



Talk Story



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Confirmation Sunday



Nine members were confirmed or received on Confirmation Sunday, September 10th. Left to right : Mark Shattuck, Linda Laws, Don Hatch, Bishop Bob Fitzpatrick, Shannon Simpson, Faye Miller, Glenn Cera, Father Doug Coil, Buffy Hites & Vinnie Rexroat. Not pictured, Sam Quenon.

Confirmation ~ a big day

September 10th was a big day for St. Jude's, when Bishop Robert Fitzpatrick came to confirm or receive nine new members. The church was packed with our regular worshipers, along with friends and family of the new members, those who came just to hear Bishop Bob's sermon and others who just dropped by.

Bishop Bob was his usual gracious and gregarious self, offering his insightful wisdom and clever teaching, along with stealth humor and divine blessings for the overall church, the hula halau, individual confirmands and even the kitchen.

Thank you for visiting us, Bishop Bob. We look forward to your return.

Shower check in

By Buffy Hites

In a visit with my BFF (Best Friend Forever) Shannon, I learned that a friend of ours, who we met at the Saturday showers, popped into St. Jude's recently. I had been wondering what he was up to, because we hadn't seen him recently.

I won't mention his name, to protect his privacy. He was a pleasant young man, with plenty of difficulty in his circumstance. He was not the kind of guy to give up though. He had a couple kids that were with him from time to time. At

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Called to Active Duty

By Contributing Editor, Don Hatch

Roger Dagdag has been a strong supporter of St. Jude's ever since he and his mother joined the church. Roger is at St. Jude's working most days. He trims bushes, plants flowers, and keeps the church yard looking nice. Almost every afternoon he drops by St. Jude's to pick up trash people have left there.

When we had our redwood tank removed, Roger was there helping, and after it was gone, he picked up a big heavy pry-bar and used it to pry up the cement pillars it had been setting on. Then he cleaned up the area and hauled away all of the trash.

He also provides security around the church. He checks everything and everyone around the church yard as he picks up the trash and randomly drops by day and night to see what's happening around the church.

St. Jude's has had a large feral chicken problem in the past, but not since Roger started trapping them and taking them to a Kona coffee plantation to release.



Mom, it's from St. Jude's. They're calling me up for active duty.

I get to trim the bushes, haul the trash, and I even get to give out silverware during our Sunday Aloha Potluck Social.

When Gabe Morales started landscaping St. Jude's church yard, Roger was there helping, and when Gabe had to leave on a family emergency, Roger continued to work in preparation for Gabe's return.

I don't know how many times I've heard Roger say "If something needs to be done or fixed around the church, just let me know, and I will take care of it".

Roger, thank you for all of your hard work. You are helping make St. Jude's a better place.





Around the church yard

By Contributing Editor Don Hatch

Beach Mass: We held our annual Beach Mass on August 27th at Whittington Park Beach near Na'alehu. This year we had 42 people in attendance and the weather was perfect

As usual, we reserved the third pavilion which is also the one closest to the water. From where we held services you could see and hear the waves crashing into the rocks.

Reverend Elaine Barber conducted the service, and presented a wonderful sermon with the sound of the ocean in the back-ground. Somehow, being that close to nature and God's creation makes you feel humble.

After the service we grilled hamburgers and hot dogs to go with the many delicious potluck dishes the congregation brought to the event.

As usual, the other people camping and picnicking on the beach were invited to join us. I'm not sure how many people joined, but I saw several hungry children chowing down on hamburgers, hot dogs, and potato salad.

Bishop Bob: Last month on September 10th, the Rt. Rev. Robert Fitzpatrick (Bishop Bob) came to St. Jude's for his annual visit.

This year his visit was especially important to us because we had a Confirmation/Reception of nine members of our congregation. This is by far the largest number of people St. Jude's has ever had confirmed on one day.

We also had our new kitchen blessed while Bishop Bob was here.

We always enjoy Bishop Bob's visits and this time it was also special for the new members of our congregation who hadn't met him. We like to have a nice Aloha Potluck Social after

the service and this time it was a feast.

Medical Van: The new Medical Van from Bay Clinic has finally arrived. They started with dental and staff to help people sign up for medical coverage, and posted flyers around town.

When fully operational, they will be here one day each week. The van will have a dental clinic in the back of the van, and a medical clinic in the front.

Redwood Water Tank: The old tank is gone, the water and gas lines have been re-routed and covered, and the trash has been hauled off.

This work is contracted out and now the area needs to be graded, a cement ring needs to be poured. Then the metal tank will be assembled and a liner installed. Then it will be connected to the pump and filled with water.

Hopefully, this month we will finish this project.

Marla Hubbard: On August 24th we had a Celebration of Life service for Marla Hubbard who passed away July 30th. Fifty-nine people attended the services, including many of her hula brothers and sisters, who danced several of her favorite hulas.

Several of the people attending the service, shared stories about special and often funny times they had with Marla.

See "Church yard" continued on page 21



CONFIRMATION THOUGHTS

BY PHYL LAYMON

May 5, 1944. WWII was still ruling our world.

Because life was so uncertain, our church lined us kids up on a Saturday morning in front of some dude in a tall hat. He dabbed something on our foreheads. Then he proclaimed us, "Soldiers for Christ." I was 9 years old. That is my total recollection of my own confirmation.

As the years rolled on, I learned that confirmation really is a "Big" deal; a very special gift directly from God; a holy sacrament.

I felt cheated – big time! I didn't even get to pick a saint's name! I am still bummed about that. Wonder who I would have chosen? Joan of Arc? Nope—allergic to horses. Mother Theresa; kneeling in the gutters of India consoling some poor soul? Nope – barely survived the first year of nurses' training. Marianna Cope? To be assigned to Moloka'i, back when leprosy was a death sentence? Don't think so! Just maybe GOD, in His wisdom, knew I really wasn't saint material!

So, here is the story I wish I'd been told – before I was anointed with this special gift, so vital to every Christian's journey.

Most of us know about Jesus; his miraculous birth under the Star of Bethlehem, his crucifixion, his resurrection, but what do we know about this Holy Spirit that Jesus promised to send? What is the rest of the story?

After that horrific weekend so long ago, when Mary Magdalene found the tomb empty, Jesus' followers met behind locked doors. They were terrified. Can't you just feel the anxiety among them? "What now? Where do we go from here? Who is that pounding on the door?"

