#### St. Jude's Episcopal Church Monthly News Magazine



## Talk Story



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

92-8606 Paradise Circle P.O. Box 6026 (808) 939-7000 www.stjudeshawaii.org Volume 5 ~ Edition 11 November 1, 2018

## Prepare for Bishop Curry to visit Hawaii

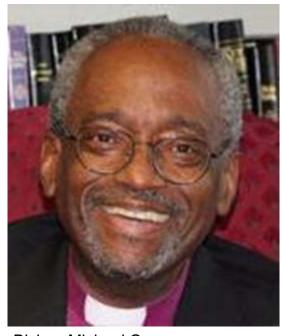
#### By Bishop Robert Fitzpatrick

The Most Reverend Michael Curry, the Presiding Bishop of the Episcopal Church, will be with us in the Diocese of Hawai'i on March 22-24, 2019.

Please mark your calendars particularly for Friday (March 22), Saturday (March 23) and Sunday (March 24). More information about the visit will be forthcoming. I pray this will be a time of renewal in the Diocese.

To prepare for the Presiding Bishop's visit, I invite all members of the Diocese to prepare for a time of prayer and study of Scripture. I specifically want us to study and pray through the Gospel of Matthew from Monday, October 15, 2018, through Thursday, March 21, 2019.

See "Curry visit" continued on page 15



Bishop Michael Curry



Steve Stigall, Constance & Dan Garrett

## O'hana Thanksgiving feast

St. Jude's third annual Thanksgiving feast for our church o'hana will be Saturday, November 17<sup>th</sup>. Instead of soup for our shower clients, Steve and Dan will head up a volunteer group to serve a traditional Thanksgiving feast.

The entire congregation is invited to drop by between 10:30 a.m. and 1 p.m. to celebrate our blessings with our regular Saturday visitors.



## CELEBRATING SAINTS AS CHURCH YEAR ENDS

BY CORDELIA BURT, BISHOP'S WARDEN

Our church year is coming to a close and November is a busy month. November 1st is the actual day to celebrate All Saints Day but since it doesn't always fall on a Sunday, the church often celebrates that day on the first Sunday of the month (November 4th this year).

The liturgical color for this Sunday is white. The church remembers this day the communion of saints, known and unknown, the cloud of witnesses to the faith with which God has surrounded us. So on this day we remember the saints of St. Jude's who have gone from labor to rest and we thank them for all that we have because of their untiring work and commitment.

We also say thank you to all who continue to labor on to keep St. Jude's in the forefront of our community. We thank the saints that keep the showers open, cook and serve the soup, keep the computer lab open and see that there is always money to make things happen. Continue on oh faithful saints, as we continue to be the hands and feet of Jesus.

Come be with us as we have Thanksgiving lunch for our shower and church community on November 17th. Sit down and hear the stories of those who serve and those who come to be served. Give THANKS to GOD for all our many blessings and praise him.

On Sunday, the 25th we celebrate the last Sunday in this long season of Pentecost and prepare ourselves for the coming of Advent on December 2nd. I personally want to say THANK YOU to everyone that does so much to help around the church and those who are always in prayer for everything and everyone.

Thank you; we couldn't do it with-out all of you.





## Around the church yard

By Contributing Editor Don Hatch

<u>Bingo:</u> The last Saturday of each month is Bingo Day. Joan Guithues began the program about a year ago, and she is the leader. Thom White calls her the **Patron Saint of Bingo**. Since Joan first started Bingo, the number of people playing has increased and the prizes for the winners have increased.

Joan usually has one of the students setting at the front table with her and they learn to call out the numbers. Now that Bingo has become so popular, there are lots of prizes for the winner. The prizes are spread out on the head table.

Last month one of the bingo winners came to the head table to choose their prize, and the prize he chose was Joan's personal water bottle. Undaunted, Joan gave it to him.



<u>Computer Lab</u>: Our Computer Lab first opened on April 14<sup>th</sup> so it has been open for 28 weeks, and it is an enormous success.

We have been averaging 12-13 people in our Saturday open lab time. Since we only have six computers this means people are sharing the same computers. Our busiest day was when 19 people used the lab.

The lab has been open for over 110 hours and with an average of 12 users each Saturday that comes to around 1,350 hours of computer access for our community.

Last Saturday (October 13<sup>th</sup>) we had a new student so I explained how to sign in, ex-

plained about the rules and I gave him a set of earbuds. He sat down at one of the computers, plugged his earbuds in, and then looked at me and said "I don't know how to make it work". Daden was sitting next to him and he told me that he would help. Daden asked the new boy what he wanted to do, then showed him what to do and after a little while, the young man was doing ok on his own, Daden went back to his computer, but watched the new boy to make sure he didn't need any more help.

Daden is one of the regulars in our lab and is always willing to help the new users, he often helps set up at the start of the lab and put the computers away at the end. He is also very good at letting the new users know about the lab rules and often tells them about no liquid or food around the computers before I do.

Today (October 20<sup>th</sup>) a lady walked up to Jasmine as we were taking down the computer lab and ask her if she worked in the computer lab, and Jasmine said, "Yes." She confessed that she didn't know much about computers and wanted to learn. She asked Jasmine if she could come to the Computer Lab and learn how to use the computers. Jasmine told her, "Yes, I can help you learn how to use the computers". This was one of the goals for our lab in the very beginning – to help people learn new technology. Paulette Zupancic has been helping the Senior Nutrition Program seniors learn to use software, social media and manage their cell phones as an extension of our computer lab.

Mobile Spay and Neuter Clinic: The Hawaiian Humane Society had their mobile unit working in our lower parking lot on Monday, October 8th. They were open from 7:30 am until 4:00 pm.

<u>Future Dates in Ocean View</u> are (1) Monday, November 5<sup>th</sup>, and (2) Monday, December 3<sup>rd</sup>.

Hawaii Humane Society strives to make spay and neuter accessible and affordable for the Big Island, Hawaii residents. Low-income

See "Church yard" continued on page 21

### **CHEAP EATS**

## Groovin' with the Grazing Girls

#### By Karen Pucci

We thought it a good idea to reiterate some of our fave cheap eats places. Many of us will be having family and friends descend upon us and it would be nice to know there are places you can go without sacrificing the monthly budget. Some of them have not yet been officially reviewed but we have sampled and approved. Unless otherwise noted, they accept credit cards, but always check ahead. Things can change.

First off, BIG ISLAND GRILL [Kona on Kuikini]. Good food, a/c, reasonable prices. Daily set specials. Portions are huge.

