



Talk Story



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The Cross of Jesus

By Debbie Johnson

It is common in China for young people to approach Americans and practice speaking English with them, and that is just what happened to me one afternoon in Xian. The young girl was about twelve and around her neck on a long chain was a Christian cross.

"Are you a Christian?" I asked.

"No, no. It's a decoration. I like," she answered.

I stepped back, my mind reeling in disbelief. This young girl had no idea what she was wearing. She had no idea that a Christian cross held centuries of symbolic meaning. She had no inkling that her wearing a Christian cross as a decoration was an act of irreverence. She had no idea that this symbol was one that people have clung to in despair, in hope, and in celebration. She didn't realize the fact that families throughout the world have treasured this symbol and passed it on to members who would hold it deeply in their hearts. I was taken aback by my own personal reaction to

See "Cross" continued on page 21

Unworthy or forgiven?

By Marie Barnes



I have an interesting story of the wild side of St. Jude's Church. It all began as a thought provoking story of the other side of the fence. In a spirit of confession, a person, I swore to anonymity, told me the following:

"I was hungry and homeless. I found myself sleeping at St. Jude's because it was warmer than the park. I was using the WiFi and I felt safe. It wasn't so quiet though. This guy was filling up and hauling water from the big tank, all night. (This was before the OV water spigots opened.) He complained of going to Waiohinu and Ho'okeana for water.

The police would show up, chasing guys that would climb up on the roof and hide by the steeple, never to be found.

One night, I broke open the door and raided the refrigerator, not to be the last time. By the time it was all said and done, I stole: A package of hot dogs, lemonade, a half-gallon of ice cream, and three hams. The time I took the hot dogs, I heated them up in the microwave and went down to the park to share them with

See "Hungry" continued on page 2

Hungry continued from page 1

all the hungry drunks. I always drank the lemonade and did not share the half gallon of ice cream.

One time I went into the side room, where I found a bottle of wine with an opener and the longest lighter I have ever seen. I drank the wine while eating one of three hams I found in the refrigerator, passing out in the men's bathroom. I woke up to find ham all over the floor. I had been so hungry that I ravenously ate the ham. The bottle was empty and I couldn't believe I wasn't caught; it was still dark. I had slept in the men's bathroom often, opening the door with my knife. It was warm in there. As for the other two hams, I gave them away as a token of gratitude to someone that had a large family and had taken care of me in my state of homelessness. When asked where I got the ham, I told the truth.

"That bad, stealing from St. Jude's?" the recipient of the stolen ham asked. I was offered a place to stay.

"I was desperate and hungry. I feel bad for what I did and want to do something to make up for it, but I don't know how! As for the wine, that was the best wine I ever tasted."

I find this story interesting, because the person keeps coming back to St. Jude's. They ask me what church is all about. The Holy Spirit can be odd, moving in mysterious ways. They keep coming back for the WiFi, while asking me interesting questions when they see me. I feel God is using me and thank him for the opportunity, having no judgments.

This person sought refuge and found St. Jude's. They confided in me and I assured anonymity. I invite them to come to church and they feel unworthy due to their actions. I pray to God to give me guidance while reaching out to them. I remember an old lesson told by one of my kupuna, "Timing is everything. Like a plumeria on a tree that is beginning to bloom, you have to wait for the flower to open naturally. If you try to open the petal before its

time, you can ruin the flower." Patience; I thank God for the opportunity and pray the Holy Spirit will use me, God willing.

There could be a label of this person being a thief, however, God is the judge. I see them being drawn to God's house initially for safety and to feed the physical body. However, they are now living in a home and no longer physically hungry and yet they keep coming back. I see them being fed spiritually now.

I also have to laugh when I envision a criminal on the roof, hugging a steeple escaping the authorities, a homeless drunk, passed out in the bathroom, well fed and quite relaxed and a family getting water, the drunks at the park getting a hotdog and a family I've never seen at St. Jude's eating the ham, knowing it came from the kitchen at St. Jude's.

Thank you, God, for provision. As in old Hawaii at the end of a story it can be said, "Pipi Holo Ka'ao!" Sprinkled stories travel.

Editor's note: In February of 2015, the church experienced a series of break-ins, petty theft and minor vandalism. When it first happened, the members of St. Jude's were annoyed, but as the crimes continued there was outcry that perhaps the ministries of free WiFi and Showers should be curtailed or even discontinued. It was hurtful to think of our church being treated this way.

But the Bishop's Committee refused to close down our church outreach services, and instead chose to pray for those responsible for the invasion of our church. Father Moki pledged his support to join us in fervent prayer for those involved in the break-ins, acknowledging that but for the grace of God, it could be any one of us who were without food or lodging.

St. Jude's prides itself on the principles of love and forgiveness. We are encouraged that our prayers were answered in the midst of our vandalism crisis. We offer forgiveness for the theft and damage to the church and encourage those involved to participate in our outreach programs.



Around the church yard

By Contributing Editor Don Hatch

Those Episkopols: During lent, the St. Jude's congregation are giving up a couple hours each Tuesday to study and better understand what the Episcopal church is.

For a study guide we will be using the book "Those Episkopols" written by The Reverend Doctor Dennis Maynard. Dennis and Nancy will be serving us in October of this year; which will be their third visit with us.

Over the last five years St. Jude's has had a steady increase in the size of the congregation.

In December 2016 Jerry Cutts and I were working on our new kitchen when two guys came into the church and asked when we had our Sunday services and I told them. Then they ask how many people usually attend the services and I told him it was usually around 45 to 50 people each Sunday,

He said he was surprised there was that many Episcopalians in Ocean View. I told him he was right because many of the people in our congregation were raised Baptist, Lutheran, Methodist, Catholic, Pentecostal, or even with no church. They have joined St. Jude's to become part of our community support programs.

When Cordelia announced the idea of these training sessions and asked how many people are interested in attending these sessions, 21 people raised their hands. Everyone who didn't have a copy of Those Episkopols was given a copy and told to read the first two chapters and the study guide in the back of the book.