The 24th Chapter of Luke recounts the drama of how Jesus appeared to his followers after he rose from the dead and how they came to understand his resurrection.

Luke 24:13 On that same day, two of the followers burst into the room, loudly proclaiming, "The Lord has truly risen! He appeared to Peter!"

Luke 24:35 Then the two told their Story of how Jesus had appeared to them as they were walking the very long road to Emmaus. And how He had explained all the Scriptures about the Messiah as they walked. And how they finally recognized Him as He was blessing and breaking the bread at supper. Just as they were telling about it, Jesus himself was suddenly standing among them.

Luke 24:49 & Acts 1:4-5 "And now I will send The Holy Spirit just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with Power from heaven!"

There's more of the story in the book of John, where the disciples receive the promised Holy Spirit.

John 20:19 In the evening of the first day of the week, the disciples were again meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them. "Peace be with you," he said. "As the Father has sent me, so I send you." Then he breathed on them and said, "Receive the Holy Spirit."

Throughout the 40 days after Jesus death, He appeared many times to His faithful followers; at the

See "Confirmation thoughts" continued on page 5

Bay Clinic medical van begins services

The Bay Clinic Mobile Health Unit began providing dental services to the community in September.

The medical van will be at St. Jude's regularly. Services are offered from 8:00 a.m. to 1:00 p.m. with outreach workers that are available for community members who need help with insurance paperwork. A Patient Service Representative will be available, to schedule medical appointments.

The Mobile Health Unit will be at St. Jude's on Thursday, October 12, 2017 to provide medical services from 8:00 a.m. to 1:00 p.m.



For more information contact the Bay Clinic in Na'alehu at 808-929-7311.

Confirmation thoughts

Continued from page 4

empty tomb, on the walk to Emmaus, to the eleven in the locked room, and again with doubting Thomas present.

And then in the second chapter of Acts, we learn of the Day of Pentecost, just seven weeks (49 days) after Jesus Resurrection, when the believers once again gathered in one place. Suddenly, there was a sound from Heaven like the roaring of a mighty wind storm in the skies above them, and it FILLED the house where they were meeting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with The Holy Spirit.

What does of this have to do with confirmation, you might ask?

Jesus really knew his followers and all their human frailties (and ours), so He promised – many times – to send power from Heaven, a counselor, The Holy Spirit, who would bolster them, and give them strength and wisdom for the mighty task ahead.

John14:15-19 Jesus said, "If you love me, obey my

commandments. And I will ask the Father, and HE will give you a Counselor, who will never leave you. He is The Holy Spirit who leads into all truth. The world does not recognize Him, but you do, because he lives with you now and later will be in you."

Matthew 28:19-20 "Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and The Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

This was the first confirmation of faith. A commitment not just for the believers to follow Jesus, but that Jesus was with the believers, even to the end of the age.

On Confirmation Sunday at St. Jude's Church September 10, 2017 I didn't actually see the tongues of fire settle on each of the nine people standing on that altar with Bishop Bob Fitzpatrick – but I could feel the Power of The Holy Spirit filling the entire room.

Confirmation really is a God-given gift, ordained by Jesus, himself. St. Jude's Confirmation Sunday on September 10th is a Confirmation Day I will always remember!

ISLAND FOOD REVIEWS BY K & A

*Groovin' with the Grazing Girls***La Bourgogne**

By Karen Pucci



LA BOURGOGNE: Christmas is coming! Christmas is coming! And this would be a divine gift to find under your tree. I took my better half here, managing to actually surprise her, for her birthday. We have heard nothing but fabulous raves from everyone so it was our turn to sample their menu. Big Mistake. Big, Big Mistake. We're trying to figure out how to afford this place at least once a month. It is that GOOD.

The dining establishment is tucked away in a business area. They open their doors at 6. Step inside and say adieu to Hawai'i. You are transported into a charming, small French country farmhouse-with very good air conditioning. There are only a few tables and a couple of small booths. Our hosts, the Gallehers, are from California. We were the first customers of the evening so they could spend a little time chatting us up. They have made it their business to tie into as many of the local businesses as possible to keep their food and wine supply train going. They have no problem promoting their partners as much as the day's menu. They are the cooks, the servers, the bartenders; and likely the cleanup crew too. If there was a third person there, we never saw or heard them.

The night we were there, they were serving a flite of 3 wines from Europe that we shared. We found a wine from Portugal to be our fave but we did not finish the flite. Of course we had that along with a couple of cocktails. Their bar service is very good.

On to dinner. They brought warm bread to our table to start us off. Not too many plac-

es offer this anymore. 2 small loaves of bread comes along with salami and a tapenade. Bread was killer good. First course, I had the soup du jour, a red bell pepper gazpacho [cold soup]. I was expecting a cup and got a very nice bowlful. It tasted like biting into a red bell pepper which I have been known to do on occasion. Yummy! Anna had the fresh seared scallops with greens. Her eyes kept rolling into the back of her head. She was delighted with the scallop searing and accompanying vinaigrette. Perfect in her opinion. Her entrée was beef tenderloin with the Béarnaise sauce. Tender, flavorful and again, perfection. I had the lamb. I could not decide which sauce so they split the Dijon mustard sauce and garlic rosemary butter between my racks. Racks? I was expecting maybe 3 chops. I was treated to 6 rack chops. No paper panties on them either. Lamb was flawlessly roasted to a tender, melt in my mouth yum. Both of the entrees included a triangle of Potatoes Ana which is a real type of potato preparation that we are well acquainted with. Thin slices of potato, layered between thinly sliced cheese and baked. The veggie was a scoop of spinach, probably sautéed in olive oil. No birthday meal can be complete without dessert so we split a heavenly chocolate Grand Mariner soufflé. I think our tongues went into shock. This has been, hands down, the best meal on this island. Merriman's is very good, this place is excellent. And a lot closer. We will be returning because the first courses are

See "Food review," continued on page 22

TURNING PAGES

BY ANNA TOWNER

Let's suppose we read a lot; okay – we read a whole bunch. There is a way to read the first of a series for free. Yes - free. I use both the Amazon and Barnes and Noble apps and periodically they offer low prices of \$2.99 or less.

As mentioned in an earlier article, both Amazon and B & N, offer free and low cost books, but I especially like it when they offer the first book in a series.

But the two sites I subscribe to, www.bookbub.com and www.earlybirdbooks.com offer free and inexpensive options.