PINE TREE CAFÉ off of 11 on the way to the airport. Very inexpensive, served on disposable plates, good food and now that there is a traffic light, easy to access and to get out. Great for a quick bite before the flight or on your way home.

KAMANA KITCHEN INDIAN FOOD at the wharf shops in Kona. Good food, not muddy tasting, spicing can be absent or melt your tongue, up to you.

JUNJIRI- Excellent Thai food, not open on and Kaiwi. weekends. Cheap and fresh. Underneath Choice Mart in the middle.

ONE ALOR

Right down the street is the MANAGO HOTEL. Good food for a lot less than most places charge. Meal hours are limited so check ahead.

ISLAND ONO LOA.-Absolute must visit for burger lovers in the back alley on Ali'i Drive.

ROB'S BAKERY by Patz Pies, Kealakekua. Inexpensive, fresh food, emphasizing breakfast goodies and "grab n goes".

THAI GRINDZ FOOD TRUCK- Currently parked on the high graded lot the corner of Kona Blvd and Highway 11 here in OV. Colorful food truck Friday-Sundays 11:00a until sundown. Items under \$10, great food and a hoot to visit. They usually have Jackson chameleons by the order window.

TITA'S TACOS at Hana Hou in Na'alehu. Inexpensive tacos and they taste terrific. CASH ONLY. 11:00a to 6:30p [M-F] and 11:00a-3p [Sat/Sun]

COSTCO. Hey where else can we get a hot dog and a soda for \$1.50? They have expanded to chicken bakes, pizza by the slice or whole, Caesar salads, mocha drinks, hot turkey bakes, BBQ brisket and other things.

EL MAGUEY-Cali/Mexican style (Kona). Good food. At the 4 way stop at Kuikini and Kaiwi.

ONE ALOHA one of the best shave ice stores we have found. In Kona on the Kuikini Highway now across the street (mauka side) from Big Island Grill at the Hanama light. They serve straight up ice cream too. [Note: BIG ISLAND SHAVE ICE has moved out of the now defunct Blue Dragon parking lot; don't know where it went].

See "Grazin" continued on page 29

#### Exclusive NFL Coverage



Talk Story

# Sports

by Cynnie Salley, Talk Story Sports Correspondent

## **FOLLOWING THE YELLOW BRICK ROAD**

Editor's Note: Max Unger, #60 plays Center for the NFL New Orleans Saints. He is the grandson of Cynnie and Ray Salley. Max grew up on the Big Island and lives here during the NFL off-season.

## FOLLOWING THE YELLOW BRICK ROAD - WEEK 4

#### 9/15/18

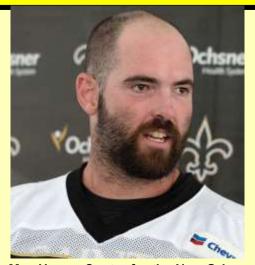
Another day spent taking it easy and getting over my cough! Cynda and Keith came over to pack their clothes as they leave early Monday morning. Ray and I went to Cochon Butcher for dinner...it's a chacouterie with high tables and stools and a menu. Good food, uncomfortable seating for these o ps. Game day tomorrow!

#### 9/16/18

Up-and-at-em...getting ready to go to the game. Cynda and Keith came by to pick us up and off we went. The game was a nail biter and Max had a monster bull dozer opposite him who gave him a lot of trouble!! So, the Saints did win...but Max wasn't happy!! We went to their house and had pizza and salad, said farewell to Cynda and Keith and then went back to the condo and bed! Tomorrow, we baby-sit Elliott.

#### 9/17/18

What a day it has been. We were at Max's by 7am. Ellie was up and her breakfast was ready. This little girl eats anything put in front of her. I fed her oatmeal...a big bowl of it and she ate a ba-



Max Unger, Center for the New Orleans

nana and some cantaloupe. Cynda, last week, took her to the Dr. for her 1 yr. checkup. She was in the 90 percentile for height and 70 for weight for her age...and then we played and read until her morning nap. After that it was snack time and then lunch...they kind of ran together, then played. Ray and I were going to take her to the aquarium, but on second thought decided that wasn't a good idea.

Max had put the car seat in the car, so we decided to go to the store. Well, the stroller needed an engineer to fold it up and take it...way over our pay grade, so that stayed home. I put her in her car seat and put the shoulder straps on and hooked them and tightened them up. But there was a buckle between her legs that something was supposed to hook into and I couldn't find anything anywhere.

See "Saints" continued on page 18



## EELIN' GROOVY

BY BUFFY HITES

I'm not where I wanna be but I'm where I need to be. According to what I've heard that's how God does things sometimes. God knows that tent life in rainy weather is not much fun. I'm not talking about camping, I'm talking living in a dome tent that I can't even stand up straight in. Does that sound like a place you'd like to be as it's pouring down on top of you?

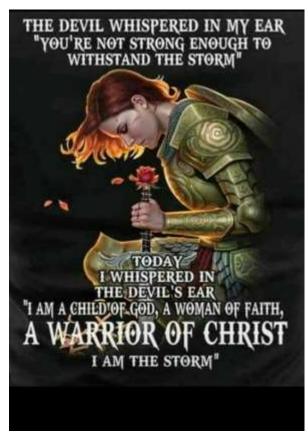
Believe me it's way better on dry days at least then I can be outside and stretching. Like I say it gets a little dreary on rainy days. It's a whole other story if it's hot and sunny. This is when one searches for shade. The tent feels like an oven on these days so it's best to stay out of it at least til the shade hits it.

I could complain so much more than I do. I need to look at the whole picture not just dry or rainy. I have something that resembles a roof over my head and I have a place to lay my head. I'm not where I wanna be by any stretch of the imagination. I long for walls and a floor and a roof but apparently God doesn't want me in such a place at this time. I do, however have hope that one day soon I will have so much more than I ever dreamt possible.

I believe God wants us to live life in abundance not to just barely scrape by. These times I tend to believe the lie that God is being a deadbeat dad and has just left me to the wolves.

I know better than this, but I'm flippin' human and completely over qualified in making mistakes. When I fall into my stinking thinking I'm darn sure not a happy camper! Negativity in my world goes crazy with me. If I give negative I=Issues any room in my head will multiply by ten. It's at T=To this time that I had better be praying. I like to keep an arsenal of positive sayings somewhere in my phone or on my fb.

A favorite of mine right now from Robert Sullivan is this:



This message gives me a true sense of who God wants me to be. How can I help but feel powerful. I am a CHILD of GOD, a WOMAN of FAITH, and to me and whoever wants to stop me I am so storm ready! Wet will dry eventually and the sun will set at the end of the hottest of days. Hang on to the FAITH.

