



Talk Story



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

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It's not the same as being there

by Fr. Doug+ & Carolyn Coil

When we did our first online services for St. Jude's in June, we thought for sure the COVID virus would be under control before the end of the summer. So when Cordelia asked if we would be available for August services, we said yes, envisioning arriving at McKinney House and enjoying a wonderful month with our St. Jude's ohana while we spent time on the Big Island.

As we all know now, this virus has not gone away and it has changed all of our lives in so many ways. Getting ready for and then doing an online service is very different from being there in person. The first thing we had to figure out is where to place the computer so that the light worked well and there were not things in the background to distract from the service. We had to close the blinds, turn off our phones and stop the grandfather



Father Doug, in his home in Georgia, clock in the hall so it wouldn't chime during the service. After the first Sunday, we realized that cleaning the tiny camera that sits on top of the laptop screen was a must. Otherwise everything looks fuzzy.

This is something they just don't teach you in seminary!

To prepare each week, it works best to have everything printed out ahead of time. The day after we finish one service, we start getting the next one together. We

See "Coils" continued on page 15

Newsletter Deadline for October changed

September 15th is the deadline for the October 2020 issue of Talk Story, due to a wedding in the Cutts family.



SEEKING IDEAS

BY CORDELIA BURT

I've been thinking about our situation of not having worship services face to face. Many of you wonder why we can't meet together and why we have to Zoom it. Well, to begin with we can't get our priest/pastors on island to be able to provide the service to us. Remember they have to be quarantined for 14 days, which would be half their time with us. We so appreciate the fact that our priests/pastors are willing to take their time to record the service with us each week. Only one priest as cancelled her time with us and Fr. Doug has stepped in to serve that time. Thank you one and all that are willing to go the extra mile to provide us with worship services.

Now let's think outside the box and see what other things are available for us. Keeping our Zoom services as they are, we could add in-person worship services once a month using the church lower parking lot and everyone sitting in their car or just outside their car in camp chairs from home. The altar area would be set up on the slab for the Medical Van and we would have a supply priest for that service so that we would be able to have communion once a month.

This sounds great, except that we don't have many supply priests on this island and it does cost to have them come for a service. The costs are as follows: Compensation for 1 service \$181.00 + Mileage

Reimbursement at 57.5/mile. If they come from Kona figuring $50 \text{ mi} \times 2 \times 57.5 = 57.50 + 181.00 = \238.50 from Hilo $85 \times 2 \times 57.5 = 97.75 + 181.00 = 278.75$ (could be higher depending how far from their home).

If someone comes to serve us, from off-island, we have to pay the added air-fare to that, plus someone picks them up and delivers them back to airport or we pay for a rental car. Most priests will prefer a rental car.

As you can see it becomes quite expensive to have supply priest come for a service. It is something that could happen but it might not be on Sunday or at our regular 9:30 a.m. time. If we schedule a supply priest Sunday, we would still keep the Zoom service as we have it now. It wouldn't be an either/or situation, as we will remain sensitive to those with compromised immune systems who will not be able to be in the mainstream for awhile. For St. Jude's, a supply priest does not return us to "normal."

This is just one idea. I have others about jump starting the showers, the Saturday soup kitchen and more. If you have ideas, please speak up. It's up to the rest of you to think outside the box and share your ideas with our Bishop's Committee.



Around the church yard

By Contributing Editor Don Hatch
(Also St. Jude's Bishop's Warden)

Around the Church Yard September 2020

St. Jude's continues Recording the church service and posting on our Web:

St. Jude's Bishop's Committee has elected to continue recording the church service and post it on our web site until the 14-day quarantine is lifted.

Their reasoning was, with the quarantine in place any arriving priest would be quarantined in McKinney Place, our vicarage, for two weeks before they could lead a service at St. Jude's, and since our next several priests are scheduled for only one month each, it simply wouldn't work for them.

The priests scheduled to be here in person are working with our staff to record their sermons from their home or church.

The Bishop's Committee used emails to conduct most of the church business. They also use Zoom.

Since half of the Bishops Committee is usually on our Sunday Aloha Hour Zoom meeting, we sometimes use that time to discuss church business. That works well because we have always had open committee meetings and invite our congregation and priests to attend.

One of the main subjects of their emails is how to open up when we do open. We mapped out the church and if we maintain proper social distancing, we would have ten locations to gather inside the church. If we open the side doors we could have six more locations.

Another consideration is to have the service in our lower parking lot. We can transmit the service so it can be heard over the car radios

When we do open up for live services, we will still record it and post on the internet, because some of our congregation will still stay at home.

St. Jude's is not slowly opening back up:

As the lockdown was being relaxed last month, some of the organizations, were talking about meeting again, but over the last month the number of cases in Hawaii has increased and it looks like things are locking down tight again.

Computer Lab: The Computer lab is in a small room with the computers 1-2 feet apart. There is no way to socially distance and sterilizing the computer, table, and chair between users will be almost impossible; so, we closed the lab on Saturday, March 14th and it will be closed until Further Notice.

Summer School: Ka'u High school has been using St. Jude's to conduct summer school. They held classes twice a week in the church and five times a week in our lower parking lot.

They have equipped their van with tents, tables, and chairs; so, they don't have to use any of St. Jude's equipment, but they use both of our Wi-Fi systems.