As I read through those first two chapters, I was surprised to see that chapter two discussed how, like our congregation,

THOSE EPISKOPOLS

By
Dennis R. Maynard



around 80% of many Episcopalian congregations are made up people raised in other churches.

The first session took place on Feb. 20th, the deadline for the newsletter articles. Cynn timer Salley lead the discussion and including here there were 20 people present.

Computer Lab: Most of the lab is complete. It has been painted, fans installed, surge protectors installed, and a storage cabinet has been installed for supplies.

See "Church yard" continued on page 16

When the Saint came marching in



Max Unger was happy to be back at St. Jude's after his NFL season ended. Max was very generous with his time, signing autographs and posing for photos .



Rev. John and Don Hatch

Stand up comedy

The day St. Jude's said good bye to The Reverend John Sandstrom, was also the day that Max Unger and family were in church. Max is the Center for the New Orleans Saints.

As Don was presenting Rev. John with parting gifts of hand made koa wood pens, he quipped, "We always try to make our priests final day a special one, so today we invited a Saint and three angels to be here."

Don was referring to NFL New Orleans's Saints Max Unger and his lovely wife Leah and their two adorable daughters., Cameron and Elliott.

THE BOX

BY PHYL LAYMON



“...and everywhere Alice went, the box was sure to go!”



One of Phyl’s treasured pieces of family history is a small wooden box.

My grandmother lived an interesting and inspiring life. Alice Laminda Mount was born 1885 in Barada, Nebraska. She was the seventeenth child of Thomas Mount and Elizabeth Lee, a distant cousin of Robert E. Lee. Her family called her Mindy and sadly, her father died when she was three. A few years later, Mindy was adopted by Dr. Iram N. Williamson and his wife, Sarah Elizabeth Chandler. Our best guess is she was seven years old. The Williamsons already had two grown sons, but

Sarah had always longed for a daughter. This sweet little girl was the answer to Sarah’s prayers. Dr. and Mrs. Williamson called her Alice.

Alice was so loved, and led a privileged life. She lived in a lovely home on a tree lined street in Barada. Alice had her own bedroom, unheard of in her past life. She was educated, given piano lessons and all the other things a genteel young lady was entitled to in those days; the very things her widowed mother could never give her.

Still, deep in Alice’s heart, there was a weeping wound that never healed. Alice never forgot that her mother had given her away. Alice did reunite with at least some of her siblings as an adult. She had a good relationship with her sister, Leora, and her brother, Orange. Her niece, Dorothy Sapp, (Dode), was always a part of our lives.

When Alice was 15, a swashbuckling Irishman from Barbourville, Kentucky came to her town – with his rowdy crew of bridge builders in tow. He and his crew built bridges over a 5 State area. Some are still standing to this day. His name was Sam Cain.

Sam was a tall good looking young man with a head full a wavy hair. He was also full of blarney --as all good Irishmen are known to be. He stole Alice’s heart away – and nothing Sarah could say or do would change her daughter’s mind.

See “The Box” continued on page 27

Artist inspired by nature

by Nolene Weaver

I've always admired people with artistic abilities — probably because I'm not one of them. But my husband, Tony Weaver, is. When asked what inspires him, the answer is "nature." It was his love of nature, among other things, that attracted me to him in the first place.

When we met, Tony had just finished a backpacking trip in Yosemite. A backpacker myself, I was mightily impressed. Since that time we've hiked, backpacked, skied, and snowshoed many miles to some really remote locations. Our adventures have taken place mostly in the Pacific Northwest, but also in Maine and more recently on the Big Island.

Our wilderness adventures are about more than getting away from it all, spending time together, and a sense of accomplishment. The "more" is the spiritual aspect of our forays into the wilderness. When we are in the wilderness, we feel God's presence. The further we are from civilization, the more we feel it. Nature grounds us, enriches us, and renews us. And we get to take some really good photos. Some of the best of these have inspired Tony's art.



Artist Tony Weaver pauses to enjoy a majestic view.

As an artist, Tony began painting in his teen years - mostly surreal scenes (a.k.a. album covers). In contrast, he gave his mom a very realistic bouquet of painted roses for Mother's Day one year. As he progressed as an artist he became more interested in three dimensional pieces sculpted from wire, wood and stone.

As a young man, he worked on offshore oil platforms for 7 days at a time. To combat boredom and loneliness, he started experimenting with the numerous scraps of wire and cable left on the platforms. Tony quickly learned what the wire would and would not do and discovered that he could twist it into silhouettes of trees. The tree on a burl, pictured here, is his largest twisted wire piece.



See "Nature art" continued on page 7

Nature art

Continued from page 6

After many years of working with wood - as a sign maker, log home builder, and finish carpenter - Tony began pressing his artistic talents in that medium.

His wood pieces are created through a blend of techniques - custom laminating, routing, carving, sandblasting, and painting. He employed all of these techniques to create "Crack the Dawn."



Crack the Dawn - by Tony Weaver



Seahorse sculpture by Tony Weaver

He began sculpting stone when our son, who was working for a stone mason, brought home several pieces of Boise sandstone.

"Seahorse" is one my favorites - looking at it just makes me happy.

Tony can find the beauty of nature that is hidden in wood, wire, and stone.

Me, I'm just grateful I can admire what he creates.

Ka'u Food Pantry News

Ka'u Food Pantry, Inc. next distribution is **Tuesday, March 27 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30am - 1:00pm.** We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday. For more information or for emergency food, please call Dave Breskin at [808 319 8333](tel:8083198333).

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 periodic fund raising events at St. Jude's featuring clothing and baked goods available on 1st Saturday in the lower parking lot, usually involving food and rummage sale items.*

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



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

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.

*Pending continuing permission from St. Jude's

EMERGENCY PREPAREDNESS

ARE YOU READY?

By Karen Pucci

Hurricane season will be starting soon. It has been noted that we often get "hurricane preparedness fatigue" because we never know until the last 24 hours or so if something is going to brush by or hit us square on. Week after week of being told to be ready for a big fat nothing gets old. However, we're going to keep poking and prodding you to remember to be prepared as best you can.