I have the first five books of Julie Smith's Skip Langdon and Rebecca Schwartz series. The protagonists are strong self-supporting women, a police woman and lawyer respectively.

I have all Tony Dunbar mysteries, and they were free via Amazon. Same for Toby Neal's Lei series - his detective, Lee I, solves a mystery on various islands of Hawaii. His titles sound like Hawaii's flora: Shattered Palms, Broken Ferns! Torch Ginger, The Phalanx Twist and Twisted Vineyard.

I am very fond of cozies. Especially when they are done. When "buying" them for free, I have the luxury of deleting the book without bemoaning wasting money, just time. I have 396 books on my Kindle app, all free. I do use the Overdrive app which allows me to check out books electronically from 1 - 3 weeks.

Unfortunately, the problem with libraries, electronic or brick and mortar, is the book you want might not be available. There might even be a wait list. I wanted to check out The Sorcerer's Stone and was number 37 on the wait list.

On the other hand, reading electronically means you have an on-line dictionary along as you are reading. You can control the color of

the background, the size of the font, etc. You can read in the dark whether in bed or out on the patio.

My Nook Library has 653 books. I try to load books on my Nook that I will read more than once. I share with family and visitors. Books like The Red Tent, anything by Isabel Allende, Karen Armstrong (historical/religious fiction), anything by Chitra Banerjee, Neil Gaiman or Barbara Kingsolver, their writing is full of people and imagery that draws the reader into lives and hopes of the author has spread before us.

What have I been reading? A bit of everything. The School of Essential Ingredients (superb), a young adult trilogy Dead Things series. Guilty pleasure for sure, but...as is Charlaine Harris' Midnight Texas series. Very different from True Blood, but similar in that everyone needs a place to call their own and a place where we fit in, are comfortable.

Almost done, Cronin has finished his trilogy and his first novel is/has been made into a movie. Level Grossman's The Magicians Trilogy is a series on SYFY, Neil Gaiman's American Gods has already been made into eight episodes and his Good Omens is in pre-production and should be out in 2018. Lucifer has renewed for a second season. Gaiman's Luckier loos yummy, plays the piano and has a sense of humor, albeit a sometimes is a bit unorthodox.

I have to begin Caleb Carr's The Alienist and pay attention to it. I believe it is coming to TV as a limited series. The story involves a serial killer in the early 1900s. The Buffalo News says "remarkable combination of historical novel and psychological thriller." I am hoping to get all the way through it.

What books have you read lately?

Ka'u Food Pantry News

By Karen Pucci

Ka'u Food Pantry, Inc.,: next distribution is Tuesday, October 31, 2017 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

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

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non-profit agency whose mission is to feed the hungry of Ocean View. We are currently feeding up to 120 families. Our program is designed to provide 1-3 days worth of nutritious food to help people who run short of money, benefits and/or food by the month's end. As a non-profit, the Pantry is able to purchase

Feeding the Hungry



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

food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of a case of food to help your community.

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

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

Isn't this just ducky?

By Buffy Hites

It came to my attention through my dear friend Jerry Wegweiser, that he had information concerning "the duck." If you recall a few months ago, I wrote about a duck that seemed to drop in to comfort Jerry after his mother's death. Jerry explained to me that the duck had suddenly stayed away.

Okay, I thought. And?

Jerry then explained that Kepi Davis had seen a duck at her place. Kepi's daughter, Kathy had been in a coma, after a critical car crash. And when the duck arrived at Kepi's place, Kathy was awake! God is good.

Is "the duck" (or the symbol of a duck) divine? You decide. I'm just stating facts.



GREETINGS FROM ALASKA

BY LYNNE REYNOLDS

Aloha to my dear Hawaiian friends! It's fall here. The leaves are turning yellow and gold, no reds and oranges like the East Coast, just green to gold. They then fall to the ground and then in the spring I have to rake them all up. It's really quite pretty and the more the leaves fall off the trees, the more I can see of the mountains. I live in the foothills of the Chugach Mountains. I can see them in the winter but in the summer the birch trees are covered in leaves and I only see the trees, which is a nice view too.

It's in the 40's at night and high 50's during the day. Clear, cool, crisp air during the day, just so beautiful. Not cold enough for the remote start on my car, or the heated seats, heated windshield wipers, or heated side mirrors. The sun is rising around 7:30 am and setting at 8:00 pm and we are losing about 5 minutes a day, of daylight. As they say on Game of Thrones, "Winter is coming."

As most of you know I am attending my old Lutheran church, Christ Our Savior Lutheran church, here in Anchorage. I was gone to Hawaii for 27 years. There are a few "old timers" still around and it has been fun reconnecting with them. I was asked to represent our church on the committee for the planning of the dinner for the Presiding Bishop's visit. That was fun, got to meet a lot of people from the other Lutheran church. I served on the Call Committee for us to call a new Pastor. We lucked out and now have a non-paid, half-time "Synodically Authorized Minister", (Lutherans have Synods like Episcopalians have Dioceses). He has graduated from seminary but is not ordained (thus can't be called Pastor), as he has not been called to a church. We are reevaluating our financial situ-

ation (hmm does that sound familiar?).

I'm staying busy. I took care of my younger grandson this summer. I take classes with an organization called, Ole, Ongoing Life Experiences. You have to be 55 to attend classes. My friend, Mary, who I have known since the 6th grade, attends with me. My favorite class has been learning to read music and playing the recorder. This will be my second year; I may even figure all this music stuff out! Of course there is always yard work, not near as much as I had in Hawaii, but enough to keep me busy. I am going to invest in a snow blower this winter, so that means we won't have as much snow as we did last year, but I'll be ready for it!

My daughter has had her health issues, guess that's why I'm here. I'm just glad I can help her out. She broke her foot in June and it just would not heal. It's getting better but not quite 100%. Prayers are always welcome!

I think of you often and miss you all (I'll really be missing you and wishing I was there in about January!).

God Bless You,
Much Love,

Lynne



Lynne, all bundled up, Alaska style.

Confirmation

By Don Hatch

Confirmation Sunday, Sept. 10, 2019

I was asked about my church background and why, at this time, I decided to be confirmed.

Background: I was raised in an Assembly of God church and although we children went to church, the only time our parents went was when there was some special program that we were involved in.

My wife Beverly was raised Lutheran, and there was no Lutheran church in the Ocean View area.