They also have access to St. Jude's for use of our restrooms.

The inside classes ended early in July, and their outside class ran until the end of July.

Ka'u High School Parent Teachers Meeting:

On Thursday August 20th, St. Jude's hosted the Ka'u Parent Teachers meeting. They showed up with all their own equipment plus snacks and drinks. They use both of our Wi-Fi to communicate with their school records.

See "Churchyard continued on page 9

Dispatches from the Kitchen Table VI

Groovin' with the Grazing Girlz

By Karen Pucci

I honestly thought by now, we'd be able to be out and about. But not happening. Yes, we have dined out, literally. We do not go to any inside dining now.

Coffee Shack is a good choice during off hours. It's not mobbed like it has been in the past AND it never sold as I was badly misinformed. So still same owners and the food is still good. Yes, you can get it to go as well. Right now they are open until sunset. We have been trying to catch the new taqueria that opened up (apparently they have a place in Holualoa too) across from Mehe's but I can never catch them when they are open. It would be take out for us but they do have open air dining under a roof. I will keep you posted.

We pop in at the **OV Pizza** by ACE to get a pie to go or maybe one of their tasty sandwiches.

And of our course the **Thai Grindz Truck** remains a constant in our lives...

We stopped off at **Menehune's**. They have a banner out, boasting of an expanded menu. They offer take out, a table or two outside and inside dining. We had hoped to sample their burgers but alas, they were out. We ended up with panini sandwiches to go. They do a lovely job. No additional sauces are added to the turkey, cheese, bacon we both ordered. We had a choice of bread and we both ordered sour dough. They use locally sourced lettuce, tomatoes and meat whenever possible. The sandwiches came with approximately a dozen, crispy, tasty fries. The food is very good but, and this is a big but, it remains way over

priced. I had stopped a time or two on my own, hoping they had seen the light but apparently not. Those two sandwiches cost \$27 without tip. The portions are normal sized so not always a two meal deal for one order. We can recommend it as a go graze because it is good, but hang on to your wallet...

For Anna's birthday, we had an unplanned trip into Kona. So we stopped at **Magics** on Ali'i Drive at Magic Sands. [It gathered some notoriety about a year or so ago when huge waves during a king tide swamped over the sea wall and into the restaurant. Viral video showed the wait staff chugging through about 8 inches of sea water with their trays. Now that is FRESH FISH!] We were willing to see if we could dine safely.

Happily all they do now is outside seating. Maybe 10 small tables, all well spaced apart along their sea wall. We got there right after they opened so no problem getting in. The menu is far more limited than it was but that is completely understandable. They have weekly and daily specials to help round things out. Anna had their lemon ade with a shot of vodka in it. (\$8.00) Anna had their daily special, a Cuban (sandwich style) hamburger on a brioche bun (\$21.00). It was quite an interesting burger.

They send it with a yellow mustard sweetened with mango. Outta da park! Anna really enjoyed the yam style fries. She ordered those extra crispy and that is how they were prepared. It is listed as as sweet potato fries but since they are orangy red,

See "Grazing" continued on page 18



ECW RETREAT TOPIC HO'OPONOPONO

BY THE REVEREND MARY JANDA

Editor's note: The Episcopal Church Women's Province 8 virtual conference was in early August. Reverend Mary Janda was the keynote speaker. Many of our members were unable to log on to the conference. Reverend Mary has graciously provided these highlights from the event.

Dear St. Jude's Community,

First of all, thank you all so much for the two beautiful leis you sent me for this ECW workshop! They were so beautiful. I gave you all credit at the beginning of the business opening, but some of you were not there. Your kindness and love were all wrapped into the leis and I felt it so very much.

I was asked to give a summary of the ECW Province VIII workshop I gave on Saturday, August 8th. There were major problems with people signing into this ZOOM gathering, so some of the St. Jude's women were unable to enter into this technological space! So, here I go with a synopsis for you.

The theme was on Forgiveness. I relied heavily on the book, Forgiven and Forgiving, by the late L. William Countryman. Bill was an Episcopal priest, a seminary teacher, and an author of quite a few books. This book on forgiveness gives many insights and I have suggested it to many people along my priestly journey to "inwardly digest" what he has written. At this gathering I was also supposed to talk about the Hawaiian forgiveness ritual of "Ho'oponopono." So, I made this workshop into a buffet—a little bit of this and a little bit of that! Obviously I am not going to replicate



my entire workshop, but I will share some of the poignant parts. Here goes:

"Forgiveness: a very important subject matter for all of us and it does not matter whether one is an Episcopalian, a Christian, or even a non-believer. In this troubled world of ours, we need to bring forgiveness into our hearts and minds more than ever. True forgiveness allows us to move forward in life and relieves us of the heavy burden that resides in our hearts.

Even though I have personally experienced forgiveness—or at least tried my very best—I have not always been successful. I had never heard of "Ho'oponopono" before, so I am not an expert, but the concept is not that very different from any attempt to forgive. We are familiar with the concept of forgiveness in the writings of Scripture, be it the Hebrew **See "Forgiveness" continued on page 16**



PARADISE FOUND

BY THOM WHITE

When Bud and I retired to the Big Island in 2007 from Alaska many asked, "What will you do?" Thirteen years later we wonder where has the time gone. Hawaii is Paradise found. Who hasn't had a Robinson Crusoe fantasy? Buying a one way ticket was a dream come true.