Food: the ideal is about 2,000 calories per day per person. We should be looking at CASES of food. That's a can of meat such as tuna, a can of veggies such as spinach and a can of fruit every meal. Rice, pasta, bread can stretch things but remember, we may not have utilities for a bit.

Most people can survive on 1,000 calories but you should be prepared for at least 2-3 weeks of isolation. 2-3 months would be better but realistically, most of us do not have the means to purchase the food stuffs and/or the storage capacity.

See "Get ready" continued on page 26

Ham radio license information

By Greg Guithues

For those interested in preparing for amateur radio technicians license, I suggest getting a copy of the The ARRL Ham Radio License Manual 3rd Edition, by Ward Silver N0AX, ISBN-10: 1625950136. The book provides insight and explanation of the concepts/reasoning behind the exam questions.

One note, the question pool will be updated July 1st 2018. If you plan on testing after that time, you might wait for the 4th edition of the same book, probably released in May or so.

Every four years the exams are reviewed and updated, usually affecting 10-15% of the question pool. If you plan on studying for the exam right away, get the current book. The concepts don't really change, just some of the questions.

If you'd like to download the entire question pool, it is published by the FCC and made available by the

NCVEC (National Council of Volunteer Examiner Coordinators).

The current question pool is available here:

<http://ncvec.org/page.php?id=362>

and the new question pool is available here:

<http://ncvec.org/page.php?id=369>

Though we don't have plans for a formal licensing class at this point, we may schedule one or two sessions to help with some of the technical challenges of the test. There has been some talk about a ham class at Ocean View Community Center that may occur later in the spring, but that has not been confirmed.



March dates to remember

- 3 Lemonade Party
- 4 Bishop's Committee
- 25 Palm Sunday – Beginning of Holy Week
- 27 Food Pantry
- 29 Seder Supper 5pm reservations by 25th
- 30 Stations of the Cross 2 pm
- April 1 Easter Sunday Brunch following

ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls

KAMANA KITCHEN-

By Karen Pucci

KAMANA KITCHEN-Indian Food.

This is located in the Waterfront Shops by Daylight Mind on the 1st Floor in Kailua-Kona.

First off, this is not my favorite cuisine, so I have dodged an investigation of this place until now. It is, however, one of Anna's favorite foods and our friend's who was along with us this day. So with great reluctance I agreed to go to try this place.

They open at 11:00 for lunch. The lunch special menu is a bit limited but the prices are pretty reasonable.

Anna ordered the chicken curry (\$11.00) with medium heat, our friend had the same but ordered hers mild and I had the lamb curry with medium heat (\$12.00). We avoided ice tea because it was pre-sweetened.

Well, I must say, this is one of the best Indian meals I have had! The meal is served on metal divided trays making for an interesting looking presentation. The "medium" is not particularly hot or spicy and the underlying sweetness in the curry completely mutes the urges to keep a bucket of water by your side.

The main course was the bomb! Very tasty and it did not have "muddy" taste that many dishes can have. My lamb was tender and flavorful with spices of India and

the curry sauce. It came with a long grained white rice, two generous hunks of fresh nan [bread]. The lentils were great, the dahl was tasty and the chutney yummy.

My dining companions were equally happy and they were happy that I was happy. I know now that we will return. This may not be so "authentic" since I really liked it, but it is a good stop, regardless.

Our meal, which consisted of the three entrees only, came to \$45.00 all in. That ain't half bad for the tourist section of Kona. There are vegetarian and vegan dishes available and the dinner menu is far more extensive.

This is a pretty small place though. Maybe 12-14 tables under the well protected, covered deck. There may more seating inside.

Girls say Go Graze!

KAMANA KITCHEN- Ali'i Drive in the Waterfront Shops story [next to Bubba Gumps]

Lunch 11-3; Dinner 3-9:30 pm. Open daily. Parking is very tight in that particular area. There is pre-paid parking in the garage underneath the building with an elevator to all the levels for those who cannot do the half dozen or so stairs from the street.

Covered in Prayer

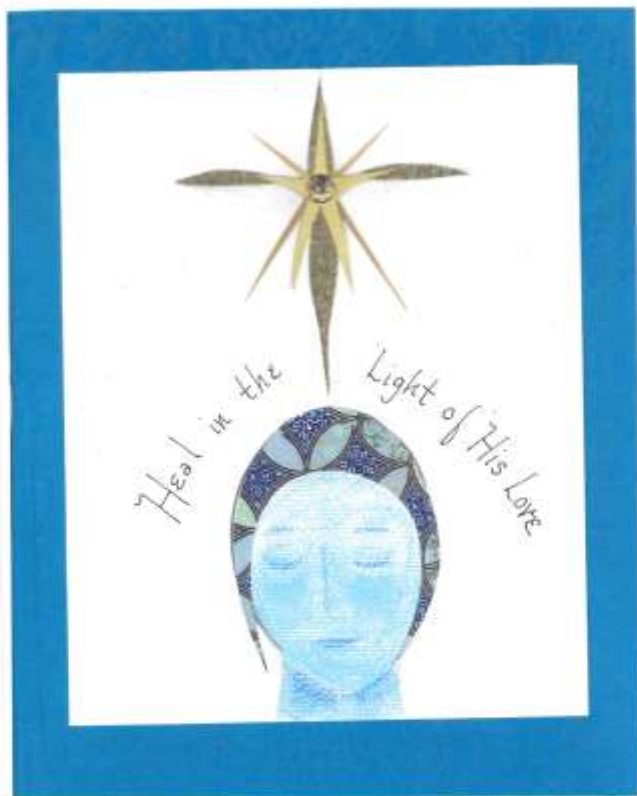
Stella is back!

I had my second brain surgery November 17 at Georgetown University Hospital.

By the grace of God, I am back in Hawaii after being on the east coast since mid July, 2017!

Thank you for the prayers, love, and support. It does take a village of God-loving people to overcome adversities.

