



# Talk Story



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*Why am I here?*

## Showered with love and acceptance



By Buffy Hites

I'm Buffy. My friend Shannon and I first came to St. Jude's over two years ago, as part of the shower outreach. I had no idea what to expect. I had just arrived from Iowa and I was a bit nervous. I was so used to all the amenities I had back home. I was used to daily showers, hot water whenever, and lots of other things. It's nothing like that here.

Until Shannon brought me to St. Jude's I had been dealing with a solar bag shower, sleeping in a tent, and a lovely out-house. Unlike some women, I have never considered myself "High Maintenance." Coming to Hawaii was my dream and I  
**See "Showered" continued on page 9**

## Hannah's Makana Ohana Hula

By Deb Johnson

On Monday afternoons they come to St. Jude's for Christian hula. I come, too. Some rush in, having hurried from an appointment to make it in time for practice. Some walk carefully, slowly from their cars, not feeling one hundred percent, but wanting to participate. Some come with heartaches, or heart issues.

Some come while recovering from a stroke, cancer, or an accident. They all come knowing they need to be there. I need to be there.

Hannah, our Kumu, arrives, greets everyone with hugs, and shares her news while we pull on our pa'a skirts, and slip out of our shoes.

**See "Hula" continued on page 2**



## Hula continued from page 1



### St. Jude's worship services often include hula.

Hula begins with the holding of hands in a circle, where prayers are lifted up to God. "My friend is having surgery," "I had a great check up. Praise the Lord," "My grandson is having problems," "I start chemo on Wednesday," "My daughter had a baby." We pray together for each other's needs, and we pray for the community's needs, and then we sing the doxology in Hawaiian, "Ho'onani iKa Makua Mau." A sigh in unison releases our concerns and we are ready to begin.

I have traveled extensively. I have seen a whirling dervish pray in dance, his right palm up, receiving the divine, his left palm down, holding God's grace to the earth. I have seen the women in the townships of South Africa jump out of their pews to stomp and raise their arms high above their heads in joy uncontainable. I have seen Moslems squat and bow and lie on their carpets – prayer in motion, and I have seen many, many Christians rise and sit and kneel and rise again in honor and devotion to Christ.

Jon Sweeney in Praying with Our Hands writes,

"When we act in prayer we are most authentically ourselves: Our bodies and minds are in sync, expressing the same intention, expressing ourselves as spiritual agents. We are beings whose true nature is mysteriously one with God. As a poet uses sound to create meaning deeper than the simple definition of words, we can use the motions of our bodies to create deeper meaning in prayer."

This is Christian hula, the embodiment of prayer. Words, sound and movement. Our yearning for God's presence in our lives is made whole. We become a vessel being filled by song, receiving grace.

Of course all of this takes time and practice. Learning the sequential movements can be mind boggling at first, and finding the rhythm and aligning oneself with the group can be quite cumbersome.

But when the lessons are learned and suddenly the group is in sync, all of our energy is one energy. All of our focus is one focus and then with grace, we melt into His presence, together.



# Around the church yard

By Contributing Editor Don Hatch

**Cinco de Mayo:** We hosted our annual Cinco de Mayo dinner on Friday May 5<sup>th</sup>, and we had a great time, with around 50 people attending. Plus, there were at least ten take-out dinners sold that night, extending our party to those who could not attend in person. This event was really a whole congregation effort, with many members of the congregation working to make it a big success.

When you entered the church hall, the first thing you saw was Beverly Nelson sitting at her usual place, selling tickets for the dinner. We added something new this year, with Marvelle Ray and Linda Laws serving a nacho bar at the front of the church. People could munch on cheesy nachos before and during dinner, so basically it was a Mexican version of Hawaiian Pupus. In addition to providing a tasty treat, this also made the serving job much easier because it slowed down the rush when we started serving dinner.

For dinner, we had Cerdo Verde Enchiladas (pork with green chili sauce), salad, Frijoles Refritos (refried beans), drinks, and dessert. Karen Pucci and Anna Towner did most of the food prep and cooking and Shannon Simpson and Don Hatch served up the dinner.

The decorations never looked so good for our Cinco de Mayo celebration with Mexican theme table settings including small maracas. There were also sombrero hanging on the walls. I'm not sure of everyone who helped with the decorations, but I saw Steve Stigall, Sandy Shelton, Faye Miller, and Dan Garrett working on decorating the hall.