F= Forward

A=AII

H=Heaven

Exactly the right thing to do cause my Father

See "Groovy" continued on page 24



### I DON'T KNOW WHAT TO SAY

#### BY DAN GARRETT

The nature of my work as a flight, emergency, hospice and ICU nurse, and then as a poison information specialist resulted in a nearly daily, and, sometimes, multiple times daily, need to be of comfort to people who were experiencing fear, anxiety, anger, grief and loss. Often I found myself feeling the need to say something of comfort, but also feeling unsure what I could offer that would actually help. Over the years I came to understand that in most of these situations, what I managed not to say was much more important than what I said.

how much you know how care." Truth have signififort and anxiexperience and anxiety discomfort say things

Over the years I came to understand that in most of these situations, what I managed not to say was much more important than what I said.

Dan Garrett

is, most of us cant discomety when we pain, suffering in others. This can lead us to like, "I know "When this hap-

how you feel....", "When this happened to me, I.....", or, "I knew someone who had exactly the same thing, and...". When we move in these directions, it is usually our own anxiety or feelings of inadequacy we are addressing, and not the needs of the person we are trying to comfort.

I had a wonderful lesson in sharing actual comfort from an amazing human being when my partner died of cancer after several months of terrible pain and suffering. The lesson came from an elderly church friend who had been widowed twice and had cared for two adult children who died. "This is your journey, " she said, " I can't tell you how to make it, and neither can the folk who are likely to tell you what they did or what they think you should do. I don't know what you're going through, and neither does anyone else. Do what you feel is best. I'll pray for you, and with you, if you like. If there is something I can do to help, I will certainly try."

For me, there was tremendous comfort in her recognition that my situation was unique simply because it was mine and happening to me. It gave me a new perspective on trying to help others in difficult times, and helped me understand that often the most comfort I could offer was, "I am sorry this is happening. I'm praying for you. Please let me know if there is anything I can do."



## Flavor of the Month The Rev. Richard Stetson



Returning to St. Jude's in November is The Reverend Richard Stetson. He will serve St. Jude's through the end of November.

## Rain, Rain go Away Come Again Another Day

#### By Don Hatch, Contributing Editor

We've had a very different rainy season this year. The last couple months has been similar to the rainfall in Bangkok Thailand. Dry and warm in the morning and then in the afternoon clouds would form and it starts to rain. I've visited Bangkok several times and around 1:00 pm we would start looking for a restaurant or bar to go into until the rain stopped.

Recently many of our afternoon rains have been like that. A storm didn't blow in, the clouds formed over us and it started raining.

Yesterday it was nice and sunny, then around 2:00 pm it started raining and in 2 hours it rained 2.5 inches. This month we have had 11.25 inches which is the wettest month since we moved to Ocean View.

So far this year we have had 34.25 inches of rain, with over two months remaining in the year. This year there were three months with no measurable rain and six months with 1.5 and 11.25 inches of rain.



On October 19th, two inches of rain fell in an hour and flooding occurred in Ocean View.

So far this year we have averaged 3.4 inches per month.

I moved here in late 2011 and started measuring the rainfall in my yard in 2012. Across those seven years we averaged 18 inches of rain which is 1.5 inches of rain per month.

In 2014 had 34.5 inches of rain. That year every month had rain and eleven of those months had between 1.25 and 8.5 inches of rain. June 2014 was the only month with less than an inch of rain.

## ST. FRANCIS OF ASSISI

#### BY THOM WHITE

We celebrated the life of St Francis in October, with the Blessing of Animals by Rev. Mary at St Jude's. Growing up, St. Francis was one of my favorite saints. He was born in 1181 in Assisi, Italy. After a decadent youth of pleasure and sin he longed for something more meaningful.

I loved the story of St. Francis, giving up a life of wealth and privilege to retreat to a simple life in the Italian country side; a life of solitude, service and prayer. Besides his love for his fellowman, St. Francis called all creatures his brothers and sisters which earned him the title Patron Saint of Animals. Some people accused him of madness and others called him holy.

St. Francis founded the religious Order of the Franciscan in 1209 AD. Members take vows of poverty and chastity and service.

An interesting story is found in early church history. In 1219 St. Francis went to Egypt in an attempt to convert the Sultan and to put an end to the Crusades. Another story tells of St.



Blessing of our furry friends. Left to right: Wingnut, Carmen, Molly, Zoey, Lucy, Carlton

Francis' love and faith that created such religious ecstasy he bore the Stigmata, the wounds of Christ's passion.

St. Francis died in October of 1226 at the age of 44. His message of love and service inspire many today. He was canonized a saint, two years after his death in 1228.

The prayer of St Francis is favored by many and truly reflects the lifestyle he lived:

Lord,

make me an instrument

of your peace;

where there is hatred,

let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness,

joy.

- St. Francis of Assisi

Blessings,

Thom



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

For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. Matthew 25:35

### Thanksgiving Green Bean Bacon Casserole

#### Ingredients

3 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon white sugar
1/4 cup onion, diced

1 cup sour cream
½ cup crumbled bacon
2 cups shredded Cheddar cheese
3 cans green beans, (French sliced)
drained
1/2 cup crushed Ritz crackers
1 tablespoon melted butter



#### **Directions**

- 1. Preheat oven to 350 degrees
- 2. Fry or Oven roast the bacon to crisp and brown. Crumble and set aside.
- 3. Melt 3 tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for about a minute. Stir in the salt, sugar, onion, and sour cream. Add green beans, and crumbled bacon, then stir to coat.
- 4. Pour mixture to a 2  $\frac{1}{2}$  to 3 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and 1 tablespoon melted butter, and sprinkle over the cheese.

Bake for 30 minutes or until the top is golden and cheese is bubbly.

This recipe is also delicious without the bacon.



## In our prayers...

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

## This month we pray for:

Kindness, tender-hearted forgiveness and love in our relationships.

**Healing:** Frankie, Carmen, Halley, Brittney, Pynne, David, Faye, Marie, Zach, Mark, Ann, Margy, Keith, Carrie, Max, Kathy, Larry, Mike, Sam, Richard, Bill, Ray, Cynnie, Thom, Doug, Greg, Norma, Donna, Ted, Teri, Austin, Norma, Donna, Ted, Amy, Deanna, Arthur, Ruth, Cordelia, Kepi, Travis, Jerry.

Strength and comfort for all who suffer loss.