Stella Kiberu



Visual Art by Debbie Johnson





FEELIN' GROOVY

BY BUFFY HITES

When things go wrong, as they sometimes do and the path in front of you seems way off cue, what helps you? The past few weeks my attitude has been a bit out of whack. I've prayed for guidance and clarity and it finally came to me, a lesson I'd learned in the past.

It happened through the Alcoholics Anonymous Program (AA) which was a solid part in the building of my own spirituality and my need to have "Higher Power." This program brought structure to my life and helped me when I needed it the most. I praise God for the AA and NA groups; they have a great plan.

Anyhow, by being a part of the program, I found friends who helped me muddle through. These folks stayed around whether I was feeling crappy and snappy or crying and wanting to die moments. I've had my share of moods. It didn't matter whether I was up or down, my AA friends would be around. For the most part these years around the AA people were hands-down some of the happiest times of my life. My boys were in grade school. Josh was age 10, Jeremy age 8, Christ age 6 and Spencer age 4. My husband, Jack and I had been together since Chris was six weeks old. Fortunately Jack found sobriety early on in our relationship and the sober years I feel, were

our best years.

The program worked when we worked it. Anyway, as life goes sometimes a person, place or situation just messes life up. One gets upset or aggravated and most times if talked about, it may get figured out. Other times, we look for direction.

I found the direction in the Big Book of Alcoholics Anonymous. I pretty much know it by heart. The spirit tells me to share it with you. It's from the story Doctor, Alcoholic, Addict and it's found on page 449. This is how it reads:

"And acceptance is the answer to all of my problems today. If I am disturbed, it is because I find some person, place, thing or situation – some fact of my life unacceptable to me and I can find no serenity until I can accept that person, place or thing as being exactly the

"I need to focus not so much on what needs to be changed in the world, but on what needs to be changed in me and in my attitude."

Buffy Hites

way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake and until I could accept my alcoholism, I could not stay sober. Unless I accept life completely on life's terms, I cannot be happy. I need to focus not so much on what needs to be changed in the world, but on what needs to be changed in me and in my attitude."

I absolutely believe this deep down in my heart. I've recited it to friends and family
See "Groovy" continued on page 17

Shower blessing



On February 25th, The Reverend Cathy McDonald blessed the new shower with the help of Thom White and Gary Johnson.

March Birthdays

- 1 Sandra Yocum
- 3 Teri Martindale
- 10 Nolene Weaver
- 11 Marvelle Rau
- 13 Karen Pucci
- 24 Joan Guethues



March Anniversaries

- 17 Larry & Sandy Shelton
- 20 Jerry & Cindy Cutts
- 25 Tony & Nolene Weaver





An important choice

TO YOUR GOOD HEALTH

By Ray Hatch, Plant Based Diet Advocate

Editor's note: *This column is focused on the principles of following a plant-based diet. It is written from the opinion of Ray Hatch, a plant-based diet advocate, and not from St. Jude's Episcopal church. As with any health-related life style change, St. Jude's and Ray Hatch strongly encourage everyone to speak with your health care professional before beginning anything new that is health related.*

By Ray Hatch

THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY FOR YOUR HEALTH IS WHAT YOU CHOOSE TO EAT!!!

I heard this quote February 11th and it is one of the best summaries of why we should eat more fruits, vegetables, grains, and beans and less dairy, meat, processed food, and oils.

Lodema and I were at a monthly meeting that is held at a Kaiser Permanente facility in Bakersfield. It is led by two volunteers who became plant-based themselves and saw a remarkable improvement in their health and have become advocates of the whole food plant-based way of eating.

There were about 60 attendees and the meetings are held once a month for two hours. About 1/3 were there for the first time and the rest of us were regulars.

In the February 11 session, Dr. Ha, a Kaiser doctor who is volunteering his time to lead these meetings, answered questions for about an hour and they presented one of his patients. The patient's story was remarkable.

The patient is young, only 25, but he had some medical problems and blood tests showed that he was diabetic. His fasting blood sugar was over 400 (normal is under 100) and his A1-C was 9.5 to 9.9. Dr. Ha saw him in early December 2017.

Dr. Ha suggested that the patient go on metformin to reduce his blood sugar, but if he was willing to give it a try, he might try a diet change first. The patient was willing, and Dr. Ha told him about a Whole Food Plant-Based way of eating and the patient immediately switched and gave up dairy, meat, processed foods and oils.

Over the next three months (December 2017 to February 2018), the patient lost more than 30 pounds and his A1-c went down to 6.5 (which is normal)! The patient also had a remarkable drop in cholesterol.

At Healthy Eating conferences, I have heard similar stories, but this was someone living in Bakersfield (close by) who did it.

See "Healthy eating" continued on page 15



Artistry in fabrics, color, texture and stitchery. Vestments at St. Jude's were lovingly crafted by Deacon Sandy Honnold & Father John Turner.

Healthy eating

Continued from page 14

Dr. Ha says that his discussions with his patients is pretty short and straight forward: Eat more fruits, vegetables, whole grains, and beans and eat less (or eliminate) all dairy, meat (including chicken and fish), processed foods, and oils.

As he said, "THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY FOR YOUR HEALTH IS WHAT YOU CHOOSE TO EAT!!!"

Wow, could it be that simple?

Here are some short videos you might

want to check out:

<https://www.youtube.com/watch?v=Tv8xa-9NScU>

<https://www.youtube.com/watch?v=1cl2IX94GCI>

<https://nutritionfacts.org/video/diabetes-as-a-disease-of-fat-toxicity/>

<https://www.youtube.com/watch?v=GQb5Fe6hZXw>

Remember, "THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY FOR YOUR HEALTH IS WHAT YOU CHOOSE TO EAT!!!"



Visual Art by Debbie Johnson

You can help!

St. Jude's mighty outreach programs serve the many needs of the Ocean View community.

If you'd like to help, we need you!

Don't be shy – sign up to serve soup on Saturdays, or monitor the showers, or just wash the towels.

See Cordelia, Jerry or Shannon for more information.

Church Yard

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We still need to get a security system, and get a network hookup. We had hoped to get a high-speed connection from Hawaiian Telecom, but they don't have fiber optics on our street. It looks like we will go with Aloha Broadband for the internet connection and then switch to a faster service when it is available.