**All-Comers Potluck Dinner:** Our next social event is an All-Comers potluck dinner. It

is on Friday June 2<sup>nd</sup> 2017. Doors will open at 5:00 pm and dinner served from 5:30 until 7:30 p.m.

At first, we called this event the New-Comers dinner, because its purpose is to welcome St. Jude's new members, get to know them, and to give them a chance to know us. Then we decided that it is a gathering of both our new church members and old time members, and is really an All-Comers gathering.

Please join us in welcoming and getting to know our newer church members, and getting to know some of our more familiar faces better. This is also a chance to bring your favorite dish to share with your friends.

**Spaghetti Dinner:** Our next fundraiser is on Friday, July 7<sup>th</sup> 2017.

Doors will open at 5:30 pm and dinner will be served from 6:00 pm until 8:30 pm. Event Tickets are available at the door for \$8 per person, \$15 for two, or \$20 for family

Since the menu we served at our last Spaghetti Dinner was so well received, we decided to stay with that same menu which includes Spaghetti, Spaghetti Squash, your choice of sauce, meatballs, salad, drinks and dessert. The profit from this event will go to funding our outreach programs; so, please join us.

Our **large wood sign** at the corner of Paradise Circle and Keaka Parkway was run into by a car and destroyed. We considered replacing it, but then decided to replace it with smaller signs by our driveway and parking areas.

**See "Church Yard" continued on page 10**

# Stalking the Pantry



## Stalking the pantry

By Karen Pucci

Ka'u Food Pantry, Inc. next distribution is Tuesday, June 27, 2017 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11:30 a.m. - 1:00 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.

We are expanding our services to include [based on availability] free clothing provided by a non profit, Big Island Giving Tree, pet food provided by the Hawai'i Humane Society. These items are donated to the Food Pantry, free of charge. We are holding a monthly fund raising event at the Swap Meet featuring clothing and baked goods available on 2nd Saturday of most months in Ocean View.

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

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

Make the checks payable to the Ka'u Food Pantry, Inc., P.O. Box 6184, Ocean View, HI 96737. Your monetary and food donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.



Want to learn hula? Too shy to join the group? Join Faye Miller as she teaches beginning hula on Wednesday mornings at the Na'alehu Senior Center at 9:15 a.m. Faye teaches basic steps, hand movements and the elementary fundamentals of hula in a casual, fun setting. No signup needed, just show up on Wednesday morning!



## ISLAND FOOD REVIEWS BY K & A

*Groovin' with the Grazing Girls*

### At Tita's Tacos



TITA'S TACOS. OK, we might be on little bit of a Mexican food binge of late...This is a take-out spot at Hana Hou in Na'alehu that seems to have recently appeared. It's open 11-3, 7 days a week. Driving by, from the Highway, we could see the "NOT OPEN" sign on the side door. [Big OPEN sign when it is].

This is a small space in the same building as Hana Hou. They offer tacos, burritos and even taco salad. Meats are shredded chicken, shredded beef and pork of course. If you have not tried Hana Hou's roast pork, you have not lived. That's all I am saying. So a swim buddy and I popped in. CASH ONLY. Big sign. They are serious. Tacos ala cart start at \$3.50. I opted for a chicken one with a little green suiza and a very hot habanero red sauce. It was da bomb! Almost perfect melding of the mild and the hotsy totsy. Two small soft, white corn tortillas, very generous filling that includes cheese and green cabbage. There are several enhancements that can be had. I opted for the two of the four sauces and it worked very well. Anna had the shredded beef and I added onions marinated in lime for hers. She liked the meat but found the onion addition, "too vingegary". Humph. Full plates (+\$10) are available with rice and beans.

The cook told us the rice and beans are vegan prepared. Burritos (\$8.50 and up) including the famous "hogzilla". Pretty limited menu but they crank out a lot of product in the small space. Two ala cart tacos were more than enough for this kid. Girls will be Grazin there a lot!

TITA'S TACOS. 11a-3 pm everyday. CASH ONLY. Very limited seating. Side door at the Hana Hou Restaurant in Na'alehu. No a/c. 95-1148 Na'alehu Spur Rd, across from the Punalu'u Bakery.

Food Review Updates: AMICI'S, the Italian restaurant, late of the 4 corners on Kuakini and Kaiwi, has moved to the Golf Course there on Ali'i Drive by the Sheraton. They are boasting of faboo sunset views. We have not yet been to check out if they changed their menu too. Good pasta stop...or it was...