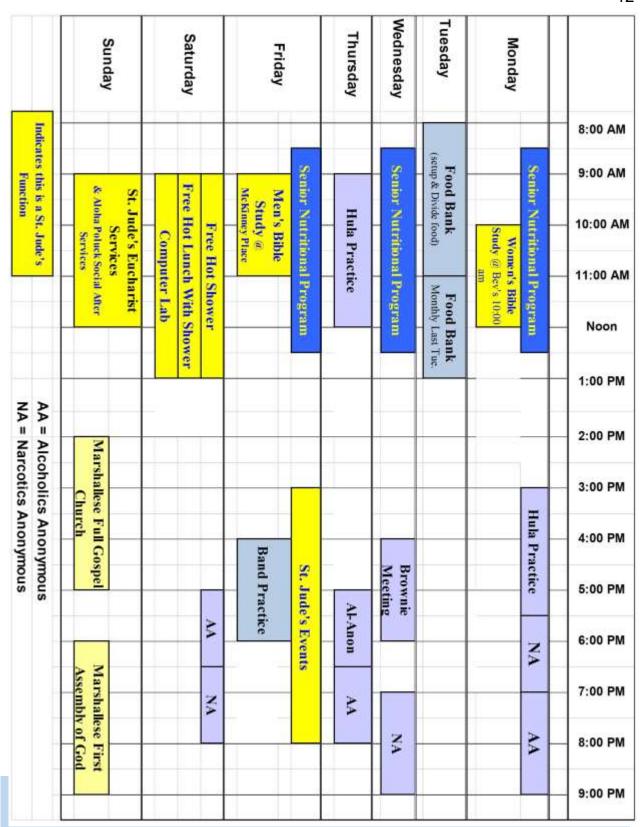
Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling. Protection from natural disasters.

**Safety, wisdom and courage** for 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.

**For more volunteers**, willing hearts to support the shower ministry, the Saturday soup kitchen and the computer lab.



St. Jude's Weekly Schedule

## From Bishop Bob Remembering Queen Lili'uokalani

There will be special Evensong on Sunday, November 11<sup>th</sup> (5:30 PM) at the Cathedral of St. Andrew, Honolulu, to commemorate the 101<sup>st</sup> anniversary of the death of Queen Lili'uokalani. In keeping with historic Church practice, this commemoration is observed on November 11<sup>th</sup> as the date of the Queen's death, and, therefore, when she entered into the greater glory of God and the communion of saints.

The Episcopal Church's liturgical calendar now authorizes this observance for local use on this day. As a Diocese, we have resolved to encourage Queen Lili'uokalani's inclusion in the general liturgical calendar for the entire Church. An important part of that movement will be need to be that we encourage commemorations throughout the Diocese. The Standing Commission on Liturgy and Music was directed to present "the 80th General Convention [in 2021] with a clear and unambiguous plan for a singular calendar of 'Lesser Feasts and Fasts.'" Local commemorations are strongly encouraged and



the Queen is accounted as such. We must encourage commemorations throughout the Diocese providing liturgical resources (I will look to the Native Hawaiian Ministry Committee to take up this work for the good of the whole Diocese). We then need to share it nationally and internationally (encouraging a cultus of particular popular devotion in remembrance of the Queen). We also need to build an argument about why the Queen should more than a "local" commemoration and is a witness to the whole Church. We can then return in 2021 to press for her inclusion in the liturgical calendar (or maybe in 2024).

What can you do? If you are on Oahu, you can attend and encourage attendance at the Cathedral's Evensong (Sunday, November 11<sup>th</sup>, at 5:30 PM). That morning in your local worship, remember the Queen in the Prayers of the People. You might you include the following collect:

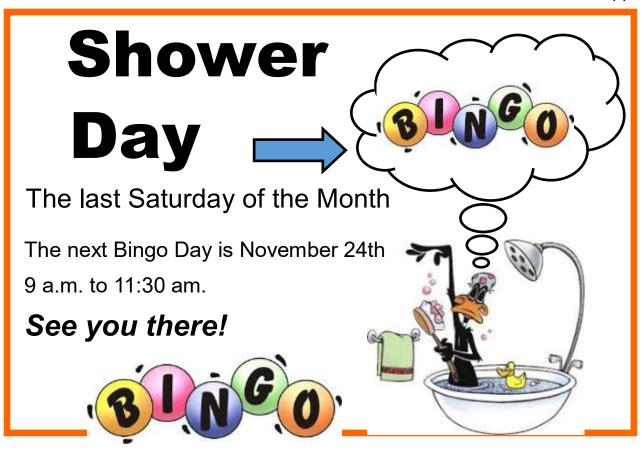
#### Traditional language:

Almighty God, we praise thee for the life and witness of Queen Lili'uokalani, who in the midst of great adversity remained steadfast in her commitment to peace, forgiveness and service to thee. Accept, we pray, our gratitude for a faithful example in her perseverance, her gift of song, and her love for her people. All this we ask in the Name of our Lord and Savior Jesus Christ; who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

#### Contemporary language:

Almighty God, we praise you for the life and witness of Queen Lili'uokalani, who in times of great adversity remained steadfast in her commitment to peace, forgiveness and service to you. Accept, we pray, our gratitude for a faithful example in her perseverance, her gift of song, and her love for her people. All this we ask in the Name of our Lord and Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

For those on Oahu, I do hope you can be with us at the Cathedral for Evensong on November 11<sup>th</sup> (5:30 PM). I certainly pray that the entire Diocese will remember the Queen on that Sunday.



## **November Dates To Remember**

- 3 Plant Sale/Jumble Sale/ Pancake Breakfast
- 4 Bishop's Committee Meeting
- 5 Spay/Neutering Clinic
- 11 Veteran's Day
- 17 Turkey Dinner for all
- 22 Thanksgiving Day
- 24 Bingo Shower Day
- 25 Last Sunday of Pentecost
- 27 Ka'u Food Pantry



### **Curry Visit**

#### Continued from page 1

A schedule to read through the Gospel over the course of those 158 days (excluding Saturdays and Sundays, as well as Thanksgiving and Christmas) may be found on the diocesan website **HERE**.

I particularly call us to a method of Bible reflection called *Lectio Divina* ("divine reading"). Though a very old prayer practice, I have been using *Praying Scripture for a Change: An Introduction to Lectio Divina* by Tim Gray (Ascension Press, 2009) as a guide (page numbers noted below are from this book). I do need to note that Gray is a conservative Roman Catholic and some of his insights may not be helpful in our context. The method suggested, however, can be valuable.

Though other translations of the Holy Scripture can certainly be used for this prayer, I encourage you to consider the Common English Bible (CEB) translation (http://www.commonenglishbible.com). In the <u>Scripture schedule</u>, there is link each day to the lesson of the day at the CEB in the Bible Gateway Online Bible (https://www.biblegateway.com).