For me a kid growing up in a Detroit housing project, Hawaii wasn't even on the radar. We all dream of retirement but when you are young that seems so far off. Life brings it's challenges and ups n downs. If you're lucky enough to survive it all, your time will come. Leaving everything and everyone behind and starting a new life in your sixties in a new place in the middle of the Pacific Ocean can be exciting but overwhelming.

So here we are. First year we had a big Earthquake to rattle the house good, then a Hurricane, a Tsunami and Halema'uma'u Crater erupted and Vog covered the island for 10 years. But still Paradise found. We discovered St Jude's and were welcomed with ALOHA. We volunteered for the food bank. I joined the Bishop Committee. Bud weed whipped the Church yard and worked on our homestead planting Bananas, Mango, Avocado, Hibiscus, Citrus and many, many other tropical plants and flowers.

I discovered Hula. Before I knew it I was performing with our Halau at Kupuna Festival, Kau Coffee Festival, Hulihee Palace and other events around the island.

I suggested we dance Praised Hula for Sunday Mass. Some favorites, Power of Your Love, How Great Thou Are, I Can Only Imagine, The Queens Prayer and more always gave everyone chicken skin. Bud would blow the Conch Shell at the beginning of Mass, calling all to worship.

Then more hurricanes, a huge tsunami from Japan, then a false North Korean nuclear attack warning from Civil Defense and then THE BIG ERUPTION in 2018. Pele sending Lava fountains and lava flows destroying hundreds of homes and parts of the island. But still Paradise found.

Now here we are 2020 and the COVID Virus and quarantine. Businesses, Schools, Churches, Events shut down. Isolated on an island in the middle of the Pacific ocean. The best plans made. But still Paradise found.

All we can do is surrender. Pray for more faith. Pray for more gratitude. Mahalo Ke Akua.

We pray for Your guidance and protection Aloha Ke Akua. Amen

EDUCATION FOR MINISTRY

Submitted by Teri Martindale

Do you want to know more about what the Old Testament tells us?

Would you like to explore how the New Testament came to be?

Are you interested in how the Episcopal Church began?

Would you like to read and learn about different Christian philosophers through the ages?

Well welcome to EfM! Education for Ministry (EfM) is a 4 year study, one year at a time. A St. Jude's group started exploring the Old Testament last fall.

A new session will begin soon. We invite you to join us as we grow in faith and learn to discern what/who God is calling us to be.

Cynn timer Salley and I are co-mentors for EfM studies at St Jude's. We have both shared with you all how we appreciate our time spent as students, and what we believe the study has done for our growth in following our faith as individuals and as members of different communities.

I sent out an email to people I know who have enrolled in and completed the 4 year course asking them if they would be willing to share their thoughts with us. So here goes:

My friend Kathleen shared:

"EfM was one of many foundational building blocks for my personal faith. It afforded me opportunity to dig deep into the Bible and other faith writing, church history and theology, to express my perspectives and to share experiences."

Diann wrote:

"Most importantly, it (EfM) challenged me to seek to understand myself and what I believe in...I have a firm and devout belief in the mystery of God, the Holy Spirit, and Christ Jesus...EfM has been redesigned since I took it and I look forward to taking it again."

The piece from each of the two responses that resonated with me was how much they appreciated the questioning and exploration of their understanding of their belief systems and encouraged them to continue to grow, to learn, to share their theological understanding.

I share their joy and hope and invite you to join with us...if not this year, next year. If not next year, the year after.

For more information on how to register for the fall EFM session, contact Cynn timer Salley at mcranch1915@gmail.com or Teri Martindale at mthat35@gmail.com.

In our prayers...

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Thanksgiving:

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;

The people of our nation: give us a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will;

Health protection, in the midst of the COVID-19 pandemic: for our kupuna, our loved ones, our leaders, our medical personnel, ourselves.

Healing: Doug, Pat, Kepi, Bob, Steve, Lorraine, Pynne, Richard, Carol, Cade, Joe, Brian, Ginger, Bill, Elaine, Angie, Steve, Charlotte.

Strength, peace and comfort for care-givers or families of those who are ill or who suffer loss.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling; peace for those who unable to travel.

Safety, wisdom and courage for front liners: for all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, clergy, physicians, nurses, medical team members, civil leaders, cashiers, truck drivers, postal employees, and all essential workers);

For all who are navigating a new school year and a new learning style. Pat, Stephanie, Justin, Halley, Corbett, Lindsey, Regina, Jessica, Andy, Mark, Ryan.

For protection from COVID-19, natural disasters, violence and tragedy: we pray for restoration of lives, financial loss and displacement of families forever impacted;

For the re-opening of our church and all her ministries, in a safe environment of warmth, music, Holy Communion and divine connection.

For our shower clients: that they will continue to feel our love, in the midst of crisis.

Blessings, wisdom, energy, enthusiasm, discernment and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church operating; and for local, national and international world leaders, help us to work together.

Lord, hear our prayer.

Churchyard

Continued from page 3

Like the last time they had their Parent Teachers meeting at St. Jude's, it started raining as they were setting up. The last time they didn't have a very good turnout because many of the students they wanted to meet with were without transportation. This time they brought their small school bus.