Second Shower: We finished building and plumbing the second shower stall.

So far, we haven't experienced the increase in people using our showers, but that is because we've been having very cold and rainy weather.

These are outdoor showers, and it's diffi-

cult for people to use our showers when it's in the low to mid 50s and raining.

Mardi Gras: We had a light turnout for Mardi Gras because it was cold and rainy that night. It wasn't a pleasant night to be out, but those who came had a great time..

The food was great and because of the light turnout, the leftovers were used to help feed our Saturday shower family and what was left from that was used during our Aloha hour after our Sunday service.

Cinco de Mayo: Is our next fundraiser. Plans haven't been finalized for this, but it will probably be on Friday, May 4th, 2018. Prices are \$8 for a single, \$15 for two, and \$20 for a family.

In our prayers...

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

Healing: Zach, Mark, Ann, Margy, Glenn, Keith, Carrie, Faye, Max, JYM, Marvelle, Kathy, Larry, Stella, Nancy, Mike, Lee, Jim, Clifton, Sam, Carrie, Richard, Brian, Bill, Ray, Cynnie, Austin, Thom, Doug, Greg, Norma, Donna, Ted, Teri, Austin, Norma, Donna, Ted, Darlene, Richard, Amy, Deanna, Arthur, Ruth, Big Peg, Cordelia, Kepi, Mark, Ed, Fr. Coil, Pastor Constance, Stella, Max, Travis.

Strength and comfort for all caregivers, mourners, those recovering from natural disasters, violence and those who face other daunting life challenges;

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling;

Safety, wisdom and courage for Randy, Justin and all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, civic leaders);

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

Groovy continued from page 12

for all these years. Although here recently, I've had a head full of ugliness and a dark and hopeless feeling. These things are not of God. I know, because the Bible says God is in the light. I have even felt angry and irritable and fortunately I have amazing friends who put up with my crazy rantings. It has taken me too long it seems, to pick myself up, brush myself off and climb the dang ladder to get over myself. Not only is it easier to solve this way, if I keep in mind that by allowing whatever or whoever to occupy my mind is like giving an enemy free rent. What do I get for that besides anxiety and depression? Neither are good for anyone.

As the years go by, I've come to realize that I can't afford negative vibes or situations. I need to let go and let God. If I allow negative thoughts to take up any space in my brain, it doesn't take long for that negativity to take over.

I like to run this through my head when I'm starting to feel down. "How important is it? Will it matter in five years?" I'd say pretty straight forward questions, right?

I thrive on positive vibes and I need to give God what's bringing me down and trust Him. At times I'm my own worst enemy. I go back to stressing over that same something I gave to God. Fortunately, I'm aware of my issue and I'm praying for that as well.

Here's a little thought I read somewhere, that reminds me what an awesome God I have.

God changes caterpillars into butterflies

He turns sand into pearls

And he turns coal into diamonds

And using time and pressure, he's working on me too.

God bless and keep you in love and light.
Aloha,

Buffy

Editor's Note: AA and NA meet at St. Jude's several times a week. A complete schedule is listed on page 25.



Flavor of the Month



Serving
 March 4
 through March 25
**Father Bill Livingston
 &
 Deacon Diane Livingston**

Aloha Reverend Cathy



Coming or going HOME

By The Reverend Cathy McDonald

This is John and my third time here with all of you at St. Jude's. The first time my ears were blocked from flying and my mind was in a fog. I kept trying to focus on being here but also that our son, our daughter, her husband and their three younger children were coming over. The McKinney house was perfect. The St. Jude's building was so much like Epiphany where I was ordained that I loved it all.

The second time we came, I think I went around for weeks saying,

"I'm back." over and over. We explored a lot of the northern part of the island and one Sunday we planted and blessed a tree in honor of Lynne Reynolds' husband, blessed and anointed the new car, blessed the hand-made blankets for the ill and had a healing service time--oh yes and a regular worship service.

This third time Cordelia said, "Welcome Home," and so it is. I even found myself looking forward to how the bed here feels! We were mainly coming home to all of you - even the ones we haven't met yet and the ones whose names we have forgotten.

Coming home is usually a challenge and struggle, often known and unknown, comfortable and uncomfortable. Going home is a phrase often used in place of the word funeral. Coming here has that incredible accepting loving aura that I hope to find when that day comes. I also expect to find that the very welcoming you have at the back of the bulletin will be waiting for us all.

Thank you for being you.

Cathy McDonald



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

BANANA BUNDT CAKE

INGREDIENTS:

½ cup butter
 1 cup brown sugar
 4 eggs
 ½ cup half and half or milk
 2 cups mashed banana (from very ripe bananas)
 2 tsp. vanilla extract
 1/2 tsp. almond extract
 2 cup all-purpose flour
 2 tsp. baking soda
 3/4 tsp. salt
 1 cup chocolate chips



DIRECTIONS:

Preheat oven to 350 degrees. Spray a 12 or 15 cup Bundt pan with baking spray

Cream butter, eggs, bananas and sugar on medium speed for 2 minutes.

Add half & half or milk, vanilla and almond extract and beat a bit more.

In a separate bowl, blend the flour, salt and soda.

Slowly add to the banana mixture until it's all creamy.

Stir in the chocolate chips.

Pour batter into the prepared pan, smooth out into an even layer. Place in the oven and bake for 60 minutes or until a toothpick comes out clean. Remove from the oven and allow to cool in the pan for 40 minutes before inverting onto a plate to cool completely.

Drizzle your favorite white frosting over cake, or serve with whipped cream.

Literary artists

The art of writing has allowed the Talk Story editorial staff to grow to 14 writers. Cindy Cutts is editor-in-chief, while Don Hatch is contributing editor.

Don and Cindy are supported by a terrific group of proof readers and fact checkers: Cynn timer Salley, Beverly Nelson, Richard Burt and Cordelia Burt.

Like any art form, it takes courage for writers to put their talent out there for others to read.