Our favorite daughter Tammie worked at St. Nicholas Episcopal Church at Lake Tahoe and managed their Camp Noel Porter for 25 years, before moving to Ocean View. She told us about St. Jude's Episcopal Church in Ocean View, so, after we moved to Ocean View we started going to St. Jude's. From the first day I attended St. Jude's I've sat in the second or third row, isle seat.

The second or third time I attended service at St. Jude's was the day Father Thom Buechele and his wife Jean announced that they would spend the entire year of 2012 helping us rejuvenate St. Jude's.

During that sermon Father Thom said "There are sinners among us," and he put his hand on my shoulder. After that, any time he needed audience participation, I was involved. He became very good at asking me questions I didn't expect and I did a fairly good job of providing answers he didn't expect.

We became very good friends both in and out of church. Father Thom also did a great job of getting me involved in his projects.

In late 2012 he wrote an article about St. Jude's for publication on the Episcopal Hawaiian Diocese web page. Both Cordelia Burt and I helped proof it for him, and by the time article was published, Cordelia and I had become co-authors. After that I wrote several short papers explaining St. Jude's activities and how they help our community – these



Blessings from Bishop Bob are bestowed on Don Hatch on Confirmation Sunday.

were mostly for posting on our bulletin boards, which somehow, I was also volunteered to build.

After that, I seemed to get involved in most of the church projects with tasks like sitting for shower duty, cooking and serving soup for the soup kitchen, cooking and serving food at the fund raisers, designing and posting advertisement for our fundraisers and events.

When Cindy Cutts designed and built St. Jude's web site, I somehow became the backup web manager, and when she set up St. Jude's Facebook, I again somehow became one of the managers.

As we got more volunteers involved in our shower and soup kitchen I became less involved there and focused my effort in other areas.

For instance when Cindy Cutts volunteered to be Editor and Chief to organize and publish a monthly newsletters for St. Jude's, I volunteered to write a few articles to help. I also helped with pictures and any "gofer" job which were needed to move things along.

Cindy and I wrote the first newsletter, Rev. Elaine Barber added to our effort in the second edition, and after that, members of the congregation took ownership of the newsletter and we started receiving several articles

See "Don's confirmation" continued on page 11

Vitality evident at St. Jude's

Bishop Bob Fitzpatrick confirmed and received nine out of a diocesan total of about 86 new members at St. Jude's in September. We were honored to also have Reverend Cannon Sandy Graham present for Confirmation Sunday. When asked about the significant interest in membership at St. Jude's, Father Sandy was excited to see that our small congregation was growing and thriving.

"The shower ministry may be one symbol of St. Jude's community vitality," said Father Sandy. "But nine people confirmed and received are signs of your spiritual vitality."

Father Sandy was pleased with the Shower Ministry on the Saturday before Confirmation Sunday and he enjoyed our Sunday service as well. He left us with enthusiasm and a promise to come back soon. "It was our privilege to be with n such a joyous and Spirit-filled service!" stated Father Sandy.



Reverend Cannon Sandy Graham and his lovely wife, The Reverend Heather Patton-Graham .

Don's confirmation

Continued from page 10

from the congregation each month. In addition to adhoc articles, there are now several stand-ard articles in each newsletter.

St. Jude's is located in a rural area in the southern part of the Big Island and we aren't covered in most travel guides; so, I decided to write an article each month to help our visiting priests. I called it "Things to do, when you're in Ocean View." It focused on things and locations closer to home.

To help organize my thoughts I decided to write a single document, and each month I would pull a section out and publish it in the newsletter. After it was around 40 pages long, I started wondering if it would actually help our priests; so, when Father Douglas Coil and Carolyn were here for their first visit, I printed it out and gave it to them.

When they came back from their first excursion, using the guide, they had corrections and additions to the guide. They said it helped them so, I continued that effort. It's now over 80 pages and we try to have a copy available in McKinney Place, when our new priests arrive. When we write grant requests, I usually help write part of the justification. I often set up the accounting and budgetary data or provide the procurement support. When we received a grant to build a new kitchen, I was one of the volunteers to help build the kitchen. Several of our congregation volunteered to

work on this project, which left the entire budget for buying the kitchen cabinets.

Over the last six years I have become very committed and faithful at doing everything I can to advance St. Jude's and the Episcopal Church in Hawaii. Every day I work on some church project. Almost every evening I open whatever article I'm working on or planning for and I spend an hour or so either outlining, writing, or rewriting and correcting.

When Cordelia ask me if I wanted to be confirmed, I said, "Yes." I knew I was already dedicated and committed so I thought the confirmation was a way of letting everyone else know.

Cindy asked me about what I thought about my confirmation or how I felt. All I could think of was that I was nervous. The last time I remember being that nervous in front of a group of people in 1975 (I was 36) and it was my first presentation of a technical paper at a conference. It was in an auditorium, and in front of around 450 people. As I started up the stairs to get on the stage I wondered what would happen if I tripped, and my knees felt weak. Luckily I didn't trip.

After that I spent quite a bit of time in front of small and large audiences, and although I was always nervous, it was simply part of the job.

During the confirmation my knees felt weak and I touched Bishop Bob's stole, which seemed to help stabilize my knees.



Flavor of the Month

Coming to us in October

The Reverend
John Sandstrom

Serving St. Jude's through the end of January is Father John Sandstrom and his wife Jacki.

Coming to us from Stockton, Utah, Pastor John and his wife Jacki bring a love for the outdoors and reading. Father John, Pastor John or just plain John serves in both Episcopal and Lutheran parishes in Utah. Apparently Father John is a bit camera-shy, because no photo could be located by press time.

Welcome Father John and Jacki!

October Dates to Remember

- 1 Bishop's Committee meeting after church
- 6 Oktober Fest
- 7 Lemonade Party church cleanup
- 31 Ka'u Food Pantry distribution
(Volunteers needed)



Why are you here?

If you would like to share your story of how you found St. Jude's and why you are attending our church, please email it to our editor, Cindy Cutts, to cynthi-aanncutts@gmail.com. If you have a favorite photo to accompany your story, you can also attach it. If not, Don or I will take a photo of you on a Sunday morning. We will use our basic newsletter guidelines when publishing your stories including only upbeat and positive messages. Maximum word count is 500 words.

Why YOU are here is important to us.. We want to hear from everyone willing to share their experience. We will publish stories in Talk Story and include them in an on-line and print collection. So don't be shy! Write down your story of how you found St. Jude's, how you serve and why you are here!

Around the parish



In our prayers...