#### The Five Steps of Lectio Divina

- 1) This is the first step, called 'Lectio' ("reading"). For this first step, read the passage as if you've never read/ heard the story before. You might even consider reading the passage out loud. Carefully and slowly read through each sentence and try to notice different words or phrases as they jump out to you. As Gray suggests, "As you begin *lectio*, then take a moment to ask God to help you switch off the cell phone in your soul" (page 44).
- 2) The second step called 'Meditatio' ("meditation"). Read the scripture passage again, and take a few minutes to sit and be in that moment. Imagine you're in the story. Who are you in the story? What are your senses? What does it look like? Can you hear anything? How are the

people in the scene feeling? How do you feel when people speak or act? Pray through what you experience and let God speak to you. It's a lot more about listening than about talking, and about seeing what God wants to show you. What is it like to experience Jesus' presence, words, or actions? How do you react? What goes on in your heart? What prayer is on your heart? As Gray reminds us, "In contrast to meditation techniques aimed at emptying the mind, Christian meditation makes full use of the intellect in an effort to understand God's Word and to hear God's voice" (page 62).

For those who would like an aid with the readings and *Meditatio*, I suggest a two-volume commentary/reflection from Anglican Bishop N.T. Wright: *Matthew for Everyone: Part 1, Chapters 1-15* (Westminister/ John Knox Press, 2004) and *Matthew for Everyone: Part 2, Chapters 16-28* (Westminister/ John Knox Press, 2004). These books include the full text of the readings from Matthew's Gospel with the Bishop's comments on each passage.

- 3) The third step is 'Oratio' ("prayer"). Read through the scripture again, slowly lingering on each verse. Now, offer to God the prayer of your heart. It's time to pray it, to turn it towards God and respond. The emotions and thoughts that have come out of meditation move us into authentic prayer conversation with God. Your prayer doesn't have to look any particular way. Share with God whatever is on your heart. If you're struggling to pray, tell God and ask for help. "The key is to remain in relationship with God as you mull connections and implications your meditation on Scripture has for your life and for the lives around you" (page 79).
- 4) Read the passage again and then it's time for 'Contemplatio' ("contemplation"). This is a heavy word that really just means to sit and reflect. Take a few minutes to sit quietly with God. What was shown to you? What did you say to God? Be calm and listen. Something you might like to do is journal or make a note in the margin of your Bible so that your

See "Bible study" continued on page 16

### **November Birthdays**

- 3 John Fowler
- 10 Ray Hatch
- 22 Kepi Davis
- 29 Karl Schaupp



### **November Anniversaries**

- 10 Brian & Marty Marsh
- 10 Karl & Rebecca Schaupp



## **Bible study**

Continued from page 15

thoughts/feelings don't get lost once you're back out in daily life.

5) Gray adds a fifth step to the traditional *Lectio Divina: 'Operatio'* ("work" or "action"). Here you can consider how our time with the Scripture will impact our practice as a follower of Jesus Christ. Is there something from the day's Scripture reading and time of prayer that leads you to a particular action or behavior (or change in behavior) that can be engaged today? This, too, is something you might like to record in a journal or the margin of your Bible.

I suggest concluding with two prayers from the Book of Common Prayer:

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

O God, by your grace you have called us in the Diocese of Hawai'i to a goodly fellowship of faith. Bless and renew us, your people. Grant that your Word may be truly preached and truly heard, your Sacraments faithfully administered and faithfully received. By your Spirit, fashion our lives according to the example of your Son, and grant that we may show the power of your love to all among whom we live; through Jesus Christ our Lord. Amen.

Yours faithfully,

+Bob

The Right Reverend Robert L. Fitzpatrick Bishop Diocesan The Episcopal Diocese of Hawai'i



# & PLANT SALE

Please join us at our annual Ocean View Jumble Sale, Plant Sale, and Pancake Breakfast.

## Saturday, November 3rd 2018

Doors Open at 8:00 am

All You Can Eat Pancake Breakfast

Adults \$3 - Children(6-10) \$1 - Younger Children Free

We have Potted Plants, Kitchen Tools, Hand Tools, Home Made Cookies, Gourmet Mustard, St. Jude's Coffee, Mac Nuts, Craft Products, Jams, Jelly, and much much more

We Have Quality Items at Great Prices

## Takes place at



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

The southeast Corner of Keaka Pkwy and Paradise Circle



### Saints continued from page 5

So I figured she was in there tight enough. got in and started the car, put off the hand brake and Ray says from the back seat next to Elliott. You had better come back here...She's fine says I...No he says, her head is where her butt was...oops...put the car in park and on with the hand brake and go back and sure enough his description was very accurate!! At that point, we decided not to go to the store...lifted her out of the car seat and found the inserts into the buckle...she was sitting on them, and we all went inside and played some more, until afternoon nap time. Max came home while she was sleeping, so off we went to the condo. Leah is coming home this evening and Ellie will be so happy to see her! We were honored that these 80 yr. olds were trusted to babysit. I now know that as long as I can outrun them...we're copacetic. Enough for today...

#### 9/18, 19, 20/18

It's been a lazy week and it has been sooo hot and muggy! Being outside is miserable! We stuck around the condo with forays out and about to run errands. The highlight of the week was going to Emeril's for dinner with Leah and Max. Ray and I walked down there and back...a bit less than 1/2 mile each way! Dinner was good...It was "date" night for them....no kids!

#### 9/21/18

Off to Atlanta today. We decided to do it in two days going and one returning on Monday. We stayed just outside of Montgomery at Wind Creek Casino and Hotel. Not a good choice. Casinos have that liquor/stale cigarette smoke odor that permeates everything. We walked all around the Casino looking for table games: blackjack, roulette...maybe craps...But only slot machines to be

found. As I believe that the slots eat up your money faster than any other betting game...we had dinner and went to our room. The rooms were very comfortable...In fact the bed was the most comfy I've been in since leaving home! End of week 4...

#### WEEK 5

#### 9/22/18

We slept in this morning...then got organized and checked out heading for Atlanta. We needed gas for the car and food for us. We found a gas station and a Waffle House so everything got filled up! It was a about a 2 1/2 hour drive, mostly through forest and fields; cotton and hay. Found our way into the city and to our hotel. We are staying at the Omni which is fairly near the new Atlanta stadium. It is huge and strange. It's part of the very big CNN complex which incorporates the basketball arena with the football stadium across the street. We started to walk up to it this afternoon, but it is much too hot for us to exert ourselves very much. Besides that, Ray has caught my cold and his cough is worse than mine was. Think we will see if we can find a taxi to take us tomorrow. By the time we got back we were both dehydrated...so went to McCormick and Schmits for an early dinner and lots of water!! Then to our room and bed. Game day tomorrow!