If you read something you like in Talk Story, please let the author know.



Ray Hatch, Healthy Eating editor



Anna Towner, Book Reviewer



New to our staff, Marie Barnes



Art editor, Debbie Johnson

Cross continued from page 1

this confrontation with her. It brought to light what the cross means to me.

And so I began to look more closely at Christian crosses to see what different cultures and life circumstances have brought to their design. I know that the artists who created them must have been powerfully inspired.



The cross, once a symbol of Christ's death, is now considered to be a symbol of his triumph over death and the promise of eternal life. In its simplest form it is a long vertical intersected in the top third by a shorter horizontal. This is known as the Latin Cross. While other cultures throughout history have used the cross to represent their own doctrine, when Christians see the cross, they see Christ's life.

Some church members have offered to share some of their personal crosses for this article. Beverly Nelson has shared the following three crosses.



The Celtic Cross

The Celtic Cross design combines the traditional Latin cross with an intersecting circle, representing both Christ and His eternal nature. Often made out of stone, an eternal material, the Celtic cross is usually embellished with interlacing knot designs which appear to have no beginning and no end. While many opinions exist as to the meaning of the Celtic knots, it is generally thought of as a symbol of the unending cycle of life.

See "More crosses" continued on page 22

More Crosses

Continued from page 21



A Spanish cross

This second cross is made of ceramic and is from Spain. It incorporates traditional Spanish floral designs found on pottery into the Christian symbol. The Spanish artist clearly wanted to bring his ethnic sense of beauty to the image of the cross. Giving the cross great beauty is an act of devotion as one brings his best decisions in line and color to a treasured belief.



The Jerusalem cross

This five cross symbol was purchased in Israel and is called "The Jerusalem Cross". It represents the "Kingdom of Jerusalem" as far back as 1280 A.D. Originally the five-fold cross held several interpretations, including the five wounds of Christ, Christ and the four evangelists or Christ and the four corners of the world. Imagine sitting at a blank piece of paper trying to design a cross with such meaning, and then creating it out of olive wood, the local wood of Jerusalem. Now we, half way around the world, know what the artist was communicating to all who look at his design.

See "Unique crosses" continued on page 23

Unique Crosses

Continued from page 22

Connie Santana has also shared three crosses with me.



Connie's first cross was handmade in Salia, Argentina of native woods. The artist brings to the Christian cross the dove of peace, and at the skirt of the cross are four worshipers with arms raised in celebration and praise. I wonder if he said, "Yes! That's it!" when he decided to add the four worshippers to the cross. We can feel the praise of the four worshippers as they contemplate both Christ and the dove of peace. It is an exhilarating and inspired detail that expresses a joyful, grateful feeling in the heart of the viewer.



Connie's second cross is the work of a potter from Carlsbad, New Mexico. The Mexican folk art tradition has influenced the design of this cross, a cross within a cross, within a cross. It is reminiscent of Mexican altar boxes painted in bright colors and decorated with repeating patterns. The smallest cross is also reminiscent of Mexican milagros, folk charms used for healing and votive offerings. Our eyes are drawn to the smallest cross set in an open space, which was the intension of the artist.

See "Cross art" continued on page 24

Cross art

Continued from page 23



Connie's third cross is of painted wood. It is handmade in the town of La Palma, El Salvador at the Cooperative La

Semilla de Dios (the Seed of God) and is a Peace Dove Cross. It is painted in the La Palma folk art style - simple, clear, joyful and colorful.

This El Salvadorian artist must have pondered the thought of the Dove of Peace descending onto his village, a prayer in itself. The swirling horizontal arms of the cross contribute to the feeling of the dove's flight. We feel the descending of the dove because of its large scale compared to the small buildings which appear far below. Praying with this image in mind helps us contemplate the Holy Spirit bringing reason and calm to the world.

At different times in my life I have, as probably you have, brought different emotions to the cross: broken hearts, desperate longings, and tear-felt gratitude.

For many of us this symbol is beyond words. We gaze at the cross and feel Christ's presence. It is part of our being. It is part of our soul. We know its meaning so deeply that seeing the image of the cross brings us to a sacred space.

We are with Him. He is with us.
Within the cross there is hope.

Landscape art

Landscaping is a fascinating way to combine art and nature. Roger has been working diligently to reshape the overgrown plants and give new life to the church grounds.



	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		
			Women's Bible Study @ Bev's 10:00 am												
Tuesday		Food Bank <small>(asop & Divide food)</small>		Food Bank <small>Monthly Last Tue.</small>											
Wednesday		Senior Nutritional Program							Brownie Meeting			NA			
Thursday		Hula Practice									Al-Anon		AA		
Friday		Senior Nutritional Program						St. Jude's Events							
		Men's Bible Study @ McKinney Place						Band Practice							
Saturday		Free Hot Shower									AA		NA		
		Free Hot Lunch With Shower													
Sunday		St. Jude's Eucharist Services <small>& Aloha Poluck Social After Services</small>										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

Learning to LEM

Buffy Hites is in training to be St. Jude's newest Lay Eucharist Minister. Buffy has been shadowing the acting LEM on Sundays.

"I wanted to serve more at St. Jude's," Buffy said. "But somewhere, not in the kitchen."

Buffy will be a wonderful addition to the St. Jude's LEMs. Good luck in your training, Buffy!



Rev. Cathy and Elaine Meier demonstrate the proper protocol for serving at the altar.

Get ready continued from page 8

Water: one gallon/day/person. That seems to be the gospel of almost every emergency preparedness information. Do not forget livestock and our furry friends. Each one of our cats can drink up to 4oz of water/day. We have 8 cats. Plus gardens and crops. It can get rather hairy with the water situation.

Home Safety: Do not bother taping your windows. It does not stop the glass from being broken and the "safety break" aspect is dubious at best. We put up plywood sheets, anchored by wood screws, covering our East facing windows when there is a credible threat. We have learned to gap the boards though so air can still come in without the ensuing deluge. So far, we have not truly needed them but then, we have not had a true direct hit.