I dropped by to see if they needed any help from me, which they said they didn't, but would all if they needed anything.

I also wanted to share a text from Steve Arguello with them. He was letting me know that his daughter Jasmine, one of their High School graduates, has a part time job working for Social Services in Colorado. Steve said they were extremely impressed with Jasmine's resume. We consider this a St. Jude's success story because after graduating from High School, Jasmine started working in our Community Computer lab as a volunteer, then as an intern, and then she managed the lab until she moved to Colorado. In addition to managing the lab for St. Jude's, Ka'u High School hired her to manage the computer lab for them three times a week.

Ka'u Food Pantry: The Ka'u Food Pantry will open back up on August 25th, the last Tuesday of July. They will have a drive by pickup in the Park's lower parking lot. Across the street from our lower parking lot.

Our Lower Parking Lot: Work on our lower parking lot and driveway has been an ongoing effort for quite a while.

Starting on Monday, August 24th they will start on concrete work and the lower parking lot will be closed until the next Thursday, August 27th.

Big Island Giving Tree cut back on

their activities during the covid-19 lock down, and mostly focused on making sure people were comfortable and had food.

They closed for the month of August, and will be back helping our community in September.

Free Saturday Soup Kitchen: St. Jude's started serving free meals in Sept. 2013 and they have served meals every Saturday since then.

In March 2020, we started serving lunches with social distancing.

The only people inside the church are the workers serving the food. Everyone in the church wears a mask and disposable gloves.

We set tables across both doors, and when anyone arrived, they were sent to wash their hands, then they received their meal at one door, and their drinks at the other door.

Each week the number of people coming by for food has dropped. On Saturday, August 8th, only 13 people came by for food. This was better than the two previous Saturdays. Which was 9 people and 7 people.

There were more people working on keeping the soup kitchen going than there were receiving meals; so, effective August 15th St. Jude's shut down their Saturday Soup Kitchen, until further notice.

St. Jude's hosts Free Hot Showers:

We started our Free Hot Shower community support programs in Sept. 2013, and since then we have hosted over 8,200 Free Hot Shower.

In April we shut down the free hot shower community support program indefinitely. When this shutdown is over, we will open it back up to the public.

See "More churchyard" continued on page 11



Water water everywhere Nor any drop to drink

BY CYNNIE SALLEY

It was a long day. Since our isolation started, Sandy had been urging me to do something about the bookshelves near the kitchen. So, we started off the day by cleaning out the bookshelves with the goal of categorizing all of the books and doing something with the tchotchkes that have turned into dust collectors on the shelves.

So, the books were piled on the floor, one by one, by category and the tchotchkes put into boxes to be dealt with

later. I started by sorting my “religious” books and getting them back on shelves that were more easily accessed, including EfM books from the beginning of time!...

That was all before the rain started...it came down in buckets and it wasn't long before the river started running and running and running...bigger and bigger!! The driveway was blocked, and Ray was down there with the skid steer trying to clear it off.

Thank goodness Sandy and Denis were here and everyone was plugging the figurative dike somewhere! Whew! I thought we were going to have a slumber party here as none of them could get out of the gate.

Cynda and Keith to the rescue I drove the stranded down to the shed...it was as far as I could go...four people and two dogs. Cynda and Keith were on the other side of the rubble and the gate with their cars ...so down Sandy, Denis and the dogs walked, fording the stream to the awaiting cars...Charlotte the Bassett had to be carried across the debris...

It was quite a sight.

Cynda brought us dinner...I forgot...during all of this excitement, the water line broke...so we had no water. The break was buried under the flood and the rubble, so we knew it wouldn't be repaired for a loooong time.

Cheer up, things could be worse...so I cheered up and sure enough they were!

Cynn timer Salley

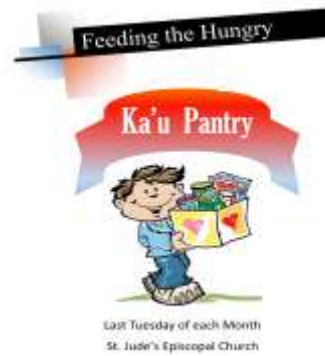
That day was the perfect example of, “Cheer up, things could be worse...so I cheered up and sure enough they were!”

We were isolated by the pandemic and then, by the flood...It was like being in quarantine squared.

The next morning, I asked Ben to bring me two buckets of water out of the swimming pool. I couldn't wake up without washing my face and I had frog moss on my teeth that floss doesn't remove...all yuckie. Swimming pool water does a fine job and with extra effort and muscle the toilets were flushable as well. By late afternoon, the line was repaired and the H2O was flowing through the pipes rather than through the yard.



I can appreciate at a higher level, how much our showers mean to those without water. I never realized how much we depend on it without even thinking of how we would manage without it, until it's totally gone.



Ka'u Food Pantry Distribution Temporary Suspension

Ka'u Food Pantry, Inc.,: KFP is currently not doing in person distribution.

The Food Basket is delivering bags of food to OV community and handing them out. The distributions are usually at Kahuku Park upper parking lot.

For emergency assistance please call Allan Humble at 253-486-3917.

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 may be

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.

*Check with Allan as the virus issues may alter or cancel this event date.