KONA BUTCHER is open and we have gone in. We will return in a few more weeks. It was still somewhat chaotic but they do have hot food to go there as well. To Go is limited to sandwiches and soups and maybe some salads...

Soft serve yogurt is now available at the bright pink storefront/gas station right before the turn off to the Place of Refuge, makai side. We split a chocolate and vanilla one. Not bad at all! Closer to us than a McDonald's too. They have lots of fun things in their store. It's a good stop that will not break the budget...

DAYLIGHT MIND has opened a small satellite version of itself in the mall where Buns in the Sun was located. [Sack N Save]. More limited menu, prices are not quite so heart stopping and they have some bread and other bakery items to sell as well.



## Flavor of the Month

Coming to us in June is

The Reverend

Celine Burke

*Welcome Celine!*



## June Dates to Remember

- 2 All Comers Potluck Dinner
- 3 Lemonade Party Day
- 4 Bishop's Committee Meeting
- 18 Father's Day
- 27 Ka'u Food Pantry Distribution

## Your Volunteer Opportunities for June!





## TO YOUR GOOD HEALTH

BY RAY HATCH

If you're interested in improving your health, there is a six year old movie I recommend called "Forks Over Knives." It is on Netflix and it is also available through Amazon videos to rent or buy.

It's a documentary about a reporter who finds he has high cholesterol, high blood sugar, and high blood pressure. Does this sound familiar?

The reporter goes to a doctor in Los Angeles (a real doctor) who suggests that he try a whole food, plant based diet to tackle these problems that are caused by the Standard American Diet.

What is the Standard American Diet? It is a diet in which 63% of America's calories come from refined and processed foods (e.g. soft drinks, packaged snacks like potato chips, packaged desserts, etc.)

25% of America's calories come from animal-based foods 12% of America's calories come from plant-based foods.

In contrast, a whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plants. It's a diet based on

fruits,

vegetables,

tubers,

whole grains,

and legumes;

And it excludes or minimizes meat (including chicken and fish), dairy products, and eggs, as

well as highly refined foods like bleached flour, refined sugar, and oil.

In a nutshell this fellow switched his diet from a meat, dairy, and processed food centered diet to a diet centered on fruit, veggies, and other plant based foods. By doing this, he reduced his cholesterol, blood sugar levels, and blood pressure in a matter of weeks!

A diet high in animal-based and highly processed foods makes people sick and overweight. But many of these sicknesses can be prevented, halted, and often reversed by eating a whole-food, plant-based diet.

A whole-food, plant-based diet has been shown to: Lower cholesterol, blood pressure, and blood sugar

- Reverse or prevent heart disease
- Prevent and reverse obesity
- Lower risk of cancer and diabetes
- Slow the progression of certain types of cancer
- Improve symptoms of rheumatoid arthritis

Improve overall quality of life.

This sounds too good to be true, but it is.

Let me introduce you to Dr. Michael Greger through his website  
[www.NUTRITIONFACTS.ORG](http://www.NUTRITIONFACTS.ORG)

NUTRITIONFACTS.ORG is a strictly non-commercial, science-based public service provided by Dr. Michael Greger, providing free

**See "Healthy" continued on page 11**

## In our prayers...

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



### This month we pray for:

**Healing:** Glen, Lee, Jim, Clifton, Sam, Carrie, Richard, Rev. Anne, Brian S, Bill, Ray, Cynn timer, Beverly, Austin, Thom, Rev. Doug, Greg, Norma, Donna, Ted, Austin, Darlene, Stella, Dana, Baby Bella, Baby Bailey, Richard, Kepi, Brian, Amy.

**Strength and comfort** for all caregivers, mourners and those who face daunting life challenges;

**Hope, help, peace and contrition** to those responsible for the break-in's and thievery that is going on in our area;

**Safety** for all who are traveling;

**Safety and courage** for all those in protective service (law enforcement, fire fighters, emergency responders, military personnel);

**Blessings and encouragement** for the leaders of St. Jude's and for the many volunteers who keep our church programs operating.