Keep trees away from your house if possible-high winds can knock them over onto your house and crash through the roof. Tie down or secure any kind of furniture that you keep outside. Don't leave trash cans where they can be picked up by the wind and tossed.

Medications: keep your daily meds in a safe, dry place. Try to keep as much on hand as possible.

We hope to offer a presentation of local plants, flowers and seeds that can be used for medicines. Keep a supply of feminine hygiene products and things like Depends on hand if you or your household members are in need. It is recommended you also purchase and store at least one gallon of distilled, purified water. This will be an asset for wound care: clean, sterile water. Also a First Aid kit is never amiss along with a topical anti biotic such as Neosporin.



So, are you ready yet?

The Box Continued from page 5

So, as mothers tend to do, Sarah set out to make life as smooth as possible for her daughter's future. All the many things needed to start a new life in a new state, Missouri, were provided for Alice. Sarah's last gift was



Alice & Sam on their wedding day, December 12, 1900.

a small brown wooden box, 5 X 8 X 12 inches. It became Alice's "Everything" box. In it went every important document she collected over her very long life. The first was her wedding certificate dated December 12, 1900. Over the years it was filled with birth and baptismal certificates for her 12 children.

It was also Alice's bank! Any income or outgo passed through that box. Whenever there was an emergency Alice would say, "Bring me the brown box." She would reach in – and somehow, there would be just enough coins to meet the crisis. Magic? No! Faith! Alice had

a strong faith fed with unending prayer. Even when her hands were busy her mind was always in communion with her God.

I don't have a true time table of when Sam and Alice bought their farm on the banks of the Missouri River near a little town called Craig. I believe they lived there a good long time, probably most of their married life. My mother, Thelma, number seven of the 12 children, was born on that farm in 1917. She went to school in Craig through 8th Grade, which was all the education available to her at that time.

Sam and his crew continued to expend his bridge building over several states. Alice ran the farm with the help of her growing children. Sam took the eldest two boys, Ralph and Orville on the road with the crew just as soon as they were of useful age. Alice made do with whomever was next in line. Her eldest daughter, Sylvia, (Syd to us) went to St. Jo to work for real money, which she shared with the family in Alice's brown box. Lila, next in line, hit teen age just in time to be a Flapper Girl. That caused some interesting family discussions! Then Lila met a handsome farmer named Howard and left the flapper world behind. Phyl met a railroad man named Elmer and settled in the middle of Nebraska. A new generation was on its way.

Around that time (The Great Depression Years), the Missouri River overflowed its banks –three years in a row – totally wiping out the crops each year. There was no seed money for replanting after the third flood. Hard times became even harder. And making it even harder for my grandparents, by 1932, Sam's cancer was taking its toll. The two older boys had married and started their own families, as had Sylvia, Lila, and Phyl. That left Alice, at age 47 with a sick husband, seven children between 3 and 17, a flooded farm, and no income to put in the box.

See "More box" continued on page 28

More Box continued from page 27

I don't know if they sold the farm – or lost it – but I did see a flyer advertising their farm auction. How painful that must have been for them to watch their lives being sold off—one piece at a time and then depositing the meager revenue from the auction into the box.

Sam and Orville rented a large flat-bed farm truck –with stakes on the sides and a tarp for cover. All of their remaining belongings went on that truck – and Alice, seven children, plus Orville's wife, Viola, and their toddler, Virginia. Only Sam and Orville rode up front with the owner of the truck as it rumbled along the bumpy road. It was well over 500 miles from their farm in Craig, Missouri to Lyman, Nebraska where there was work available. The roads were primitive by today's standards – and so was the truck!

One memory really stood out whenever the kids retold the tale. It was the time they all had to lie down under the tarp and be absolutely silent. It was stressed over and over no one could know they were under there. I can't even imagine how Alice kept those seven squirming children, plus a toddler and a high strung daughter-in-law quiet for all those hot miserable miles. I never knew the reason for the silence until after my grandmother was gone. It was her private shame that they did not have enough money to pay the toll fees for all of them at Nebraska City. Sam only paid for the three men in the cab.

The children recall how Alice held the box firmly on her lap that entire trip. What meager resources they had to start a new life in Lyman was stored in that box. But Alice's faith was somehow tied to that box, and she was no doubt praying as she gripped the smooth edges of the worn wood. The family arrived in Lyman on September 30, 1932. It was Teddy's sixth birthday.

Lyman was a bustling sugar mill town of 250 people, mostly living in tar paper shacks. No



amenities, electricity hadn't made it to the rural areas, yet. There was a rail road track, though! That was how they got the sugar to market. Sugar beets ruled! From the planting in the spring until the last beet was milled and bagged in January. Sugar beets provided hope for my grandmother.

My mother, Thelma, was 15 and her sister, Freda, was 17. They were now the eldest. It was their job to make a living for the family and put their earnings into Alice's box. Their first job was to "block and thin" sugar beets. They crawled on their hands and knees from dawn to dark every day. Picking potatoes in the fall was more of the same – only they had to tie the gunny sack to their belts and drag them along as they picked the potatoes. Girls weren't allowed to work in the mill, so when the harvesting was done, they were out of work til spring. But their little brothers, Mike and Pat, could and did work in the mill. Child labor laws weren't in effect back then. It was the children who provided for the family and they dropped their wages into the box with pride.

And so our family history book started a new chapter in a new state, everyone doing their part to put money into the box, and keep the family together.