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



This month we pray for:

Healing: Marvelle, Kim, Kathy, Larry, Stella, Glenn, Nancy, Mike, Lee, Jim, Clifton, Sam, Carrie, Richard, Brian S., Bill, Ray, Cynnie, Beverly, Austin, Thom, Doug, Greg, Norma, Donna, Ted, Austin, Greg, Norma, Donna, Ted, Darlene, Baby Bailey, Richard, Amy, Dennis, Deanna, Arthur & Ruth;

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

Safety for all who are traveling;

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

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



October Birthdays

- 2 Mike Hubbard
- 5 Frank Zengri
- 6 Rev Kathy McDonald
- 10 Laverne Mayzlik
- 19 Dennis James (Mike)
- 28 Ray Salley



October Anniversaries

- 18 Rev Judy & Ray Hoover
- 21 Frank & Conny Santana
- 23 John & Tina Fowler





Blessings from the Bishop

Left: Sam Quenon receives a blessing from Bishop Bob.

Lower Left: Bishop Bob blesses the newly remodeled kitchen.

Lower Right: The halau receives a blessing from Bishop Bob as they head off to competition.





FEELIN' GROOVY

BY BUFFY HITES

It wasn't an easy thing for me to do, but I did it. I knew it was time. I felt he needed his family more than he needed me. My youngest son, Noah was 16 when I split Iowa for a life in Hawaii.

From what I'd heard, I believed it would be better for Noah to stay with his grandmother and finish out his education and be with his family. It was with a heavy heart that I entrusted my baby's welfare to his grandma. She is an extraordinary woman, whom I dearly love.

It wasn't an easy time for Noah either. He had always been my "good" kid. He was an honor roll student, and a youth group leader. He was a very different kid in comparison with his more defiant brothers, who are all much older. His older brother, Spencer had 14 years on him, and all the rest were older yet.

Spencer enjoyed the times when he and Noah could hang out. Spencer's fiancée, Tara, seemed to like Noah as well. I prayed that they would agree to look after Noah, once I was gone. Spencer and Tara have been together since 2011 and have no kids. I knew I was asking a lot. They said they'd do what they could. I prayed that this would work. One thing I knew was we all wanted what was best for Noah. What a tremendous blessing.

Noah and I knew this was the best option. Although I was pretty certain Noah wouldn't have Spencer wrapped around his finger, like he had me. Spencer was familiar with the tricks; he'd done the same things plus, in his day.

Did I mention that my son, Spencer, is a paraplegic? No, he wasn't born that way. In 2007, before he turned 21, Spencer fell three stories off a silo, while partying on an abandoned farm and wouldn't you know, he was a bit intoxicated when it happened? The lean-to on the ground floor of the barn broke his fall. I was beside myself. It happened around Halloween and he was taken to Mayo Clinic

in Rochester, Minnesota. By the grace of God, Spencer adjusted especially well to his new life. He manned up and didn't spend any time in the "poor me's."

Spencer took responsibility for the predicament and faced the music head on. His strength and attitude were fearless and he was an excellent patient. He was released from the hospital in time for our Thanksgiving dinner! We were all together and grateful that we still had our Spencer that Thanksgiving! God is good! Spencer's adjustment to this new way of life was remarkable. I was flabbergasted.



Spencer and Noah

Looking back at the way Spencer had been in his teens, I realized he had really matured and was mentally ready to take whatever life threw at him. This was the boy who punched a kid out, had been caught drunk in public, had been put through juvenile boot camp and much more. He was one of those manipulative boys that wasn't afraid to speak his mind. I often found him to be a mouthy brat, with an arrogance that I secretly admired and somewhat desired.

Spencer was athletic and had a self-confident air. He tested me on a regular basis, but I wouldn't have traded him for anything.

See "Groovy" continued on page 24

KAPUNA HULA FESTIVAL

BY THOM WHITE



On Wednesday, September 13th and Thursday, September 14th, our halau (hula group) Hannah's Makana Ohana performed at the 35th Kupuna Hula Festival in Kona. Eighteen halaus from Hawaii, California and Japan competed at the Kona Sheraton Resort.

Kapuna, which means elder, grandparent or ancestor in Hawaiian culture are living treasures of knowledge, beloved, honored and respected. Kapuna hula dancers at the festival ranged in age from 55 years (minimum age required) to well into the 80's.

This year's theme was Meles (songs) about Kauai and Niihau. The hulas tell the stories with hand and movements, celebrating the memories of the beauty and places of the garden isle.

Wednesday night competition was Wahine (women) and Kane (men) Solos. Our hula sister Faye Miller beautifully danced "Koke'e Me Kalalau" about the beauty and majesty of Koke'e and Kalalau cherished places. Our hula brother, Ron Ebert, danced "Maka'i Kauai" about Mount Wai'ale'ale rains and the mo-kihana lei. We finished the night with all of our halau dancing "Hele on to Kauai" a fun, energetic Hawaiian style line dance about the memories of the simple life, where we played at the Wailua River and Hanalei Bay.



Hannah's Makana Ohana, at the 35th Kupuna Hula Festival in Kona.

Thursday night was group competition. Our ladies danced "Ko'ula Manawaiopuna", a hula about the sacred waterfall, its misty rain and rainbow. A sacred place of healing, the waterfall was featured in the movie Jurassic Park. Ron and I danced "Koke'e" a hula that celebrates a place above Waimea Canyon of such beauty, overlooking the Na Pali coast, as to never say goodbye.

Our Kumu (teacher), Hannah Uribes, lovingly created and taught us these hulas and traditions. Our musicians, "Cuppa Joe" provided the live music for us to dance. Although we did not place in the competition we were winners in sharing this beautiful and rich culture.

Blessings, Thom



WHAT'S COOKIN' AT ST. JUDES?

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

Phyl's Apple Cake Strudel

INGREDIENTS

2 cups all-purpose flour
 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
 1/3 cup brown sugar
 1 egg
 1 teaspoon vanilla extract and 1/2 teaspoon butter flavor extract
 6 Granny Smith or Gravenstein apples, peeled and sliced
 1 1/4 cup applesauce
 1 tablespoon lemon juice and 1 teaspoon lemon zest
 2 teaspoons ground cinnamon

Directions:

Preheat oven to 350° F. Grease a 9x13-inch baking dish with butter or non-stick spray.

In a large bowl or mixer, cream together 1 1/2 sticks (3/4 cups) butter and 1/3 cup sugar until fluffy.

