

Talk Story

92-8606 Paradise Circle
Ocean View, Hawaii

(808) 939-7000
www.stjudeshawaii.org

Edition 5 – Volume 2
May 1, 2016

Tropic Care 2016 Coming to Ocean View

In late May and into mid-June, nearly 150 military reservists will travel to Ka'u and Kea'au to provide free medical clinics to the public.

Tropic Care 2016, is a program run by the United States Department of Defense, with support from the County of Hawai'i and the Ka'u Rural Health District Health Office.

The troops will be offering physical exams, dentistry, optometry (exams and glasses), medication review and provide some medication, as well as nutrition education to the public free of charge.

Patients will be seen on a first-come, first-served basis. Long wait times are anticipated, so arrive early, bring a book and plan to wait.

A complete schedule of dates, times and places is available on page 14.

"This is an opportunity to bring needed medical, dental, and vision services to the districts of Ka'u and Puna," said Aaron Ueno, Hawai'i District Health Officer with the State of Hawai'i Department of Health. "These services are open to the entire island and we are hoping to do this again in the future with community support."



St. Jude's Easter Sunday altar decoration.

In this edition

Around the church yard	Page 3
Flavor of the month	Page 4
Grazin' girls	Page 5
To your good health	Page 7
Tropic Care schedule	Page 14



Ava's Update

St. Jude's favorite Girl Scout, Ava Rogers completed her annual Girl Scout cookie sales this month, hoping to earn 2016 sales honors. In 2015 Ava placed second in the state of Hawaii, for selling 2235 boxes of cookies! This year Ava set her sales goal at 2500 boxes of Girl Scout cookies; her actual total was 2536 boxes of cookies! Sales awards will be announced later in the spring, when all the Girl Scout cookie sales totals are calculated.

Ava feels proud of exceeding her cookie sales goal. She loves selling cookies and appreciates the tremendous support she receives from all her friends at St. Jude's.

"It's fun and I get to meet people from all over the world," Ava explained. "It feels like a family,"



Stalking the pantry

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



Ka'u Food Pantry, Inc.: next distribution is Tuesday, May 31 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11a-1p [new time]. 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 on the 3rd Saturday -May 21-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.

We would like to acknowledge the congregation at St. Jude's. They have collected food and donations on our behalf which has resulted in us being able to go beyond what the Food Basket can provide and enabled us to purchase more and higher quality food. We thank you for your continuing generosity and your community thanks you as well. We could not do this without your support.

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

Around The Church Yard

Holy Week:

We had a very active Holy Week with lots of participation from the congregation. Holy Week includes Palm Sunday Services, Tenebrae Services, Seder Dinner, Stations of the Cross, and Easter Sunday Services.

The three I never miss are Tenebrae Service, Seder Dinner, and Easter Sunday. The number of people participating keeps increasing each year.

Easter Sunday: Earlier this year St. Jude's was gifted with a nativity set designed by West Coast artist Thomas Kinkade, known as the "Painter of Light".

An angel from that set was used as the centerpiece for decorating the altar for Easter Sunday.

I'm looking forward to our Christmas Eve service when we will use the entire set to decorate the church. The set includes ten individual figurines, ranging in size from 12 inches to 36 inches tall. It includes Mary, Joseph and Baby Jesus, shepherds, kings, angels and assorted animals. Each figurine is an exquisite piece of artwork.

Easter Sunday is always one of the busiest days of the year at St. Jude's. This year we had 66 people join us for Easter Services and our Aloha potluck social after the services. Several additional people joined us after the services were over, to share in the buffet.

As usual, Rev. Anne Scheible led the congregation in a wonderful service, but in addition to our Easter Service we had several extra treats. The "Hannah's Makana Ohana Hula" danced a hula prayer to "Rise Again" and Cordelia sang a solo of "the Holy City" with David Matson accompanying her on the piano.

We are always treated to wonderful music with David Matson on the piano, but for Easter we had a special treat when Ben Houghton, playing the clarinet, accompanied David for part of the services.