### Celebrating Birthdays

10 Annie Schaupp

19 Marla Hubbard

21 Jasmine Arguello

22 Marty Marsh &  
Cordelia Burt

27 Lodema Hatch

### Celebrating Anniversaries

June 12

Brian & Ginger  
Stewart





# Showered

Continued from page 1

had really been looking forward to going off-grid; so I was enjoying Hawaii completely. I felt like I had finally come home.

Shannon has been my best friend since the 6th grade. Miles had separated us for years. My being where she is, after all those years, was the answer to years of praying.

Anyway, back to St. Jude's. I came to St. Jude's, I signed up for the shower, I drank coffee, I ate food, and I Wi-Fi'ed. It was a good experience and I

looked forward to the next Saturday. What a blessing hot water is. What a gift St. Jude's was giving the Ocean View community.

Shortly after we started coming to the shower, Shannon and I decided we would come to a Sunday service. When I read the "BE AWARE" notice in the back of the bulletin, I actually cried. I thought, if this churches mission is to accept ALL, I had to learn more about them. (See page 15)

After a while Saturday showers and Sunday services at St. Jude's became our weekly social event. I have to say that Cordelia and Elaine quickly became our friends. I've spent most of my life lacking self-esteem. The fact that St. Jude's is the patron saint of lost causes told me that I was at the right place.

Looking back at the misfit that I felt I was in Iowa, I realized that I simply wasn't meant to fit there. Folks back there are so square. I felt that for most part people there were less accepting of my persona. I'd always known that I was different than most of the folks around me. I had always felt like an old soul. I think I was born with the heart of a Hippy, the spirit of a Fairy, and the soul of a Gypsy. I'm one of a kind. I tried to be like others, but it just didn't work. I can only be Buffy.

*I think I was born with the heart of a Hippy, the spirit of a Fairy, and the soul of a Gypsy. I'm one of a kind. I tried to be like others, but it just didn't work. I can only be **Buffy**.*

Today my attitude has changed a lot about myself because the people at St. Jude's accept me for who I am and just as I am. I feel the love of Jesus down deep in my heart when I'm here and that is an amazingly GROOVY thing for me.

Granted, I'm no saint but being among people who choose to help others makes me want to be a part-of instead of apart-from. I choose to be a better person today and the folks here at St. Jude's are wonderful mentors for me. The family friendly smiles and hugs give me a sense of belonging and unconditional love, for the misfit from Iowa, who found her heart and life had been waiting for me here. I'm no longer a misfit, because here I fit. I look forward to many more wonderful memories with ya'll.

ALOHA

*Buffy*



# Church Yard

## Continued from page 3

**Redwood water tank:** One of our highest priority projects is to replace our old dilapidated redwood water tank. It now sits next to Heimburger Hall and the shower booth used for our free hot shower outreach program.

We received one bid for replacing it with a new metal 10,000-gallon tank and although the bid looks reasonable, we are still in a dilemma about where to place the new tank. We would like to free up the space next to the shower and had considered moving the new tank up past the rock wall, but that is on the McKinney Place property (our parsonage) and we want to keep it on St. Jude's property. So, now we are looking at locating it near our lower parking lot.

**Free Hot Shower and Free Hot Meal:** Every Saturday St. Jude's provides a free hot shower and hot meal to our friends in Ocean View. We extend our free showers to anyone in our community.

Recently we have had several Saturdays with over 40 people taking a shower. Since we are only open five hours that makes the average shower time to a little over seven minutes.

When we first started our shower program, we said we would open the shower additional days if the demand grew enough to warrant it, but now that there is a need, we find that we can't add a day to the shower schedule, because every day of the week our facilities are already being used by St. Jude's programs or other organizations we host.

Adding a day would also be problematic because of the number of volunteers required to host a shower day. Our volunteers do a great

job, but many of them have reached their limits of availability.

So, now our top priority project is to build a second shower booth next to the one we already have. We would like to tie that project into the Replacement-Water-Tank project, so we can grade the area for the new tank and clean up the area where the old tank is located with the same equipment and operator.

**Men's Restroom:** We had a leak in the men's restroom and had to tear into the wall to fix it.

St. Jude's was built between 1968 and 1970 with the dedication in 1970. The bathroom looks like it was built in that original construction which makes it over 45 years old. Although the fixtures may have been replaced, the walls and plumbing were original and really needed an upgrade.

Like many of St. Jude's efforts this work was done several of our congregation including Jerry Fine, Bryan Marsh, Lee Sampson, Sam Quenon, and Richard Burt. Way to go guys.