Beat in egg and vanilla extract, then mix in 2 cups flour. Spread dough out into an even layer at the bottom of greased baking dish, then chill one hour.

Place sliced apples in a large bowl and mix with lemon juice, zest, cinnamon and applesauce. Spread apple mixture over the chilled dough layer in 9 x 13 baking dish.

Topping

2 cups flour
 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
 1/2 cup brown sugar and 2 teaspoons cinnamon
 Cream together butter and brown sugar
 1/2 cup chopped Macadamia nuts (Optional)

Mix in 2 cups flour and beat until mixture is coarse and crumbly

Press crumb topping on to the top of the apples.

Bake for 45-50 minutes, or until topping is golden brown and apples are baked well.

Serve warm with whipped cream or butter pecan ice cream.

Serves 12





Back, by popular demand!

TO YOUR GOOD

By Ray Hatch

STOP DIABETES BEFORE IT STARTS

That is the title of an article in the September 2017 AARP Bulletin. I didn't know we had a pill that could do that.

Here are the numbers of people in the USA that have diabetes according to the CDC.

Over 30 million people have diabetes (9.4% of the US population). Of these, 23.1 million people know they have it, but 7.2 million of us are undiagnosed according to the CDC.

In addition, one third of all Americans are afflicted with prediabetes. That's over 108 million of us.

What is diabetes? Diabetes is a disease involving insulin in the blood. The job of insulin is to help sugar in our blood get into the cells where it is the main source of energy. In Type 1 diabetes, our body just does not produce enough (or any) insulin so we must have insulin injections. In Type 2 diabetes, our body produces insulin, but it just does not work.

What is prediabetes? Prediabetes is not a disease. It is a condition where your blood sugar is higher than it normally should be and it is an indication that you

are on the path to Type 2 diabetes if you don't change something.

The message on this article is that you can probably fix the problem if you take the right steps.

First, what are the risk factors for prediabetes?

You are overweight.

You are 45 years old or older

You have a parent, brother, or sister with type 2 diabetes.

You are not physically active more than three times a week.

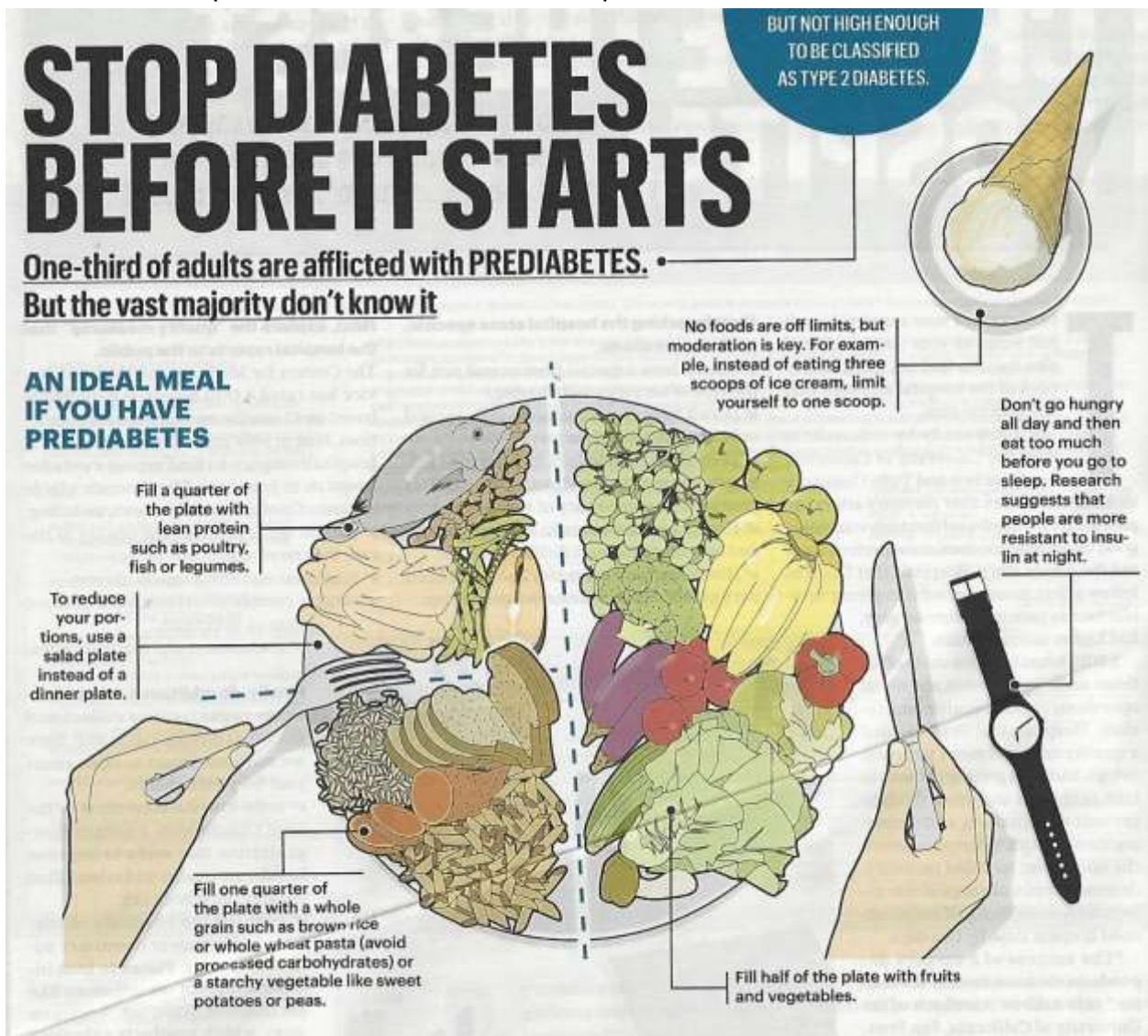
According to AARP, you can stop prediabetes in its track by making some changes in your lifestyle.

See "Good health" continued on page 20

One third of all Americans are afflicted with prediabetes. That's over 108 million of us. **Ray Hatch**

Good health - continued from page 19

Here is an example of a recommended dinner plate.



Notice the emphasis on whole grains whole grains, fruit and vegetables. This means limit processed foods as much as possible.

Notice also that protein is only a small part of the meal and it is not only lean meat, but beans are included also as protein.

They say that no food is off limits, but moderation is the key especially for unhealthy foods.