Aloha Potluck Social: we always have a potluck social after the service, but for Easter Sunday we do it a little different. Instead of letting everyone bring whatever they want to, the congregation was asked to bring a Breakfast

Casserole for the main course and to have salad, fruit, and vegetables

as sides. I'm not sure how

many dishes of breakfast casseroles we had, but I saw at least eight dishes.

Each one was different and each one was delicious.

Free Hot Shower & Soup:

The Saturday before Easter we set another record with a shower count

of 37. When the shower count grows, the amount of soup needed to our friends also grows. The day we had 37 people for showers, we ran out of soup after serving four large pots.

When we started the shower program we said that "if the number of people taking showers increased to where we couldn't get everyone through in one day we would simply open the shower for another day". However, now that we face that problem we realize that it would be difficult to do because we need 3-6 people to work the shower, make soup, staff the kitchen, and to launder the towels. We are already stressing our available volunteer staff working one day each week and we aren't sure we can support another day of shower and soup. However, if we build a second shower we can support twice the shower count without increasing our volunteer workforce, except what's needed to make more soup and wash more towels.

The support operations that grow with the increased
See "Church Yard" continued on page 17

I guess all St. Jude's can do is to help where we can and feed as many people as we are able to, and pray for a better time.

Don Hatch



Flavor of the Month

Father Tom Eklo



Reverend Tom Eklo will serve St. Jude's through May 29th. Thank you Father Tom, for serving our congregation with your love and wisdom.

Coming in June

The Reverend Mary Adelsberger

In a little over a month my husband Greg and I will be boarding a plane on our way to meet you all. We are both very excited to spend a month with you in June.

After 18 years of ordained ministry and 23 years in professional ministry, I am finally able to take a sabbatical, thanks to your generosity.

Most of my ministry has been spent in professional conflict management. I have been working with congregations in the midst of transformation and that has been difficult, but rewarding. Now I am preparing my education to move congregations in transformation spiritually.

This past year I have been working toward a spiritual direction certificate at the Sisters of Mercy Retreat Center. I have two more years of study with them, as I continue my call at my current parish in Woodland, CA.

I have scheduled myself in June to include study of Hawaiian Spirituality. I hope to visit the Tibetan Monastery, as well as learn about the spirituality of living Aloha.

I look forward to this little break in routine to refresh, hone new skills and practices, and simply to be with you at your parish!

Blessings,

Rev. A.N. Mary Adelsberger



Reverend Mary Adelsberger

ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls

Tropics Tap Bar will impress



Update: *Chickenholic* is "under new management" and I think its name has been changed to something original like *Korean BBQ*.

TROPICS TAP BAR. This is another installment in a small local chain. There is the Tropics Alehouse in Waikoloa and apparently two more pubs in Kona proper. This is basically a sports bar with a small menu. But since we had to go to the KTA to pick up a forgotten item, we stopped in. One of the saving graces of this location is a killer view of the ocean. For those who cannot get enough of the water, this is well worth the stop and much less expensive than Sam Choy up the hill with an equally killer view.

The restaurant fills a very large space with a huge bar and lots of big screen TVs strategically placed all over the walls and over the bar. The day we were there none of the TV sound was on. Baby Boomer music was playing loud enough to be heard but not so loud to drown out conversation. The food is not exceptional- however, that is not say it is was bad.

The menu listed the usual suspects one might find in a pub: wings, burgers, fried fish and chips, salads, etc. It did boast of fresh catch inspirations as well-sandwich, tacos, fish platter, etc., and that's when the fun began.

I ordered Tap House MacNut Ahi Poke

(MP which was \$15 that day) and it was surprisingly very good! We both enjoyed the very fresh fish and the subtle seasonings. Anna had the Tap House cheeseburger (\$12) which was cooked medium rare, flavorful and created with local beef and produce. For Anna, the roll elevated the burger to the next level. The fries, while piping hot, were not very crispy.

We also tried furikake calamari strips (\$10). The strips were breaded and deep fried in a suitable batter but it was the kabayaki glaze that sealed the deal. It brought a brightness to what could have been a mundane order of fried calamari.