#### 9/23/18

What a game!! Touchdown followed touchdown; first one team and then the other. It was nerve racking to put it mildly. At the end of the game the score was tied, so it went into overtime. We won

See "More Saints" continued on page 19

#### **More Saints**

#### Continued from page 18

the toss to determine who went first, and the rest is history. Max played so very well! So, to back up a bit, we did take a taxi to the game. As we were there early and Max had left passes for us which enable us to see him after the game, we went to try to pick them up at will call. These big stadiums are so difficult to get around and find your way to anyplace other than your seat...and even that is hard at times. This stadium is about a year old and is state of the art and actually quite nice architecturally. It is right downtown in the CNN complex. It has a retractable roof which is amazing and an art form in and of itself, both from inside and outside. But, regardless of the building, it has state of the art people working there.

Whenever we asked a question of someone in uniform (how do we get to will call...we need to pick up passes) we were escorted to customer service...just follow me...where the personnel gathered our information and went and got the passes and brought them back...WOW, never have I had service and kindness like that at a game!!! Then, after the game, finding where to go to meet Max is always a conundrum, because nobody seems to know.

Well, we found a person who did know and again, escorted us down about 500 stairs, onto the field. Second WOW...We waited for Max as he was having an IV, and I was thinking about those 500 stairs. I went to a security guard supervisor, who chatted with us and asked how to get out without going back up all those stairs...as I was already perspiring from coming down them. He thought about it while Max came out and we hugged and

chatted...then Max had to leave to catch the bus to the plane...and the security guard said, come with me, I'll take you through the tunnel. So, once again we were escorted through many tunnels to an elevator and he took us up to the street level...Double WOW tripled!! I am still in complete awe. And then...we walked back to our hotel with about 25 rest stops on the way...whew...we walked 2.3 miles today...way over my limit!!! It took a long time for us to cool down in our room...cranked down the AC to 63\* and drank lots of water. Had dinner at the hotel...nothing to write home about...and then watched Sunday night football! Holly and Laysan are in Australia, so we FaceTimed them and chatted about the game and about what they have seen and where they have gone. Fun



A long drive today as we needed to get back to NOLA. It took about 8 hours including stops. Everything was just as we had left it. No sooner had we walked into the condo, when the Facebook phone rang. It was Cynda and Keith who had arrived in Sydney and had a room upgrade to a fabulous suite at their hotel...so she gave us a visual tour...and it was very nice, with a beautiful view overlooking the harbor and the famous Opera House. They all flew off to Lord Howe Island later in the morning. I think the communication is very sketchy from there, so we won't be hearing from them for a bit.

The rest of our day was spent unpacking and doing laundry. We are getting ready to pack for our homeward journey on Wednesday.

See "Even more Saints" continued on page 20

#### **Even more Saints**

Continued from page 19

#### 9/25/18

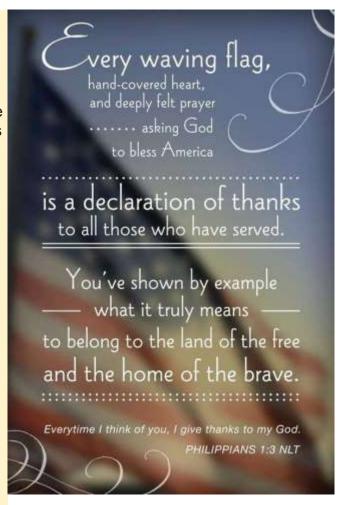
We finished our packing and tidied up the condo a bit, as friends of Max and Leah's will stay here one of the weekends while we are away. Max, Leah and the girls brought lunch over to us, so we all ate together and we were able to play with the kids a little. Then, we went over for dinner...yummy soup and salad. We are being picked up by a cab at 5:30 tomorrow morning, so tried to adjust our sleep accordingly.

#### 9/26/18

Homeward bound!! Taxi was there on time and we had an early check-in at the airport. We had time for breakfast and COFFEE!! Plane left on time to Denver. We ordered a ride in Denver, as it is so big and the altitude is so high. They arrived with wheel chairs...thank goodness as we had to change terminals and go from one end to the other in terminal A, where we were departing from. Everything went like clockwork...settled into our seats and arrived in Kona seven hours later.

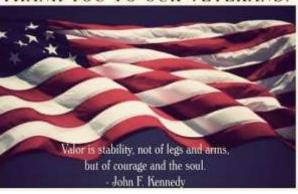
I thought it was Hot in New Orleans...the heat as we deplaned in Kona was overwhelming!! Denis met us and we were homeward bound. Good to get home and be met by the pets!! End of week 5, a bit early...week 6 to continue around the middle of October. But in the meantime...Giant's this Sunday in New Jersey and Redskins next week in NOLAI and then Max has a bye week.

That's when we return and head to Baltimore. **Geaux Saints!** 



## Veteran's Day Sunday, November 11

#### THANK YOU TO OUR VETERANS.



### Church yard

Continued from page 3

pet parents and those with limited transportation qualify for their free spay neuter service in their new, state-of-the art Mobile Spay & Neuter Waggin'.

Services they provide are Spay or neuter surgery, Nail trim for an additional \$5 per animal with spay/neuter surgery, Microchip for an additional \$10 per animal with spay/neuter surgery, Hawaii County dog license, available for \$2.10 per animal with spay/neuter surgery Surgery is done by Appointment Only. You can make an appointment by going to HIHS.ORG on the internet.

If you don't have access to a computer, or don't have the computer skills needed to make an online appointment, NO PROBLEM.

Every Saturday from 9:00 am until 1:00 pm we have an open computer lab at St. Jude's where you can make an appointment. If you need help understanding how to make the appointment, we can help you with that.

McKinney Place: The work on the handicapped ramp has been completed. The top cap on one of the hand rails was badly warped and I didn't know how to pull it back into shape. My

option would have been to buy new wood, install it, and paint it. Richard said he could fix it, which he did.

Then Steve Arguello and I finished installing the vertical side rails and then finished up with See "More church yard" continued on page 22 another coat of paint.

Oktoberfest: This was a big success. There was lots of food, including Bratwurst, Sauerkraut, Boiled Potatoes, Drinks, and Dessert. All of this for \$8 per person, \$15 for two, or \$20 for family.

The Last Fling Band came out of retirement for this event.



Music and laughter at Oktoberfest!



Oktoberfest provided a German feast.



Dan & Steve invite you to:

St. Jude's Thanksgiving Feast

Saturday, November 17th 10:30 a.m. to 1 p.m.