For a one time emergency food delivery, call or text Barbara Breskin (Big Island Giving Tree) 951 367 4248



More Churchyard

Continued from page 10

Education for Ministry (EMF) class has begun registration for fall semester. See Cynn timer Salley or Teri Martindale for information on how to sign up.

Aloha Hour using Zoom: After our Sunday service, St. Jude's always has an Aloha Hour with a potluck lunch. Many of the church members miss setting around discussing what was going

on in our friend's lives; so, we started having a Zoom aloha hour each Sunday at 11:00 am until noon.

It isn't as cozy as meeting in person is, but a big plus is that several of our priests have joined us for our Zoom Aloha hour.

Women's Bible Study using Zoom: Many of our ladies miss the weekly Women's Bible study gatherings; so, they host the weekly meeting using Zoom.

TURNING PAGES

WITH ANNA TOWNER

It has been a while since sharing my reads with you. However, I have girded my loins and am back. Am sure I have mentioned Richard Preston before, but let me refresh your memory. Bioterrorism and infectious diseases are not pleasant topics...probably because we have so few defenses against the former and for the latter we often have not had vaccination boosters or even any vaccination at all.

The Hot Zone(1994) focuses on Ebola viruses (note the plural) which originate in Africa. I say "originate" as the virus comes and goes; it has not been eradicated and as it mutates, a vaccination cannot be completely effective. The movie Outbreak (1995) despite the cast of Dustin Hoffman, Rene Russo and Morgan Freeman is loosely based on the book and much less effective than The Hot Zone (2019) with Julianna Margulies, Noah Emmerich and Topher Grace. The 2019 version is a much more faithful and therefore scarier adaptation.

I am now about halfway through The Demon in the Freezer (2002)which focuses mainly on the elimination of smallpox and (the threat) of anthrax. However, just because smallpox isn't a threat in the general population does not mean that it, and other deals or dangerous viruses do not exist. They do. When was your vaccination and is it still effective?

Russia and other countries (and I suspect we do too) have samples of these terrifying viruses in level 4 bio hazard containment levels in order to develop bio weapons and possibly to also work on vaccines. That, like nuclear power plants, could have devastating effects should an accident or inattentive misuse/application occur.

Both these books read very well, are responsibly and thoroughly researched and accurate. Wikipedia says it best. "His awards include the American Institute of Physics science-writing award and the National Magazine Award, and he's the only non-physician ever to receive the Centers for Disease Control's Champion of Prevention Award. An asteroid has been named for him." No one has received this award since Preston.

I have Preston's 1998 novel The Cobra Event which deals with a bio-hazard of multiple diseases dropped on New York City. According to Wikipedia this book affected President Clinton so strongly that he " instigated a real view of bio-terror threats in the U.S." I am looking forward to reading his novel and hoping it doesn't scare me as much as his other two.

Just to round out such an unpleasant topic, you should consider reading Laurie Garret's The Coming Plague: Newly Emerging Diseases in a World Out of Balance (1994). It is as though she predicted what we have been experiencing since the AIDS epidemic. Even though I have only read the preface and some of the footnotes, it is an astounding piece of research and writing. (It was a real deal, only 7 or 8.99\$ ebook.)

She also has a newer book out, Betrayal of Trust: The Collapse of Global Public Health. 12.99 ebook at Barnes and Noble. Before you scoff, consider how we are not able to deal effectively with the Corona Virus: limited or non-existent medical supplies, doctor and nurse shortages, clinics and hospitals overwhelmed, etc.

See "Books" continued on page 18



**Flavor
of the Month**

**The Reverend
Constance
Garrett**



Serving St. Jude's through the month of September is The Reverend Constance Garrett.

Unfortunately, COVID-19 travel restrictions mean that Reverend Constance will, once again, be serving from her home in Liberty, North Carolina and not residing in McKinney Place.

St. Jude's is humbled and grateful for the unselfish service our visiting priests provide to our congregation during the pandemic crisis. Serving our congregation remotely, with none of the perks at McKinney Place is a remarkable gift.

Thank you Reverend Constance, for your unwavering support during the pandemic.

September Dates to Remember

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September Birthdays

- 6 Steve Stegall
- 7 Ron Wolff
- 9 Bico Cabico (100th?)
- 13 Dan Garrett
- 19 John McDonald
- 22 Steve Houston
- 27 Frank Santana
- 29 Michelle Johnson



September Anniversaries

- 2 Ray & Lodema Hatch
- 20 Anna Towner & Karen Pucci
- 21 Edward & Marvelle Rau

Sunday services on-line

Until the further notice, St. Jude's will not be holding Sunday morning services at the church. All of St. Jude's in-person gatherings, study groups, events, meetings, etc. have been suspended.

Sunday morning worship service will be held on-line via our church website on the worship page.

Go to the church website www.stjudeshawaii.org. Click on the worship page.

You **do not need** a Facebook account to participate. Just click on the link that will be emailed to you, review the page to see where the lessons and prayers are located, then click on the arrow of the video.

Aloha Hour on Zoom

Sundays at 11 a.m.

Check your email for Zoom links

Coils continued from page 1

both decided we wanted to feel like we were in Hawaii so we wear clothes that remind us of St. Jude's and the Big Island. You may have seen us with shell leis, kukui beads that were a gift from Kepi, a St. Jude's T-shirt or Carolyn with flowers in her hair. It helps, but it's not the same as being there!