There are salads for our meatless friends but no gluten free on the menu as such. And of course there is beer here as well as a full bar. There are numerous taps for a variety of beers but alas no Kona Brew selections on the tap.

The Girls say go graze if you're in the area or you want to impress your guest with a faboo view and decent food.

TROPICS TAP BAR

Open every day at 11:00a.m. to midnight. Live music W-S, 6pm-9p.m. Happy Hour [good prices too]. In the Keahou shopping center by KTA, Keahou



TO YOUR GOOD HEALTH

BY RAY HATCH

I think we all want to be healthy. You don't have to be sick to want to be healthier. Lodema (my wife) and I have been eating a pretty strict vegetarian diet with little meat, cheese or dairy for the last about 5 years because we want to be healthier. There are many paths to become healthier. There are all sorts of diets available for us to try, but the chart below makes the most sense to me.

This chart shows the relative amount of nutrient in foods. Raw green veggies have the highest content of nutrients per calorie and refined sweets (donuts or similar) has the lowest nutrient content! Donuts taste great, but they don't provide any nutrients.

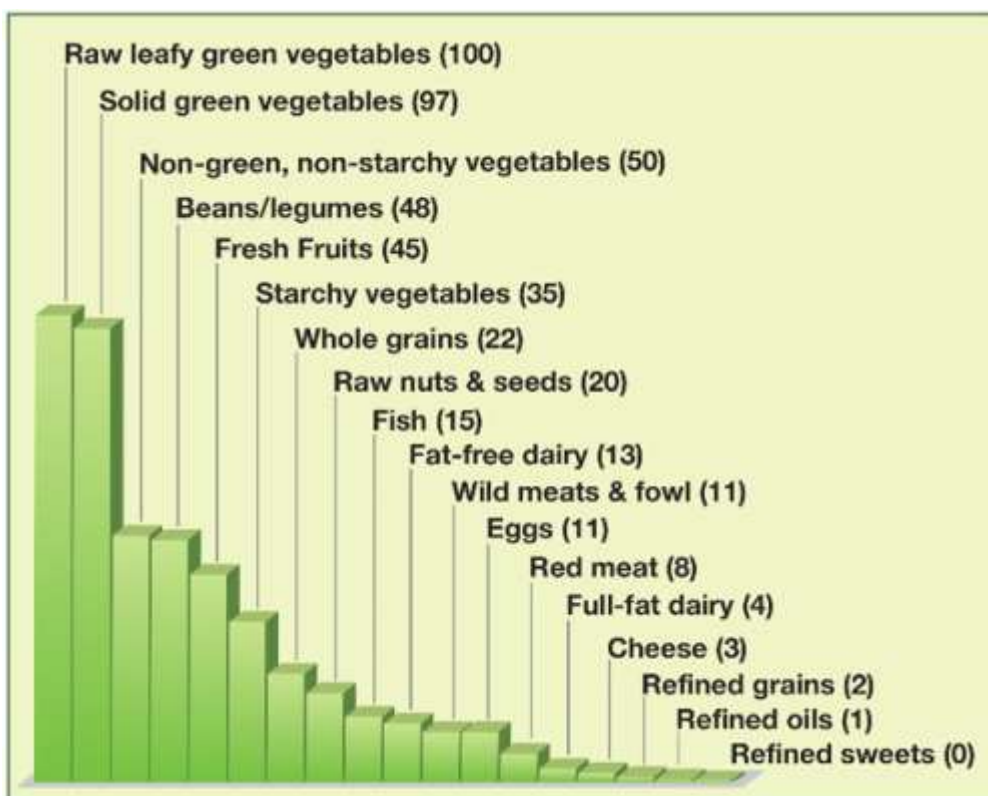


Chart from Dr. Fuhrman's Micronutrient Scores

From <http://www.drfuhrman.com> - See more at: <http://www.theranchmalibu.com/blog/?p=1037#sthash.6ZQb71B4.dpuf>

I think that we all recognize that if we are gardeners and we don't take care of the plants, they will not give us the fruit, veggies or flowers that we are

See "Healthy" continued on page 10

A Mother's Love

By Thom White



Tina and Austin

On March 22, 2013, life for our hanai daughter, Tina and grandson, Austin changed forever when Austin was critically injured in a car accident in Wasilla, Alaska. He was rushed to the hospital and put on life support. Tina was told by the doctors the worst news any mother could hear, that Austin's injuries were catastrophic and he could not survive without life support.