Everyone in the congregation is invited!

## More Church yard

Continued from page 21

**Upcoming Events:** 

<u>Fat Pancake Breakfast</u> is the next fundraiser after Oktoberfest. It will be on Saturday, November 3<sup>rd</sup>. The doors Open at 8:00 a.m.

All You Can Eat Pancake Breakfast costs are Adults \$3, Children (6-10) \$1, and Younger Children Free. If you are part of our Free Hot Shower and Free Hot Meal family, this will be your lunch and it is free.

For the sale, we will have Potted Plants, Kitchen Tools, Hand Tools, Home Made Cookies, Gourmet Whole Grain Mustard, St. Jude's Coffee, Mac Nuts, Craft Products, Jams, Jelly, and much much more. You don't want to miss this.

Thanksgiving Dinner for our Shower Fami-

<u>Iv:</u> We are having our third annual Thanksgiving dinner for our shower family on Saturday, November 17<sup>th</sup>. This was a family custom for the Steve Stigall, and Dan Garrett family and they share the custom with the St. Jude's O'hana.

This year, like last year, we will have a special treat when Dan and Steve's sister, Reverend Constance Garrett joins them, and her friend Marie Lewis, who bought us some computer lab supplies, will be with her.

Last year I saw them serving turkey, dressing, gravy, mashed potatoes, green beans, and more. They served over 130 plates of food to our shower family, and many of our congregation dropped by to enjoy the meal too. Our Saturday family has grown across the last year; so, we will probably serve even more this year.

**Keiki Christmas Party:** St. Jude's has decided to repeat the Keiki's (children's) Christmas Party similar to how we did it last year.

The event will take place on Saturday, December 15<sup>th,</sup> which is the same time the community Keiki party will be going across the street in the park.

We'll set up four stations in the lower parking lot in the area nearest to the park.

At the first station, each participant receives a book containing three tickets.

The first ticket lets them into **Rudolph's Reading Room** where they can pick out a book to keep and take home with them.

The next stop is to visit **Santa and his helpers** at the North Pole. Santa and his elves will give each visitor a Christmas stocking stuffed with gifts. They also get to whisper in Santa's ear to let him know what they really want for Christmas. This is a great opportunity for parents to get pictures of your children setting on Santa's lap.

The last ticket lets them into **Mrs. Cringles' Kitchen** where they get cookies and something to drink.

This will be taking place the same time we are having our free hot shower and hot meal program at the church, and by doing this in the lower parking lot it won't interfere with that activity. So, we will still need volunteers to man the shower project and others to make and serve soup.

This year we will definitely need a couple

more volunteers because we will have the computer lab open. Hopefully Santa and all of his Elves, and helpers will be available to help.

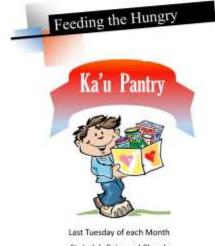


#### Ka'u Food Pantry Distribution November 28th

Ka'u Food Pantry, Inc.,: next distribution is Tuesday, November 28, 2018 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held. All dogs, including service dogs, must be on leash and out of the way of foot traffic. 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

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.

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non profit



St. Jude's Episcopal Church

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.





#### **ADA** restroom upgrade

St. Jude's has been blessed with a \$1000 Diocesan grant to help us update the men's restroom to Americans with Disabilities Act standards. Watch for construction to begin soon on the modifications. As result of the changes, both the current men's and women's restrooms will become "unisex" restrooms.



#### Continued from page 6

in Heaven has got me right where he wants me at this time. I also like the ol, "Life is10% circumstance and 90% my attitude about it." God isn't a deadbeat dad. He is always right here with us. Who is he seeing when he looks at me am I spilling out positive or negative vibes? It's like the story of our cups. What's in it may spill out at some point and when this happens what will spill outta my mouth? Will I cuss and swear or will I let it go and carry on with lesson learned and a smile at my humanness! I thank God for helping me learn to help myself. It's a lot of work dealing with me and can be quite a load.

I'd like to end with a daily devotion that comes from a book titled Grace for each Moment and Vinnie and I love this one.

October 16th

Be Thankful in Everything

Better a little with the fear of the Lord than great wealth with turmoil. Proverbs 15:16

The average Christian is so busy looking for a



spectacular revelation of the miracle-working God that he is not able to see God at work in the common, everyday things.

When you have learned to appreciate the small blessings from God, you will see how God is at work in your life. The wonder of friendship, the kindness of strangers, and an understanding heart are all expressions of greatness and the blessings of God. Make a decision today to never again take anything for granted. Thank God for His blessings and you will unlock the treasure room of God and fill your life with new beauty and riches.

I praise and thank you, gracious Lord, for the small things that make each day so delightful. Help me never again to take daily blessings for granted. Amen.

God is great and I belong to Him. For this I feel so very grateful. God bless you all and keep you forever in an attitude of gratitude.



Mahalo for reading.

Aloha, Buffy





## Stewardship

St. Jude's Episcopal Church 92-8606 Paradise Circle (P.O. Box 6026) Ocean, View, HI 96737

I give thanks, O Lord with my whole heart. Ps 138:1 In Thanksgiving to God, I pledge my treasure, time and talents

\$(Circle one) week, month, quarter, year for 2019	
Hours(Circle one) week, month, quarter, year for 2019	
Signed	_
Name (print)	
Address:Phone#	
email:	
Check all that interest you:	
Lector or Intercessor Bishop's Committee	
Provide Altar Flowers Aloha Hour setup/clean up	
Altar Guild Eucharistic Minister or Visitor	

#### Have you completed you Pledge Form yet?

It's that time of year again. A time for us to reflect and recommit ourselves to our Stewardship of the church. Stewardship is really about taking care of what we have been given. Yes, it does take money to operate, but it also takes our time and talents. Continuing the current programs and growing new ideas takes all three.

- Time to conceive a new program or improve processes of current programs
- Talent to implement programs and processes
- Capital to sustain the programs



## Stewardship limerick

There once was a gal at the church Who directed a mission to search. For the best to be found In each member around And none to be left in the lurch.

This lady of faith was Cordelia
Who lead prayers in faith that could heal ya.
She found ways to include
Every cowgirl and dude
And if you couldn't walk, she would wheel ya.
(in a wheel chair)

The church had a fine reputation
For serving the needs of a nation
Bingo and showers
Technology powers
And easing the hungry's frustration.

Cordelia was getting quite tired
But the work of the church was inspired
The believers united
Prayers for helpers recited.
The will of our Father desired.

So Cordelia was blessed with great hope That soon she'd be able to cope. Her focus was fun The work would get done And no one dared say the word "nope."