Church yard

Continued from page 3

Facelift for St. Jude's: We started this project last month, but there is a delay because Gabe Morales, who was heading up this project, had a family emergency and had to go to Washington State.

While he has been gone, Roger Dagdag has continued to work in the church yard in preparation for his return. Gabe and Roger have removed several bushes, cut back some of the overgrown areas and planted several plumeria trees.

Oktoberfest: The next fundraiser will be Oktoberfest on Friday October 6th. Doors will open at 5:30 pm and we will start serving at 6:00 pm. The price is \$8 per person, \$15 for a couple, and \$20 for a family.

Live music will be provided by the Last Fling Band, and along with the music you get dinner which includes bratwurst, sauerkraut, boiled potatoes, drinks, and dessert.

You don't want to miss this event because in addition to the music, food, and companionship, you usually get a German language lesson. Also, most of you are familiar with Thom White dancing a hula prayer, but just wait until you see him lead the dinner crowd dancing to the "Chicken Dance." I can't adequately describe how graceful he is jumping around shaking his legs and flapping his arms like wings. Be sure and join us so you can learn this graceful dance.

I'm usually one of the servers at our fundraisers and Beverly usually takes care of the tickets. Beverly and I will be off island for this event. When I let the Bishops Committee know we won't be available to help, I was asked why I hadn't explained to Ray and

Thinking of Michael

Michael Hubbard's 79th Birthday is October 2nd.

It has been less than two months since he lost Marla.



Their daughter, Dorothea Wallace, asks Michael's 'ohana and friends to shower Michael with cards on this first birthday without his beloved wife.

**Michael Hubbard
5020 NE 9th Street
Ocala, FL 34470**

Lodema, who are staying in our house, that house sitting also includes doing our church activities.

Jumble Sale & Plant Sale with All You Can Eat Pancake Breakfast: This is the fundraiser, after Oktoberfest. It will be on Saturday, November 11th 2017. The doors Open at 8:00 am

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, homemade cookies, gourmet whole grain mustard, St. Jude's coffee, mac nuts, craft products, jams, jellies and much much more.

You don't want to miss this.

Food review continued from page 6

many-soups, bisques, salads, baked mussels, Brie platter, goes on and on, and we want to try them all. The entrees feature beef, veal, duck [but no chicken], rabbit, scallops, lobster and the catch of the day which was the only thing remotely Hawaiian. So we got a lot of tasting to do.

A couple of things. Yes, this place is expensive but if you are a real foodie, worth saving up for that special occasion. Our meal without tip was \$160.00 but jettison the wine and the drinks and it comes down considerably. The portions are not fussy little 3 bite meals. Everything is substantial. I think the term is "bold French country cooking". We had leftovers.

I don't think there is much here for vegan/vegetarian crowd but check out the menu on line. Reservations are an absolute must. Two seatings a night at 6 pm and at 8 pm. It was still somewhat tourist season so I asked for our date about 7 weeks out.

They do cassoulet twice a year and it is a huge draw for the tourists and a whole lot of Kama'aina. The menu is always in flux, changing with the seasons and the demand. It was packed by the time we left but surprisingly not very noisy and that was a lot of people in that little area. No outside seating. No views. No bar seating. Who cares?

Girls say Go Graze!

LA BOURGOGNE: 77-6400 Nalani St #101, Kailua-Kona. Mauka side of the highway and it can be a trial to get in and out. Hours: Tues-Sat 6p-10p. CLOSED SUNDAYS AND MONDAYS. 808 329-6711

UPDATE: DA POKE SHACK in South Kona is gone, place is for rent. However the smaller store in Kona on Ali'i is still kicking.

Shower check in

Continued from page 1

times he seemed like he was barely hanging on. He disappeared occasionally, and then he'd show up on Saturday. He's a man who loves his kids and one time when he showed up, because of his misfortune, he wasn't even able to see the children anymore. It broke Shannon's and my hearts to hear that. The poor guy seemed to really struggle and he was doing the right things. And he was not giving up.

Shannon spent some time with the chap and he talked about his issues. It's pretty cool that he was so comfortable with Shannon. If you know Shannon, you know she's a great listener, and an even better talker. She's honest and if you want to get her perspective, she'll give it to you.

It so happens that our friend asked for guidance. Shannon responded with her point of view and she found him to be a very good listener. He got an earful, I'm sure!

I kinda think that God put the two of them together for a reason. Helping is Shannon's forte and quite frankly she's chaos management as far as I'm concerned.

Anyway, back to our friend and his most recent visit which was today. Shannon said he was looking the best she'd ever seen him. He was cleaned up, with a haircut, nicely dressed and a big smile and ready to tell his friends at St. Jude's what was happening in his world.

He has a way of getting one's attention. I call it animated. I'm so bummed that I missed him. Apparently he has been given a hand up through a local group with employment and his plan is to catch up on support for his kids. This will allow him to finally get time with them on a regular basis. It's so great that he's getting his life together. He seems to have his priorities well in order.

What I love best about this story is that he took the time on a Saturday to stop by St. Jude's and fill folks in. Shannon said it was pretty cool and he gave her one big, long hug.

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
Monday		Senior Nutritional Program							Hula Practice		NA		AA	
			Women's Bible Study @ Bev's 10:00 am											
Tuesday		Food Bank (setup & Divide food)		Food Bank Monthly Last Tue.										
Wednesday		Senior Nutritional Program								Brownie Meeting			NA	
Thursday		Hula Practice									Al-Anon		AA	
Friday		Senior Nutritional Program						St. Jude's Events						
		Men's Bible Study @ McKinney Place						Band Practice						
Saturday		Free Hot Shower									AA		NA	
		Free Hot Lunch With Shower												
Sunday		St. Jude's Eucharist Services & Aloha Poluck Social After Services						Marshallese Full Gospel Church				Marshallese First Assembly of God		

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous
 NA = Narcotics Anonymous

St. Jude's Weekly Schedule

www.stjudeshawaii.org



St. Jude's beach mass

St. Jude's annual beach mass was held August 28th at Whittington Beach Park. Following the service a barbeque potluck was provided for everyone.

Photo by Don Hatch

Groovy - continued from page 16

Noah, on the other hand, had been a cake walk by comparison. Noah is a good spirit and very intelligent young man. Spencer was very much the same way.

I've got to say, "Wow!" How very fortunate I am to be their mom. Since I've left Iowa for Hawaii, Noah found a job at Taco John's part time, paid for his wheels and his insurance, recently graduated from high school, has a full time job at a junk car yard (which he likes) and an apartment of his own.