Monitors indicated no brain activity and doctors advised he be taken off life support. Also a request was made if the family would be willing to donate his organs. After much soul searching Tina made the difficult decision to take Austin off life support and to donate his organs. The morning came for Tina to say good bye to her little boy; he was only 5 years old. As she held him in her arms and looked into his eyes she saw that he was conscious of her presence and she knew that she could not let him go. She made the decision to fight for his life, no matter what it would take.

Thus began
ery. For
at her
I.C.U.s in
fought the
Tina was

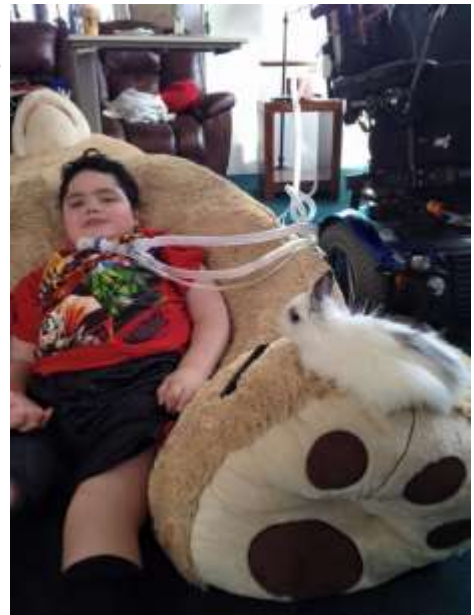
*She made the decision to fight
for his life, no matter what it
would take.* Thom White

the challenging journey for Austin's recovery the next year Tina spent her days 24/7 little boy's side. From hospital pediatric Alaska, Seattle and Baltimore, Austin battle to regain his life. Finally in 2014 able to bring Austin back home to Alaska.

Even though Austin is a quadriplegic and on a ventilator, Tina is determined to give him as normal a life as possible. Each step is a milestone. Austin is surrounded by a big Alaskan family of many aunts and uncles, cousins and friends. Austin goes to school. He has his own special Spiderman Van. He has a petting zoo of chickens and rabbits and pets.

Life is celebrated. Holidays are special. Through all this, a precious little boy with courage and an infectious grin, faces the world. By his side, his mother, like a mama grizzly bear, surrounds him with her love and protection.

Austin celebrated his 8th birthday recently. He has been in our prayers here, at St. Jude's since that fateful day. On this Mother's Day we honor and celebrate you, Tina. May God continue to bless you and Austin.



Austin with his rabbit.

In our prayers this month

For healing: Buffy, Sharon, Austin, and Mariah

For peace: Jerry and his mom, and Priscilla

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 men and women in law enforcement, firefighters, military personnel, health care providers, teachers and security personnel.



Celebrating this month

May Birthdays

- 4 Jerry Fine
- 8 Nancy Bondurant
- 17 JYM Duncan
- 19 Buffy Tuitjer
- 21 Bill Russo
- 25 Ava Rogers
- 28 Rev. Judy Hoover

May Anniversaries

- 30 Cynnie & Ray Salley



Healthy

continued from page 7

growing them for. If you are a gardener, you know that you have to feed and water your **plants and if you don't give them the right food** with a wide range of nutrients, the garden will not produce like you want it to. If you are **growing tomatoes and don't feed the plants, you will** not get as many tomatoes as you could. The first year or so, you will do fine, but soon the soil becomes depleted and you have to add nutrients.

For us humans, our source of nutrients is our **food, and if we don't get the nutrients we need,** we will not produce as well as we would like, just like the plants.

I think we all realize that we humans are very complicated things. We have millions and millions of different chemical processes going on in our body every second and each and every chemical process needs the right nutrients to make them work better. We are constantly making new cells, hair, skin, and everything else.