She waited for those to contribute
Their time and their talent distribute.
The workers unloaded
With hearts that unfolded
And all the complainers were mute.

The church with the very big heart
Was blessed beyond measure with smart
Fun volunteers
Without any fears
Signed up on the vast Outreach chart.



Cordelia is smiling because it's Stewardship season. Editor's note: Cordelia did NOT authorize the limerick.

As you plan for the year in advance
Consider the church a fine chance
To donate your time
Or maybe your dime
And be part of a blessed circumstance.

## TURNING PAGES

#### BY ANNA TOWNER

As I review the list of books that coming up, I realized they are all free via a Barnes & Noble or Kindle app! The truly nice thing about this is: if I like it keep, if not delete. I love the fact that this encourages me to discover new authors, books/series without having to pay for something I don't care for. So here goes....

Cheryl Bradshaw has numerous series and stand-alone novels: romanticism suspense, romantic suspense paranormal, cozies and dark suspense/mysteries. Hickory Dickory Dead is a combo mystery romantic suspense and the protagonist is accurately described as "Feisty. Ballsy. Bold....And not your average seventy year old." And the preceding is a gross understatement to say the least. Masi is a sexually active 70 year old who is very possessive and protective of her neighborhood.

When two of Masie's neighbors are killed, first the husband across the street and then her friend Stuart, she becomes involved in their lives, past and in solving one murder which eventually becomes two, regardless of being told by the police and her son the mayor to butt out.

She is a hoot and although she has an

active sex life and a great imagination, I give it a Hallmark rating!

Pahala Twist is a locally set mystery on The Big Island. This is a series highlighting local cities/towns. I am not particularly fond of this author, but his descriptions of locale and people are good.

Abrupt change of topic, and yes I bought these and return to them regularly. The Dalai Lama wrote My Spiritual Journey. Well written, accessible, and uplifting. Was \$2.99 on BookBub app. You need to read this.

Also, THE SERMON ON THE MOUNT according to VEDANTA by Swami Prabhavananda has the goal "to help man realize the divinity within him...remarkably lucid and fine interpretation of "The Sermon on the Mount." Most of the time if I go outside the church, I am reading this book over and over again.

These are both remarkable spiritual journeys I take regularly and hope that you join me on them.

On another note—this is a very helpful app.

https://play.google.com/store/apps/details?id=com.row\_counter

## What can I do to help?

## St. Jude's needs YOU Get involved ~ Learn to help with:

Altar Guild, Shower Ministry, Towel Laundry Saturday Soup Kitchen, Computer Lab, Aloha Hour & more

## You do not need to be a member to volunteer or contribute!

## Grazin' continued from page 4

TEX'S is THE place for fresh hot malasadas. It's way the on the other side of the island on the Hamakua Coast. They also provide inexpensive "drive in food" a lot of deep fried goodies as well as sandwiches, burgers, salads.

HILO SHARK'S COFFEE. Very inexpensive, decent food and coffee from all over the state. It is in old town Hilo.

K'S DRIVE-IN in Hilo. Great cheap eats and just about anything you can think of, they can do it for you.

OUTBACK in Kona lunch specials have failed to disappoint. Reasonable prices, good, fresh tasting food and great a/c to boot.

MEHE's is not officially cheap but it is right here in town, the food is good and you do not have spend \$20 in gas to get to it.

We also like OCEAN VIEW PIZZA. Besides making a good pizza, their sandwiches are quite ono.

Sometimes, but not so often anymore, we get small fresh fillets at KAHUKU COUNTRY MARKET [where the ACE store is] which we can use for fish tacos at home. The fishing team went onto "real jobs" so it only shows up now and then. Look for the lit FISH neon sign in their window if they have any.

Mid range pricing: JACKIE RAY'S in Kona on the Kuikini Highway; FOSTER'S KITCHEN on Ali'i. HILO BAY CAFÉ in Hilo, KONA BREWERY in Kona, BIG ISLAND BREW HAUS in Waimea.

Go rob a bank first high end: TOMMY BAHAMAS at Mauna Lani shops. MER-RIMAN'S (primarily 'slow cooking fresh ingredients' place) in Waimea, HOLUAKOA CAFE & GARDENS is lovely for lunch and of course our still yummy LA BOURGOGNE-French country cooking.

Due to the holidays, travels and visitors, the Grazin' Girls will be taking December off. Everyone have a good and safe holiday season.

## Santa's Coming to Town

Saturday, December 15th



## Bring your Keiki to Visit Santa

Doors open at 10:00 am until 1:00 pm, or until gifts run out

- (1) Get your Free Tickets at the event
- (2) Visit Rudolph's Reading Room and get a Book
- (3) Visit Santa at the North Pole and get a Stocking
- (4) Go to Mrs. Claus' Kitchen for a cookie and drink

The southeast Corner of Keaka Pkwy
and Paradise Circle

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

# In the Lower Parking Lot across the street from the park

# Thankşgiving Dinner

November 22, 2018 12pm-3pm

Ocean View Community Center 92-8924 Leilani Circle Ocean View, HI 96737 Upstairs—Main Hall



Come and enjoy a delicious meal, talk story and have a good time Everyone is Welcome to this Free Dinner prepared by volunteers Created by

## St. Jude's Word Find

Answers on

**Buffy Hites** 

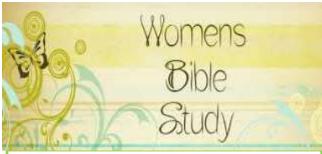
## What's In Your Basket?

Page 30

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4	E	U	В	٧	С	U	D	S	T	E	F	Q	G	Р	н	0	1	N	R	N	K	٧	L	0	J
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12	S	W	Z	Т	Α	R	В	Q	L	N	D	0	S	N	F	M	G	N	N	1	1	1	Α	R	S
13	R	E	S	P	E	C	T	-10	N	G	X	E	Y	Н	Z	G	Α	E	В	M	С	P	U	L	S
14	0	G	U		D	Α	N	С	E	F	N	G	E	N	E	R	0	U	S	N	E	5	S	Н	R
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	GR/	CE					ME	RCY					FAI	THFL	JL			TOLERANCE							





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

Fridays at 9:00 a.m. McKinney Place



## **Lemonade Party**

November 3, 9 a.m. to 11 a.m. Monthly Church Clean up

## Talk Story

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

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#### We welcome submissions!



**Submission Guidelines:** 500 words maximum. Uplifting, informational and reflective stories, news, recipes, photos, memories, etc.

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Photos must be submitted as jpgs & emailed as attachments. Submit via email to: cynthiaanncutts@gmail.com

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