**Medical Van:** Having a medical van parked in our parking lot will soon be a reality. The van is being supplied by the Bay Clinic and like their office in Na'alehu, it will be operated like another of their satellite clinics. The van will be larger than the one we had several years back because this van will have both a doctor's office and a dentist's office.

The medical van schedule is yet to be determined for Ocean View. But St. Jude's is ready and willing to host it as soon as it arrives. We have been advised that the Bay Clinic is training a staff, and we look forward to welcoming them into the St. Jude's family.

## Healthy continued from page 7

updates on the latest in nutrition research via bite-sized videos.

There are more than a thousand videos which are all referenced with the scientific journal they refer to, so you can go to the peer reviewed journal article if you want to. The transcripts are also available so you can re-read what he is saying.

Remember - knowledge is power. If you don't have prediabetes or type-2 diabetes, you know someone who does. Here is one video that tells what causes insulin resistance and therefore pre-diabetes and type-2 diabetes.

<https://nutritionfacts.org/video/what-causes-insulin-resistance/>

Give it a look; it is only 5 minutes long.

Give a plant based diet a try.

You might like it.

Visit Taft Healthy Eaters on Facebook.



## Why are you here?

### Editor's Note:

Part of the success of St. Jude's outreach programs is due to the open hearted philosophy of the parish. Basically at St. Jude's, if you want to be in, you're in. If you want to volunteer, be prepared to go to work, because you will be included. Every member has a different story of how they came to find St. Jude's and why they chose to belong.

On page one of this issue, Buffy Hites beautifully explains why she is part of the St. Jude's family. Her story will become part of a collection of stories which will be used to share the St. Jude's model with churches around the world.

If you would like to share your story of how you found St. Jude's and why you are attending our church, please email it to me, in a word doc, in less than 400 words to [cindycutts00@yahoo.com](mailto:cindycutts00@yahoo.com). If you have a favorite photo to accompany your story, you can also attach it. If not, Don or I will take a photo of you on a Sunday morning. We will use our basic newsletter guidelines when publishing your stories including only upbeat and positive messages. I will edit for length and also any negative content.

Why YOU are here is important to this project. We want to hear from everyone willing to share their experience. We will publish stories in Talk Story and include them in an on-line and retreat collection.

So don't be shy! Write down your story of how you found St. Jude's, how you serve and why you are here!

*Cindy*



## WHAT'S COOKIN' AT ST. JUDES?

*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*

### One Pan Mexican Quinoa

From Ray Hatch

- 2 cloves of garlic minced
- 1 medium onion diced
- 1 Jalapeno (or more) minced (or none)
- 1 cup quinoa
- 1 cup of vegetable broth (low salt)
- 1 (15 oz.) can black bean, drained and rinsed
- 1 (14.5 oz.) can fire roasted diced tomatoes (not drained)  
or Rotel plus enough salsa to equal 14.5 oz.
- 1 cup corn kernels
- 1 tsp. chili powder
- ½ tsp. ground cumin



Optional:

- 1 avocado, halved, seeded, peeled, diced
- Juice 1 lime
- 2 Tablespoon chopped fresh cilantro

Sauté the onion, garlic, and jalapeno on medium high heat for about 1 minute or more.

Stir in all the other ingredients except the optional ingredients. Bring to a boil, cover, reduce heat and simmer until the quinoa is cooked, about 20 minutes.

Add optional ingredients, stir, and serve immediately.

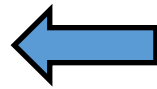


Just look at those smiles!



Faye and Glen

Celebrating Cinco  
De Mayo



Beverly and Kepi



JYM had fans during her piano rehearsal.



## TALK STORY IS A LABOR OF LOVE

BY CINDY CUTTS, EDITOR

This month I edited Talk Story in bits and pieces in California and

Oregon in an office, a bedroom, a shuttle bus and an airport. The challenge each month is to be sure to include all the articles that are submitted. While they are supposed to arrive via email, I often receive them via text message, on typing paper or maybe even hand written on a paper towel or piece of scrap paper.

Our monthly columnists are great about getting their stories to me in the correct format and on time. Each month I take their work and review it, editing minimally, to keep the integrity of their work. I created Talk Story to reflect the voice of St. Jude's, so I take extra care to keep each column authentic.