Our normal American diet is centered around meat, fish, dairy, and processed foods. The chart on page seven shows that for us that eat the normal American diet, we mainly eat things with a nutrient density 15 or below.

So how do you eat healthier? Just replace some of the things you are eating with a low nutrient density with fruits and veggies. Eat things as high on the chart as you can get. And if you want to get even healthier, start replacing other things you eat that are low in nutrient density with foods that are higher in nutrient density.

It really is that simple. The more you make the shift, the quicker you will see results.

Here are some websites: <http://www.forksoverknives.com>,

<https://www.drmcDougall.com>,

<http://www.drFuhrman.com/default.aspx>,

<http://www.whfoods.com/genpage.php?tname=george&dbid=81>

If you have any questions or comments, I can be reached at ray_h1941@yahoo.com.

*Oh, and those donuts? You don't have to give them up. Just eat lots of kale, broccoli and such to give you the nutrients they **don't have.***



Harry McKee Scholarship Foundation Scholarships

The Harry McKee Scholarship Foundation has awarded five Ka'u students with \$1000 scholarships. Three scholarship recipients attend Ka'u High School in Pahala, one Ocean View resident attends Konawaena High School in Kealahou and one student is a Ka'u High graduate, and is already attending California State University Sacramento.

The Harry McKee Foundation is based in Ocean View, and seeks to give Ka'u students assistance with higher education.

For more information visit: <http://mckeescholarshipfoundation.weebly.com>

THE 10 HORSE CHALLENGE

By Cynn timer Salley

Horse in the house

My guilt overwhelms me, as Cindy Cutts challenged me many months ago, to share stories of horses I have known. This started with a memory kindled by her story and photo of leading her horse into the house. I told her that her story in the February 2016 edition of Talk Story, reminded me of a time when I did the same thing. Therefore, this is the challenge, on which I have badly procrastinated.

Our family had a ranch and a beach house at Makua on the north side of Oahu, where we would go for weekends, and vacations, sometimes even, on the train. It was a long trek in those years. The military condemned it just after the start of WWII, to use as a place for maneuvers.

To get back to the horse, I was two or three at the time so my memory is very fuzzy, but bits and pieces still stand out clearly. A large tree sat outside the shower room, which was under the house with two steps leading down into it.

Horses were tied to the tree on a daily basis; there for anyone to go for a ride. Thank goodness they were tame, as I used to go toddling around and pet them anywhere that I could reach and the stomach was the most convenient.

On this particular day, it started raining and as every two or three year old knows, when it rains you go inside. So, I untied one of the horses and carefully led him down the stairs and into the shower, so he wouldn't get wet.

Well, it was a one way trip as far as I was concerned. I don't remember how the family knew that there was a horse in the house...but they knew and they had to get him out.



Cynn timer at Makua

The fuzzy part of this tale, is how the cowboys achieved that. But they did and I seem to remember that it took a lot of forward and backward maneuvering to finally successfully extricate him before I had a chance to try and bring the other two horses in out of the rain.

Next month I'll tell the second horse in the house episode.
Cynn timer



ANOTHER 10 HORSE CHALLENGE

By Cindy Cutts

This is Goldie, an American Quarter Horse gelding. Goldie was a retired cutting horse, fresh off a Montana cattle ranch when my dad bought him. At age 7, I was **getting impatient with my pony's slow pace, but while Dad was okay with a faster horse, he still insisted that any horse on our farm had to be "kid proof."** This meant no kicking, biting, bucking, easy to catch, well-broke and having plenty of good sense, all Goldie qualities.

Goldie was the biggest horse I'd ever ridden. He was powerfully built, with that traditional quarter horse muscled butt and equally strong chest. I could saddle Goldie by leading him up to the side of Dad's pickup, and then saddling him while I stood in the pickup bed. He was so tall that I couldn't get a leg up or a foot in the stirrup, so I climbed on from the edge of the truck. Goldie would just stand there and wait patiently for me to get up and down off the truck 10 or 15 times before I was finished saddling, bridling and getting on. As I think back on it now, it was a great exercise in problem solving for a little girl.

