God answer and pluck a young man from a mountain is a moment worth savoring. We have a lot of those moments at St. Jude’s – prayers – BIG prayers — are answered all the time. How blessed we are to petition God.

Incidentally, Cody was rescued on Thursday morning, and by Friday mid-afternoon a fierce winter storm had struck the area where he had been lost. As the freeway closed due to deep snow and freezing rain, I couldn’t help but give God one last “thank you,” for bringing this terrific kid home. Timing is everything.

Cindy



Sign up to make Soup!

The shower ministry always needs volunteers to make or serve soup.

Don’t be shy. Grab your ladle!

We need you.



St. Jude's Women's Bible Study

The St. Jude's Women's Bible study meets at 10 a.m. on Tuesdays, at the home of Beverly Nelson.

All women in the community are welcome to attend. Currently, the group is in the middle of the second book of Corinthians. About a dozen women attend this lively and fun study group each week, reading a chapter together and then discussing eight study questions. This discussion is often insightful, contemplative, and sometimes hilarious. The SJWBS study guide is available as a download pdf on our website. Use YOUR favorite Bible translation.

If you come once, you are not obligated to come back, so please *don't be shy ~ drop by!*

*The coffee is hot, dress is casual and
laughter is
guaranteed.*



Ka'u Food Pantry Distribution

June 28, 2016

11 a.m. — 1 p.m.

St. Jude's
Episcopal Church



For more
Information
contact Karen

510 778 5500

The Ka'u Food Pantry's goal is to provide 2-3 days' worth of food at the end of the month when most benefits (Food Stamps, SSI, etc.) have been exhausted. The Pantry is a full no-profit operation and it depends solely on tax deductible donations to meet our monthly goals.

Monetary donations to the Ka'u Food Pantry enable the organization to buy food for 18 cents a pound at the Food Basket in Kona. They cheerfully accept monetary donations, food donations and volunteers are always welcomed.

FREE MEDICAL CARE

MEDICAL HEALTH SCREENING / DENTAL / OPTOMETRY AND MORE

TROPIC CARE 2016



Army Reserve
 Innovative Readiness Training
 in cooperation with
 Hawaii State Department of Health and
 County of Hawaii



Hours:

Tuesday-Friday
 8:30 a.m. - 3:00 p.m.

Saturdays
 8:30 a.m. - 12:00 p.m.

Locations:

Pahala:
 May 31 - June 4
 Ka'u High School

Hawaiian Ocean View Estates:
 May 31-June 4
 Ocean View Community Center

Kea'au
 June 7-11
 Kea'au High School

FREE SERVICES

- Medical Health Screenings
- School Sports Physicals
- Dental Services
- Eye Exams
- Hearing Screenings
- Nutritional Services
- Veteran Services
- Prescription Eye Glasses



Please come prepared with:
 Water Snacks Current Glasses Current Medications
 First Come, First Served - Be prepared for a long wait

For more information please contact the
 PUBLIC HEALTH NURSE AT 808-974-6035



HAWAII STATE
 DEPARTMENT
 OF HEALTH



The Oahu-based 1984th United States Army Hospital, will conduct a two-week Innovative Readiness Training mission providing medical care to underserved communities of Hawaii. Working closely with the Department of Health, State of Hawaii, and other private corporations, the 1984th USAH, along with other military units, are proud to serve the people in the community.

St. Jude's members' webpage password

The St. Jude's website, www.stjudeshawaii.org now contains a [Members Page](#)



This page is designed for communication within the congregation, but not to be part of our public web presence.

To access the Members Page, you will need the password.

The password is **Aloha**

Church duty roster changes

As Cordelia accepted the position of Bishop's Warden, St. Jude's Bishop's Committee began working on a viable plan to divide the many responsibilities Cordelia and Richard have been doing, into a larger population. The initial list is staggering and clearly there are many of us who can pitch in and help.

Please check the Members Page in mid-June for the first draft of the duty roster that must be fulfilled each week for St. Jude's. If you see an area where you have expertise, talent, skill or interest, please don't be shy. Talk to anyone on the Bishop's Committee or simply use the "contact us form" on the members page, to let us know where you'd like to get involved.



The church is not a building, the church is the people.



Pentecost hula available online

Pentecost Sunday service included a Hula to the song "I can only imagine."

You can see it again at:

[Pentecost St Jude's hula 2016](#)

All of St. Jude's sermons, special music and hula are listed on our website:

www.stjudeshawaii.org



Easy Cheesy Scalloped Potatoes

Ingredients

- 7 or 8 large potatoes, peeled and sliced
- 10 slices Cheddar cheese
- 1/2 cup flour
- 1 small onion grated
- 1 pinch salt and pepper to taste
- 1 cup skim milk

Directions

1. Preheat oven to 350 degrees F
2. Grease a baking dish.
3. Layer the sliced potatoes in the baking dish. Cover the potatoes with a layer of cheese, followed by a light dusting of flour, a sprinkle of grated onion, salt and pepper. Repeat the layering. Pour milk over the potatoes.
4. Cover with aluminum foil.



Bake in the preheated oven about 40—45 minutes. Peel back the foil and return to oven; bake a few minutes more, until cheese is bubbly and beginning to brown.

Serve immediately. Great warmed up for the next day as well.



St. Jude's Kitchen

*Where there is
always room at the table
for one more.*

Free Hot Shower

Saturdays

9:00 am until 2:00 pm

You must be signed up by 1:30 pm to take a shower

Come and enjoy the free Hot Shower at St. Jude's Episcopal Church in Ocean View. We have a private shower booth for you to use and we provide hot water, soap, shampoo, hair conditioner, and clean towels.

We also have a Free Hot Meal we would like to share with you.

Come by yourself, bring your family, or come with your friends.



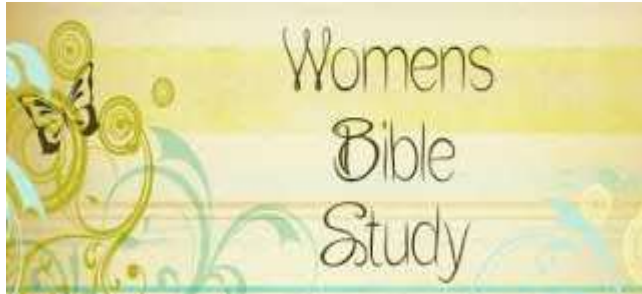
Private Enclosed Shower Stall

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

The Southeast Corner of Keaka Pkwy and Paradise Circle



St. Jude's Episcopal Church



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



**Fridays at 9:30 a.m.
McKinney Place**



Lemonade Party

June 4th 9 a.m. to 11 a.m.

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

Talk Story

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

Previous editions available on our website at www.stjudeshawaii.org

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We welcome submissions!

Submission Guidelines: 500 words maximum.

Uplifting, informational and reflective stories poems, recipes, memories.

Submit as a

Microsoft Word doc attachment, or as the text of your email.

For more guideline details visit our website.

Photos must be submitted as jpgs & 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.