**Alice & Sam
September 30, 1932**

St. Jude's Word Find

"Defining Peace"

Words May Be Found: Forward, Backwards, & Diagonally

A	G	B	V	C	G	N	I	T	R	O	F	M	O	C	G	I	N	J	M	G	V
C	W	O	X	E	V	F	U	G	T	G	S	I	R	J	Q	N	P	L	O	N	X
E	N	J	O	Y	A	B	L	E	N	N	G	C	L	Q	L	E	I	F	I	I	R
A	U	Y	V	D	T	D	S	E	R	I	N	G	P	U	U	I	N	V	M	X	C
S	M	T	L	U	L	E	R	W	J	Y	I	E	H	I	F	A	F	B	O	A	N
W	Q	X	R	N	R	A	O	A	N	F	M	C	I	T	T	I	J	F	L	L	R
O	I	P	J	E	E	R	G	M	F	I	R	U	N	E	S	W	T	M	I	E	J
U	K	R	N	L	J	V	I	U	L	T	A	W	S	W	E	Y	D	U	C	R	L
P	D	E	C	N	A	L	A	B	B	A	H	Q	P	E	R	S	Q	Y	A	U	F
L	O	L	P	W	N	X	U	E	L	R	C	A	I	L	I	N	H	V	G	E	P
I	U	U	B	I	Z	S	Y	K	H	G	W	G	R	L	A	E	G	O	S	Q	B
F	S	F	T	A	L	B	Y	A	K	I	N	D	A	R	M	S	N	O	K	I	T
T	M	Y	E	U	L	L	R	W	J	I	I	L	T	Z	G	A	I	R	E	C	N
I	I	O	J	P	D	M	I	S	H	T	U	U	I	V	C	E	S	G	A	Y	J
N	E	J	T	N	O	N	C	T	B	F	A	Q	O	R	Y	T	A	Y	W	U	F
G	A	H	E	M	Z	H	O	K	S	L	W	T	N	A	S	A	E	L	P	Q	B
A	E	I	I	C	T	O	S	S	R	F	Q	G	A	H	O	I	L	P	M	K	V
C	R	O	U	E	S	P	I	R	I	T	U	A	L	J	Q	K	P	M	O	M	X
F	U	X	Q	Y	P	L	O	A	L	U	F	E	T	A	R	G	J	I	I	G	R
S	P	B	V	C	B	S	S	E	N	L	U	F	R	E	E	H	C	S	M	K	V

Word List

Simply groovy	Enjoyable	Still	Pure
At ease	Kind	Charming	Sublime
Spiritual	Tranquil	Calm	Inspirational
Quite well	Pleasant	Friendly	Serene
Beautiful	Clear	Hopeful	Soothing
Comforting	Cheerfulness	Uplifting	Loving
Harmonious	Still	Heavenly	Relaxing
Gratifying	Charming	Good	Restful
Quiet	Calm	Balanced	

**THOSE
EPISKOPOLS**



Tuesdays during Lent at 10:30 a.m.

Learn what the Episcopal Church is all about.

See Cordelia if you need the book. It's free. See Cynn timer Cordelia if you have questions.

St. Jude's is truly Art-blessed. The many artistic talents of St. Jude's pop up everywhere.



Faye's floral design



Phyl's Valentine wreath



Thomas Kinkaid sculptures



Sunrise photo by Cindy Cutts

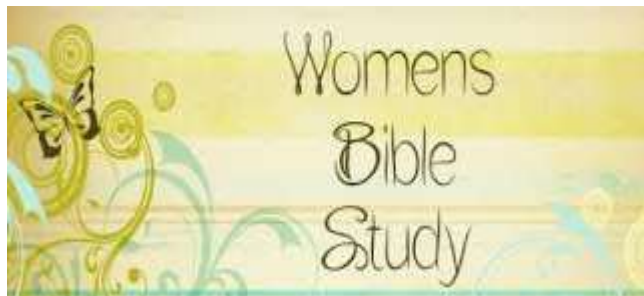
Word Find Answers

Words May Be Found: Forward, Backwards, & Diagonally

A	G	B	V	C	G	N	I	T	R	O	F	M	O	C	G	I	N	J	M	G	V
C	W	O	X	E	V	F	U	G	T	G	S	I	R	J	Q	N	P	L	O	N	X
E	N	J	O	Y	A	B	L	E	N	N	G	C	L	Q	L	E	I	F	I	I	R
A	U	Y	V	D	T	D	S	E	R	I	N	G	P	U	U	I	N	V	M	X	C
S	M	T	L	U	L	E	R	W	J	Y	I	E	H	I	F	A	F	B	O	A	N
W	Q	X	R	N	R	A	O	A	N	F	M	C	I	T	T	I	J	F	L	L	R
O	I	P	J	E	E	R	G	M	F	I	R	U	N	E	S	W	T	M	I	E	J
U	K	R	N	L	J	V	I	U	L	T	A	W	S	W	E	Y	D	U	C	R	L
P	D	E	C	N	A	L	A	B	B	A	H	Q	P	E	R	S	Q	Y	A	U	F
L	O	L	P	W	N	X	U	E	L	R	C	A	I	L	I	N	H	V	G	E	P
I	U	U	B	I	Z	S	Y	K	H	G	W	G	R	L	A	E	G	O	S	Q	B
F	S	F	T	A	L	B	Y	A	K	I	N	D	A	R	M	S	N	O	K	I	T
T	M	Y	E	U	L	L	R	W	J	I	I	L	T	Z	G	A	I	R	E	C	N
I	I	O	J	P	D	M	I	S	H	T	U	U	I	V	C	E	S	G	A	Y	J
N	E	J	T	N	O	N	C	T	B	F	A	Q	O	R	Y	T	A	Y	W	U	F
G	A	H	E	M	Z	H	O	K	S	L	W	T	N	A	S	A	E	L	P	Q	B
A	E	I	I	C	T	O	S	S	R	F	Q	G	A	H	O	I	L	P	M	K	V
C	R	O	U	E	S	P	I	R	I	T	U	A	L	J	Q	K	P	M	O	M	X
F	U	X	Q	Y	P	L	O	A	L	U	F	E	T	A	R	G	J	I	I	G	R
S	P	B	V	C	B	S	S	E	N	L	U	F	R	E	E	H	C	S	M	K	V
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

Word List

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Comforting	Tranquil	Uplifting	Loving
Harmonious	Pleasant	Heavenly	Relaxing
Pleasing	Clear	Good	Restful
Blissful	Cheerfulness	Balanced	



**Mondays at 10 a.m.
Beverly Nelson's Home**



**Fridays at 9:00 a.m.
McKinney Place**



Lemonade Party

March 3, 9 a.m. to 11 a.m.

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

Talk Story

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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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