Goldie was solid and docile and probably very tired from life as a working ranch horse. He was quiet, never shied or balked at anything we threw at him. He was perfect for me, because he was so safe and dependable, but he still had that instant speed of his breeding. Goldie was really fun to ride if cows got out of a pasture, because while he may have retired from being a cutting horse, he still remembered it! I had to hang on tight to the horn, if Goldie was forcing a cow to go a **direction she didn't want to go, because Goldie never lost a cow in a cut.**

I especially loved riding Goldie when we'd go galloping full speed across the newly baled alfalfa fields. He was always easy to settle down after a good run, and seemed to have a sense about the riding level or the rider on his back. He would plod along if he were carrying a small child, but if an experienced rider got on, Goldie was ready to go to work and had a more spirited step. I gave a lot of toddlers their first horseback ride on Goldie because he was such a quiet, dependable horse.



Cindy with her little cousin riding Goldie

My little sister, Penny (about age 3) needed a reliable horse to teach her how to be a good rider, and after a fruitless search of kid-proof ponies, she started riding Goldie. I still rode Goldie when I wanted to, and took care of him as if he were my own, but Dad found me a fast little pony to ride when Penny and I would ride together.

The little town of Antigo, Wisconsin had a 4th of July parade and my little sister and I were very excited to be invited to ride in it. The plan was that Penny was going to ride Goldie in the parade, and I was excited to show off my new pony. I seem to remember that Penny won a prize for being the littlest kid on the biggest horse at the parade.

The parade ended at the fairgrounds, which just happened to have a race track. My friend Carol was riding her pony and bragging about how fast he was, and I knew that my new pony would leave her old nag in the dust. So Carol and I decided that we would race to settle the argument. Penny was riding Goldie beside us as we made the plan. We decided on a finish line and when we got to the starting gate, we told Penny to do **the, "ready, set go."**

When Penny shouted, "Go!" Carol and I spurred our horses onto the track, and the ponies were racing as fast as their legs could carry them.

See "Horse" continued on page 13

Horse continued from page 12

But what no one expected was that Goldie was not going to be left out of the fun. My little three year old sister was racing beside us and like a rocket, Goldie zipped past us, in true instant Quarter Horse speed. Penny was hanging on to the saddle horn, bouncing around like a rag doll on the big saddle and yelling, "Go Goldie! Go!"

Carol and I both leaned down trying to gain speed but in about 20 seconds Goldie had passed our finish line.

Our parents were watching the unplanned race from the other side of the track, in shock and horror, terrified that a tragic accident was about to unfold in front of them. But once Goldie crossed the finish line, he slowed down and then meandered over to the waiting trailer to go home.

Penny was so excited. She won the race! And being the responsible big sister that I was, I didn't even think about the danger of the event, but just that I still hadn't proven to Carol that my new pony was faster than hers. Cindy

Editor's Note - The 10 Horse Challenge is a Facebook game. It's a fun trip down memory lane of posting pictures of horse memories.

If you have a horse story (s) or photo, I invite you to share it with us at Talk Story. Please see our Talk Story guidelines at www.stjudeshawaii.org .



Ka'u Food Pantry Distribution

May 31, 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.

Holy Week Highlights



Seder Supper



Easter Flowers



Good Friday Chimes



Sweet,
sweet
smiles



Easter Highlights



Saints & angels showed up for Easter services.

Buddy blew the conch shell to call the service to order.



Church Yard

continued from page 3

shower participation are the making of soup and the washing of towels. We may need to start a team effort for both of these efforts each week because they are getting too big of a job for one person to handle.

Baby of the Week: Last month I mentioned that we had several babies at church, and wondered who the next “**baby of the Week**” would be.

The next Sunday was Easter and we had a Saint and an **Angel in church with us**. **Cynn timer Salley’s grandson Max Unger** (center for the New Orleans Saints), his wife Leah, and their 10 month old daughter Cameron (the Angel) joined us for Easter Services.