Then there is the actual recording of the service on Zoom. Cindy Cutts is fantastic at setting everything up and the lay-readers are wonderful, too. We sit at our dining room table with our "travel wall" in the background. It seems strange to talk and preach into a computer screen but it gets easier the longer you do it. We do spiritual communion, too, and afterwards we consume the bread and wine. One week we forgot to put out the bread and wine and had to scramble behind the scenes to get it ready! We love hearing the lessons and the Prayers of the People as they are being read by some of our St. Jude's friends.

We also realize that things are not the same for St. Jude's right now, either. So many of your ministries have been shut down and it is hard to have no shower ministry, Saturday lunch, computer lab and the many, many other ministries that make St. Jude's so special. The two of us have been talking and praying about this and wondering what God has in store for St. Jude's future.

Think about Jesus' disciples during his three years of earthly ministry. Miracles! Healings! Feeding people! Even raising some from the dead. How exciting that



Carolyn prepares wine and bread in her kitchen, for the on-line Spiritual Communion during our on-line worship service.

must have been. Then Jesus was gone and even after the resurrection things weren't the same as they had been. But look at what God did to empower the disciples to build the church and set the stage for Christians throughout the centuries.

There have always been and always will be ups and downs in the Christian life, both individually and as the church. But when things look darkest, God always acts! We are excited about where God will lead St. Jude's next. We think some things will eventually return to "normal", but that there will probably be many "new normals" as you prayerfully follow the guidance of the Holy Spirit. We look forward to being with you (in person and spiritually) as you follow the vision the Holy Spirit sets before you.

Forgiveness

Continued from page 5

Scriptures or the New Testament. Our Book of Common Prayer has plenty of examples about forgiveness in all our worship services, collects, and many prayers. We Episcopalians are no strangers to this topic.

Forgiveness has three parts:

- Someone has hurt us in some way and we are asked to forgive.
- We hurt someone and we need to ask for forgiveness.
- Sometimes we have to forgive ourselves for something we have thought, said or acted upon.

In Countryman's introduction, he wrote:

"Forgiveness is a critical topic for our time—and a very difficult one. I don't know whether we find it harder to forgive than people of other eras or whether we just have more to forgive, but the inability or refusal to forgive has become one of the great destructive elements in the modern world, both for individuals and for communities. We hold grudges. We seek revenge. We cultivate victimhood as an identity. We let the past rule the present and the future. We find ourselves trapped in anger, resentment, spite, dread, and hostility—emotions that poison both our own lives and our relationships with others. Time and again, our hope for peace is short-circuited by memory of past wrongs held dear." (p. 1)

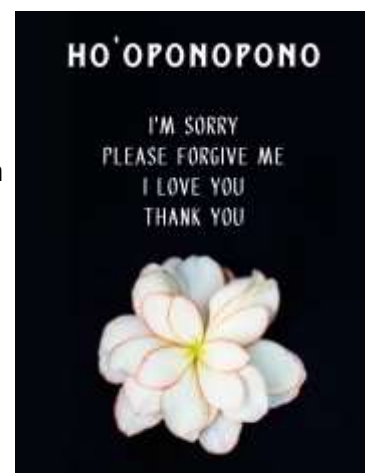
Bill wrote this back in 1998—yet, we continue to need this conversation about forgiveness and forgiving over and over again. Seeing what is happening in our country and the world today, we certainly need to do this. How can we truly move forward out of COVID-19, the social unrest of continued racism in our country, and the upcoming election in November? We are caught up in so many different scenarios and we have thought things, said things, and acted upon things that are

hurtful and, in regards to this pandemic, may have caused illness by not wearing our masks, washing our hands and keeping social distancing.

Not everyone can come to forgiveness of another. We all know that some things we will never, ever forget—and that is all right. No one wants to be a doormat of continued abuse! When we are wronged, we suddenly carry such a heavy burden. Sometimes we are paralyzed with the anger and hurt. It takes over every aspect of our lives and we just cannot seem to

move forward with it. BUT, we have to realize that forgiveness is a process—much like grief—and it has its many stages.

"Ho'oponopono" gives us a road map to move towards forgiveness. Its concept is simple and direct: "I'm sorry; please forgive me; thank you; and I love you". It can be a tactile expression as well—with the two people coming together by touching their foreheads together. Of course we cannot do that now, but think back to The Peace during our worship. It is no coincidence that it occurs after the Confession and Absolution—both dealing with forgiveness. At St. Jude's, you most definitely practice "Ho'oponopono" in your own fashion by hugging each other in joy. This will come back some day and it will be even more glorious than before COVID!



See "More forgiveness" continued on page 17

More Forgiveness

Continued from page 16

Let's look at the four stages of "Ho'oponopono":

"I'm sorry." This is a huge first step. It means that we have acknowledged what we have done to one another. It must have heart behind it. It takes courage on our part to admit what we have done, openly and honestly. It proves that we need to be in relationship with God and our Neighbor.

"Please forgive me." We do not take it for granted that we will be forgiven automatically just because we desire it. We must be sincere, showing our heartfulness. If our apology is rejected, we must be willing to try again, knowing that we are dependent on this person to trust us again.