Contributing editor, Don Hatch and I work together to pull all the pieces into each edition. Don spends hours and hours writing, collecting material, taking photos, creating flyers, fact checking stories and supporting the editorial content of the newsletter. It takes me at least three days to take this collection of "stuff" and turn it into the newsletter. Page design and graphics fuel my creative energy while I edit articles. Once I think it's all ready, it goes to our proof readers and fact checkers for a final proof. Cynn timer Salley, Beverly Nelson and Cordelia Burt spend hours searching for mistakes and then return it back to me.

Once final corrections are made, I load the newsletter onto the website, send out the email telling you it's available on-line

and email a copy to Richard to print it.

Overall I'm guessing that Talk Story takes about 60 man-hours collectively from "farm to fork." It could be more, because I don't know how long it takes for our columnists to write their stories.

One member of our congregation always makes a sincere effort to provide positive feedback each month and I often receive email from priests around the world with encouraging comments about the style and content of Talk Story. Our publication is significantly different than your average church news letter in that it includes a magazine style of folksy reporting on what our members are doing beyond St. Jude's. I strive to keep the personality of each writer visible within the content of those articles. This means you might find what you think are mistakes; and I'm kinda proud of that!

As I review each issue of Talk Story I thank God for the hard work and devotion of our newsletter team. I love these people and treasure the by lines in this publication. It's a big risk to put your creative work out there for scrutiny and it takes grit and courage to compose a thoughtful article.

As a newsletter staff I think we're pretty awesome because Talk Story truly reflects the voice of our church. It is an authentic collection of articles which personifies the goofy, open-hearted, welcoming spirit that has made St. Jude's famous.

*Cindy*

*Editor in Chief, Talk Story*



# BE AWARE

We practice the inclusive Gospel of Jesus Christ

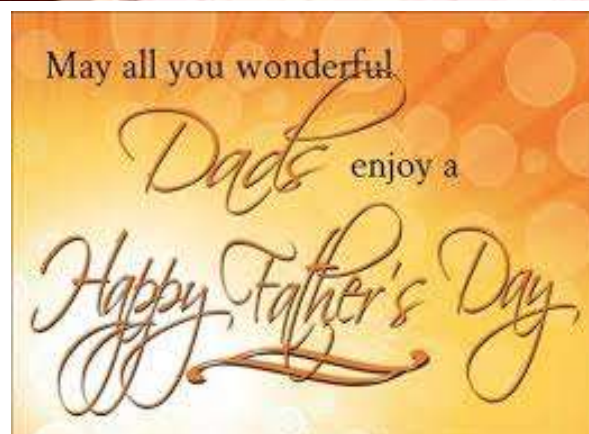
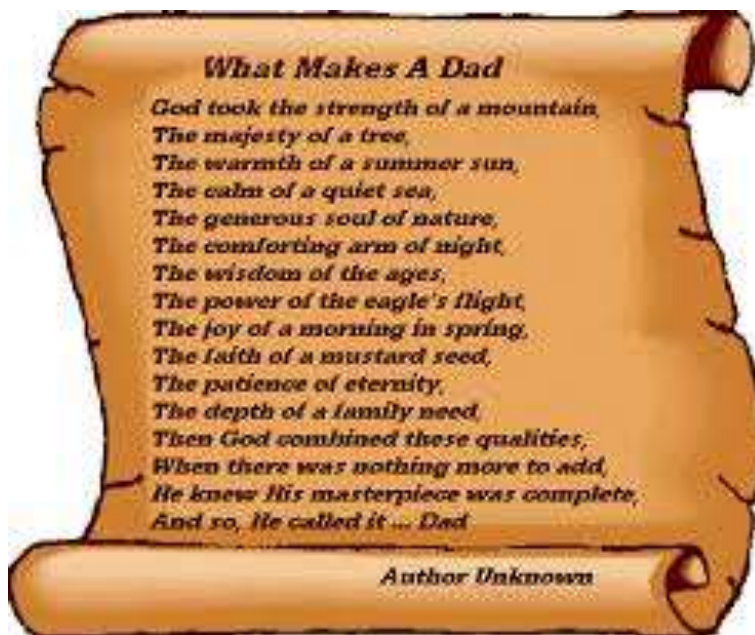
This means that you may be gathering with  
Tax collectors, thieves, adulterers, hypocrites,  
Women as well as men, female and male priests,  
Gays and lesbians, the disabled, the dying;  
Native Hawaiians, Mexicans, Asians, Native Americans,  
Blacks and other ethnic minorities;  
Bishops, bigots, heretics, agnostics, atheists,  
Jews, Muslims, Hindus, Buddhists, and  
strangers from foreign lands.