It’s always nice to see them, but it’s special to see Cameron because she’s at that age where she taking in everything around her. She will stare at you and when you finally make eye contact with her she laughs. She is almost at that stage where she can walk and run and when that happens they will really have a big job on their hand, but it will be lots of fun.

Ka’u Food Pantry: This month they fed 118 families which were made up of 46 seniors, 141 adults, and 82 children.

Karen Pucci, president of the Kau Food Pantry, said the overall monthly count is holding steady even though they are picking up a few more of the elder and homeless every month.

Community Church: Easter Sunday Laverne Mayzlik told me that when she was in Kona, after a medical appointment, she stopped by a Foodland store to do a little grocery shopping and while there she overheard several people discussing a church that was doing a lot of things to help their community and especially the homeless.

She thought “This sounds like my kind of church” and then they mentioned St. Jude’s by name. She said she felt warm all over when she realized that not only did it “sound like her kind of church”, it was her church they were discussing.

It’s always nice to hear some complete stranger sharing praise about St. Jude’s community support programs.

King Protea: In St. Jude’s courtyard is a king protea plant and last

month it started blooming. Actually it started blooming a couple months ago, but it is a very slow growing plant, and it takes a long time for the bloom to open. But once it is open, the blooms will last for months.



Proteas are all fairly slow growing, but when they flower they hold their blooms for months and when you use them for cut flowers, they will often last for weeks.

The King Protea is the slowest growing of the bunch and it has to be several years old before it starts blooming.

I planted several protea in the first house we had in Hawaii and while most of them bloomed in the second year, I planted three Pink Ice protea and they have started blooming this year which is five years since I planted them.

McKinney Place: We often mention our visiting priest **program and usually joke about our “Flavor of the Month”** priests. Part of that program includes a nice place for them to live while they are here, and that place is called McKinney Place.

Fr. Tom & Jean Buechele were at St. Jude’s for the year of 2012 and they spent that year helping us grow St. Jude’s and in turning some of our congregations’ dreams into active programs. For instance Tom was instrumental for getting our free shower program going and for getting the free medical van parked in our parking lot.

The other thing they did was to upgrade and re-decorate McKinney Place to get it ready for our visiting priest program.

Since McKinney Place has someone living in it most of

See “More Church Yard” continued on page 18

More Church Yard

continued from page 17

the time it is a bigger part of our ongoing maintenance effort and along with maintaining, we sometimes need to make upgrades on it.

For example, last month, almost immediately after Rev. Anne & Jim Scheible arrived our, next door neighbors, Francisco & Adrian Lobos were roasting coffee (see the **May 2015 issue of St. Jude's newsletter**) and while Anne was stepping closer to the edge of the cement slab, to see if she could find a better place to enjoy the wonderful roasting coffee aroma, she stepped off the edge of the slab and fell into the lava rocks – scratching herself and fracturing her wrist.

After Anne was patched up and on her way to being healthy again, our first reaction was to install rails to protect anyone else from having a similar accident. However, with a little more thought we decided we can enhance McKinney Place so it is handicapped accessible while fixing this problem. **Now we're looking at installing a ramp to the lanai (front porch/deck) that is wide enough for a wheelchair and would be placed near the edge of the concrete slab where we were talking about adding railing.**

Christmas Projects:

We have decided to do two projects in support of the Keiki (children) Christmas Party sponsored by the Ocean View Community Center.

We will provide Christmas Stockings stuffed with toys and school material. **Phyl Laymon's family will get the material, cut out the stockings and ship them to us. We will sew the stockings, decorate them, and then stuff them with gifts.**

St. Jude's should be available on Fridays when this effort starts, but we are considering doing part of this



project on Saturdays during our Shower and Soup program. That way some of our extended family will get involved with the church projects.

Last year a little boy told Beverly that the stocking he received was the most beautiful stocking he had ever seen. When she suggested that he could use it as his Christmas stocking he was surprised and excited that he could keep it.

We are also going to request the Church Periodical Club for a Mile of Pennies Grant (\$844.80) to purchase books from Scholastic Book Club. These will be given out at the Keiki Christmas Party.