"Thank you." If we have been forgiven we need to offer thanks to our Beloved God and our Beloved Neighbor. To have a relationship restored is an act of love and mercy.

"I love you." This has to have meaning. If we are to walk in God's Love that has been unconditionally given to us, then we need to share this with all we meet. This last statement cannot be rushed, and it must be genuinely offered and felt.

So far, this has been about individuals forgiving each other. Our communities must participate in forgiveness as well. When there is something done that is harmful, it must be



named. If we don't name it, then it will get swept under the carpet again, and again, and again. We thought we had racism handled, but certainly that was a perception felt by us Whites. People of Color have long endured examples of being treated differently. All of us need to address this so we may move forward. Equality, justice and forgiveness must work together to help us move forward in our collective lives. The collision of the Pandemic and the Black Lives Matter has made us really open our eyes to the situation in our country and the world. Explosions such as these don't happen in a vacuum—the fires have been steadily burning for years. It will take us all working together to make positive changes in our society.

Countryman's conclusion is this:

"Only the strong can forgive. God, who is strongest, forgives best. But we have been invited to become members of God's household, sharers in God's wisdom and knowledge, people strong with God's strength and generosity. We, too, can join in the infinite exchange of love and forgiveness that opens the door to the future." (p. 131)



Grazing

Continued from page 4

they are yams. However you perceive them, they were quite tasty. We shared an order of the ulu "fries" this time the one (referred to as "dirty") with garlic and an aoli (\$16.00). Wonderful, crunchy breadfruit fries. Neither of us are breadfruit fans but we sure enjoyed this. I had the ono fish tacos (\$19.00). They are crunchy hunks of ono fish street taco style. They came loaded with red cabbage, smushed avocado and something slightly fiery. My tongue did its happy dance. It came with two scoops of a coconut infused rice but it was just tasted like regular sticky rice to me. The bill came to \$64.00 (pre tax) but we were in luck. They were running an August long special whereby all but alcohol is 15% off so the bill was \$58.22 with tax. We tipped like it was \$64. It has gotten rather pricey, not that it was ever a bargain, BUT the ocean view is spectacular, the staff was very good. Full bar. If you can and it's in your budget, please give them a try.

MAGICS 77-6452 Alli'i Drive 11:00a-7:30p daily and lanai dining only. It never got full while we were there but I think reservations might be advisable should you wish to dine during peak hours. (808) 662-4427. There is also a beach shack walk up window that opens at 8:30a and closes at 7:30p.

Updates: **Mehe's** has shut its doors. What a blow to our community. However, there are plans to reopen with a new owner. Fingers crossed.

Ruth Chris Steak House on Mauna Lani is closed as the parent company went belly up.

Books

Continued from page 12

I highly recommend all the above mentioned books.

P.S. Douglas Preston has a well-known brother who also writes, Douglas Preston. He co-authors with Lincoln Child, an FBI thriller series in addition to his own thriller series. Many of these are available at the Community Library, but check for open hours.

If you don't want to go there, you can download an app from Google Play and check out library books electronically. You can use a library card from any library, or even use someone else's card number. Just go to Google Play, type in "library apps". Some apps/libraries offer audio.



Names for People Who Read A Lot

By Anna Towner

It is so nice and reassuring to discover other countries have their own words or phrases for those of us who are addicted readers!! So here goes:

Book Worm - English
 Book Flea - Indonesian
 Library Mouse - Romanian (my fave)
 Reading Rat - German
 Ink Drinker - French (2nd fave)
 Reading Horse - Danish (have no idea how this one came to be!)

Do you know of any other names for voracious readers?

WAITING FOR SAFE = NEVER

BY CYNTHIA CUTTS, EDITOR-IN-CHIEF



Recently I read, “Waiting for safe = NEVER.”

I am getting restless from putting things off, waiting for the quarantine to lift or the virus count to go down. I wear my mask, I’ve stopped socializing, I have cancelled 5 trips and I haven’t seen a hairdresser in over 6 months. I am a problem-solver, not a problem-dweller – so I think it’s time to figure out a plan to resume some semblance of normalcy.

As I write this, we are in week 20 of shuttered church doors, closed outreach and on-line worship. **Week 20!** (That’s half a pregnancy!) When I set up the on-line worship plan, my vision was for a few weeks, maybe six at the most, before we would return to Sunday morning service at the church. On-line worship is better than no worship service – but I am deeply missing my St. Jude’s Sunday mornings. I knew closing our many ministries would be an inconvenience for many of our shower family members, but 20 weeks is far more than an inconvenience; it smacks of abandonment. If I’m feeling lost, I can’t even imagine how our Saturday clients are feeling.

Our church governing body is doing a great job keeping things together. Our Bishop’s Committee members are deeply committed to the vision and goals of our church. Our visiting priests are incredible – they put in so much time, talent and care into serving our congregation from thousands of miles away. Our Bishop has given us carefully crafted, science-based direction about keeping people safe at church. There is no one to “blame” for the collateral damage of the Pandemic; but I think we can support our church leaders better.

We need a plan. We have to start the discussion of how we will re-open our outreach, re-open our ministries and re-open the church building. On-line is definitely a handy substitute, but it is not the same as serving God face to face. We are a church of “doers” not “talkers.” We pride ourselves that St. Jude’s is the place where “Jesus TALK is a daily WALK.” We have to get a map designed, so once things get safer, we know WHERE we are going to walk.