Anyone like those, with whom Jesus met.

***So be aware, this is not an exclusive club.***

***We welcome you all.***

(Adapted from Kenneth Leech, St. Botolph's Aldgate, London)



**Jerry Wegweiser's granddaughter Bailey, celebrating Easter in style.**

	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	
<b>Monday</b>		<b>Senior Nutritional Program</b>							<b>Hula Practice</b>		<b>NA</b>		<b>AA</b>		
<b>Tuesday</b>			<b>Women's Bible Study @ Bev's 10:00 am</b>												
		<b>Food Bank (setup &amp; Divide food)</b>		<b>Food Bank Monthly Last Tue.</b>											
<b>Wednesday</b>		<b>Senior Nutritional Program</b>							<b>Brownie Meeting</b>				<b>NA</b>		
<b>Thursday</b>		<b>Hula Practice</b>									<b>Al-Anon</b>		<b>AA</b>		
<b>Friday</b>		<b>Senior Nutritional Program</b>						<b>St. Jude's Events</b>							
		<b>Men's Bible Study @ McKinney Place</b>						<b>Band Practice</b>							
<b>Saturday</b>		<b>Free Hot Shower</b>									<b>AA</b>		<b>NA</b>		
		<b>Free Hot Lunch With Shower</b>													
<b>Sunday</b>		<b>St. Jude's Eucharist Services &amp; Aloha Poluick Social After Services</b>						<b>Marshallse Full Gospel Church</b>				<b>Marshallse First Assembly of God</b>			
	<b>Indicates this is a St. Jude's Function</b>						<b>AA = Alcoholics Anonymous</b>								
							<b>NA = Narcotics Anonymous</b>								

# St. Jude's Weekly Schedule



# Spaghetti Dinner



## Friday July 7<sup>th</sup> 2017

**Please join us at St. Jude's Spaghetti Dinner**

Doors open at 5:30 pm and dinner will be served from  
6:00 pm until 8:30 pm

Dinner includes Spaghetti, Spaghetti Squash, your choice of Sauce, Meatballs, Salad,  
Drinks, and Dessert

Event Tickets are available at the door for \$8 per person, \$15 for two, or \$20 for family.

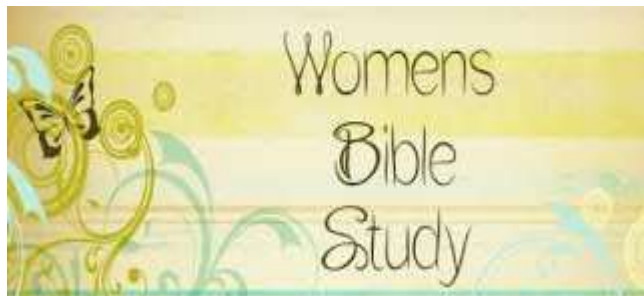
The best way to pre-purchase your tickets is to come to our **Sunday services which start at 9:30 am each Sunday**, join us for an Aloha potluck social after the services, and buy your tickets while you are there. Tickets are available before and after services.

You can also pre-purchase tickets from Thom White, Beverly Nelson, or Cordelia Burt.  
The event contact number is 808-939-7555 (leave a message)

**The party takes place at** →  
The southeast Corner of Keaka Pkwy  
and Paradise Circle

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

Proceeds from this event helps pay operating expenses for our community service programs such as Free Hot Showers, Free Hot Lunch, and Free WiFi



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



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



## Lemonade Party

June 3, 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.

P.O. Box 6026 ~ 92-8606 Paradise Circle ~ Ocean View, Hawai'i 96737 ~ (808) 939-7555

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

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***We welcome submissions!***

**Submission Guidelines:** 500 words maximum.

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

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

For more guideline details visit [www.stjudeshawaii.org](http://www.stjudeshawaii.org)



Photos must be submitted as jpgs & emailed as attachments. Photographs will not be returned.

Submit via email to: [cindycutts00@yahoo.com](mailto:cindycutts00@yahoo.com)

**Deadline for newsletter submissions is the 20<sup>th</sup> of each month.**

Mistakes happen ... I you find an error in this publication, please do not report it. *We don't want to know.*

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