We've done this in the past and it was a great time for everyone. I remember when one young boy took his three books, sat down on a rock, and read his books, and then brought them back to see if he could trade **them for books he hadn't read. I believe that in addition** to getting three new books he received a couple extra.

As we were giving out the books, JYM Duncan picked up a book to look at it and a young girl walked up to her and said "I think you are too old for that book".

St. Jude's Break In's: Over the last month we had two burglaries at St. Jude's. **The first one got into the church, but the only thing taken was some food.** The next time someone tried to get in through a window and it looks like they cut themselves in the attempt. In both cases there was no damage to the church, other than the damage caused by breaking in.

I guess all St. Jude's can do is to help where we can and feed as many people as we are able to, and pray for a better time. The congregation is committed to **feeding the hungry, St. Jude's has their free soup kitchen each Saturday, and the Aloha Hour after Sunday services as well. The Senior Nutritional Program gather at St. Jude's three times each week and offer free or low cost meals.**

The Ka'u Food Pantry gives out free food at St. Jude's each month. Also, two other congregations hold church at St. Jude's each week with food involved. Also, almost every day some organization uses our facilities and they often serve food.

St. Jude's will continue to do what we can and we will continue to pray for help and a better time.

give us this day our
DAILY BREAD



What's cookin' at St. Jude's?

New appliances have been installed in St. Jude's kitchen. With the help of a grant from the Diocese, we have a new refrigerator and range..

These new appliances will support hundreds of meals for our community. Thank you Bishop Bob, Father Moki and all of those who support St. Jude's kitchen ministries.



St. Jude's Kitchen

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

GET INVOLVED!



Dates to Remember

- May 1 May Day, Bishop's Committee Meeting
- May 6 Cinco De Mayo - Doors open at 6 p.m.
- May 7 Lemonade Day, Clean the church
- May 8 Mother's Day Brunch, Thom's cooking
- May 14 Island wide Confirmation at Christ Church
- May 29 Aloha to Rev. Tom Eklo
- May 31 Tropic Care

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. However through May 10th the group will be meeting at the home of Cindy Cutts.

All women in the community are welcome to attend. Currently, the group just began 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 SJBS study guide is available as a download pdf on our website. Use YOUR favorite Bible translation.

If you would like to attend and need directions, please email cindycutts00@yahoo.com. 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.



Friday May 6th 2016

**Please join us for our annual Ocean View
Cinco de Mayo party**

Doors open at 6:00 pm and dinner will be served from
6:30 pm until 9:00 pm

Live music provided by **David Matson & Friends**

Along with live music you get Dinner which includes Cerdo Verde Enchiladas (pork with green chili sauce), Salad, Frijoles Refritos (refried beans), Drinks, and Dessert

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

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.

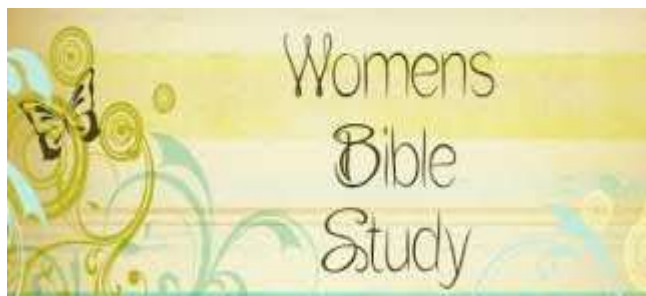
You can also pre-purchase tickets from Thom White, Elaine Meier, or Cordelia Burt.
The event contact number is 808-939-7555 (leave a message)

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

Temporarily at Cindy Cutts' home April 12 ~ May 10th



Fridays at 9:30 a.m.

McKinney Place



Lemonade Party

May 6th 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

Publisher: **St. Jude's Episcopal Church** Printing & Production: Richard Burt
Editor: Cindy Cutts ~ Contributing Editor Don Hatch ~ Photographer: Don Hatch
Columnists: Don Hatch, Karen Pucci, Cynnle Salley, Thom White, Ray Hatch
Proofreader & Fact Checker: Don Hatch, Ray Hatch, Beverly Nelson & Cordelia Burt

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.