Spencer and Tara have gone above and beyond what I had hoped for. When I was released from the hospital after my open heart surgery, they paid for my airfare to fly back to Iowa and gave me a place to stay for a month.

It was the two of them who saw to prom preparation for Noah and pictures of Noah and his prom date. Spencer and Tara even gave Noah the keys to the Lincoln. Noah had senior pictures and his graduation ceremony was live-streamed on Facebook by Spencer, so I could watch.

This past July, Spencer and Tara were married and Noah was a groomsman. I'm so happy for Spencer and overjoyed with my new daughter-in-law. She and Spencer are best friends and I see a long and happy life for them. I hated that I couldn't be there for the wedding, but once again, Spencer had a friend livestream it for me. It was beautiful!

Although I've missed big event in my sons' lives, their bond continues to grow. In my life I had not known such a bond with my siblings. I grew up feeling like an alien in my own home. I was different and as I got older I came to realize how little

any of my family really knew about me. And I didn't really know much about them. Worse – I didn't care.

This was not what I wanted my own family to resemble. I was determined that my kids would know love. I knew what made each of my boys tick, and they rarely got out of my sight without hearing, "I love you." We may not have had much materially, but we were rich in the love department. We fought and argued, but then we got past it – love intact.

I'm grateful to Spencer and Tara for all the love and kindness which far exceeded any expectation I am so blessed to have Spencer, Tara and Noah in my life. I'm so proud of each of them. It is my prayer that Noah makes time to enjoy his life and continues to use his intelligence and determination to his advantage. I named him Noah, for Noah was a good man who loved God. The name fits my son to a tee.

As for Spencer and Tara, a.k.a. Mr. and Mrs. Spencer Odom – congratulations on your union. I pray that you live happily ever after.

Mahalo,
Buffy



Tara & Spencer Odom

Night

By Jasmine Arguello

The sun shines bright which makes the land glow with vibrant colors throughout the day.

I always found it very beautiful and relaxing

so I never really noticed the night sky much when I was a kid.

When I noticed the night sky, it was by accident. Now that I think about it, I think it was a good memory, and I'll never forget it.

It started like any other day. You do what you needed done, but that night was different.

I was watching the sunset by the beach and listening to the waves. But I don't remember falling to sleep.

When I woke up, I was lying on my side. I rubbed my eyes and turned onto my back.



Jasmine Arguello is a senior at Ka'u High School.



Then I was looking at a million stars. There were some shining brightly while others were dim. I was stuck staring at them, and then I saw a shooting-star. I closed my eyes and made a wish.

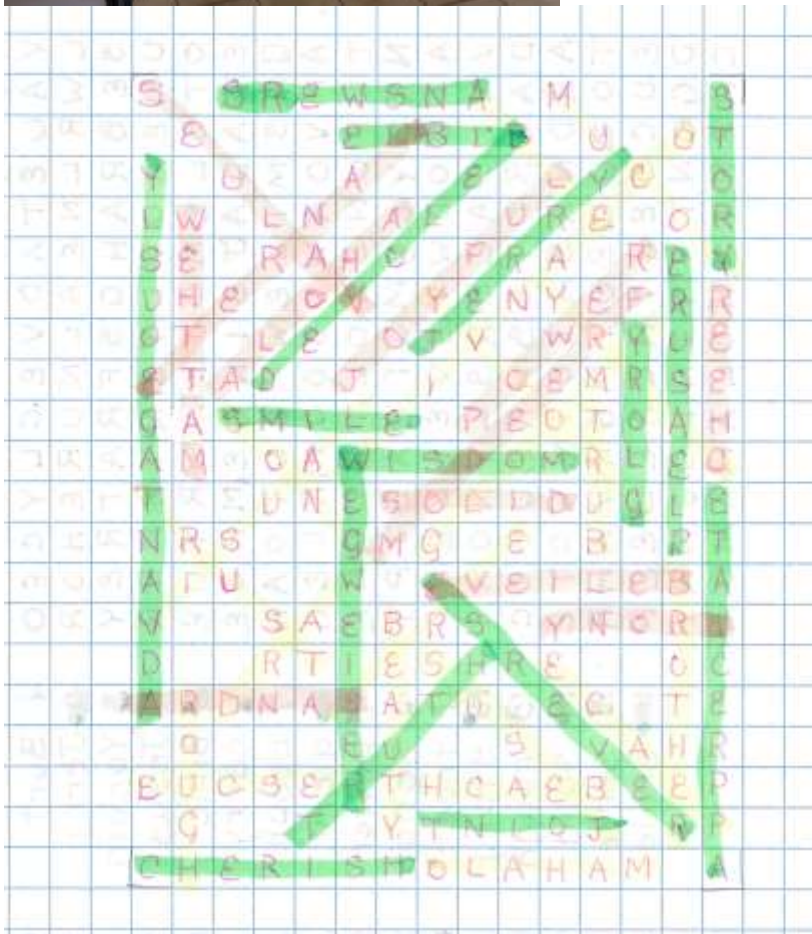
I lay there looking at the stars, thinking this was peaceful and I didn't want it to end.

But it did, and before I knew it, the stars came back again.



Above: Shannon Simpson receives a blessing from Bishop Bob on Confirmation Sunday.

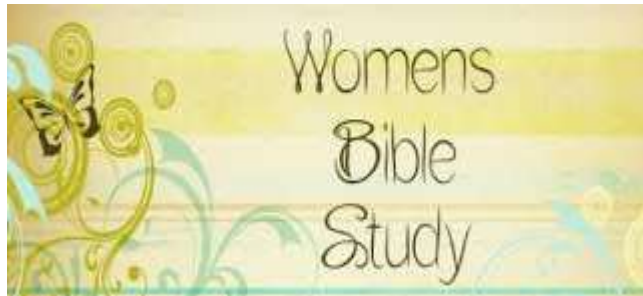
Left: Faye Miller shares a hula prayer during worship service.



Word puzzle

Answers

Puzzle is on page 25



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



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



Lemonade Party

October 7, 9 a.m. to 11 a.m.

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

Talk Story

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We welcome submissions!

Submission Guidelines: 500 words maximum.

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

For more guideline details visit www.stjudeshawaii.org



Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: cynthiaanncutts@gmail.com

Deadline for newsletter submissions is the 20th of each month.

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