I am not suggesting that we cast aside health concerns, caution, common sense or State mandated safety standards. I am not suggesting that we become cavalier about the dangers of the deadly virus. I am suggesting that we begin to talk together about how we will open the church, define some priorities and set some goals. I will not sit on my hands for 20 more weeks.

St. Jude’s congregation can create an opportunity. We can collectively brainstorm POSITIVE ideas – with absolutely no one popping off with negative reasons why “That won’t work.” Brainstorming is just relaxing and pulling out ideas from everywhere, in a safe environment, where no one is teased or mocked for a “dumb idea.” So, start thinking of what you are willing to do, to get St. Jude’s back up and running. Everyone can do something, no matter what your situation. Get ready for your turn to speak up, think “outside the box” or “outside the quarantine” and start talking.

Watch your email for an invitation to a Zoom meeting to begin this conversation.

WAITING for SAFE = NEVER.

St. Jude's National Bible Study

As the pandemic continues, the women of St. Jude's have been determined to persevere in Bible Study. Using the Zoom meeting application, the women have gathered on

Mondays, at 10 a.m. to study the book of Acts. Phyl Layman is the official hostess. She signs on to the meeting early and greets everyone as they join the meeting. She closes the study with our traditional prayer as well. The book of Acts has seemed fresh to many of the veteran Bible studiers, and the enthusiasm for Bible study remains strong.

It's been said that in every challenge there is a gift. In pandemic Bible study, the gift is the national flavor the Bible study has acquired, with the addition of women in states across the U.S. The group has grown to include ladies from Florida, Georgia, Utah, Oregon, North Carolina and Montana. Some of these women are new to Bible Study, some are new to Episcopalian theology and some have been in the church their whole lives. The same rich St. Jude's hospitality prevails throughout the study hour and women are becoming "cyber friends" as they review St. Luke's writings.

Bible study is in Week 11 at the time of this writing, and the girls have come a long way in sharpening their technology skills and upgrading their old devices. They love to share tricks and tips about using Zoom. Perhaps there is a special place in Heaven being prepared for the inventor of the Zoom app. For each time a Bible study Zoom meeting opens, it's like watching miracles light up the computer screen.





Update on KEPI

Submitted by Cordelia Burt

In early August, Kepi had a medical emergency and was transported to Kona Hospital. Kepi's family was notified and they have been working with the medical team to see that Kepi has the best treatment possible and that the best outcome is available to her.

Cards welcome: At this time uplifting cards are welcome and her address is – **Deborah Davis, 107 B. % Kona Community Hospital, 79-1019 Haukapela St., Kealahou, HI 96750.**

No visitors: We all know that at this time there are no visitations at the hospital but should that be lifted, please wait to hear from me that she can have visitors. I will keep you as informed as her family keeps me informed.

Please keep Kepi covered in prayer as well as her children Katherine and Paul.



Letters to the Editor

Dear Cindy and Cordelia, As always I so enjoy the reading of the St. Jude's newsletter. I do want you to be sure to tell the parish that their prayers are working for Warren and for me. Warren is in his third infusion treatments...the first two were not very successful, but this one seems to put him in a "better state of health".

After a six week medical leave he is now back to working from home for his position as a computer and product support manager for his company. I see him in far less physical pain also in the last two months. Prayers are being answered. Blessings to all of you for your part in his recovery time.

Another good news story from your parish....I too found all the 16 books of the Bible in the puzzle!!! Seabury Western Seminary training must have helped me to master that task. Currently I am very fortunate to be doing outdoor worship services for Church of the Advent in Farmington on the labyrinth path. Messiah on the reservation has decided to continue with the zoom worship due to health concerns of many of the parish members. The gifts of nature---butterflies, birds, and watching clouds ---during the services have been wonderful!!! Communion is given in small containers and tiny cups, which each family or individual comes to the altar to use. That has worked well, and YES I carefully wash each tiny cup for re-use each Sunday...remember I

taught environmental science as my career in teaching.

Zoom meetings with Interfaith Power and Light, visits with the clergy, information from our new Bishop Loya, serving on a "calling committee for my home parish, and many other tasks occupy my days. My disappointment recently is for the elderly in their senior citizens and long term care facilities. I am attempting to get one of our 90 year old Advent members to the labyrinth path in a few weeks to celebrate her 94th birthday and to recognize her nomination as an ECW Woman of the Year in Minnesota. The family wants us to host her if we get the permission from her residence facility.

Silly story happened yesterday when I was invited to a zoom for a One to One Priest's meeting.....I quickly discovered that somehow my name was on their welcome list, and the meeting was to be for Roman Catholic priests ----I was the only woman priest at that meeting, and quickly discovered that I did not belong at that meeting.

You are doing so much "good work" on the Big Island, and I pray that somehow in the future...perhaps our Paths will Meet Again. Blessings to all.

Elaine Clyborne Barber
dizfiz3734@hotmail.com

	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		Women's Bible Study @ Bev's 10:00 AM					Hula Practice		NA			
Tuesday		Ka'u Food Pantry <small>(setup & Dribble food)</small>			Food Pantry <small>Monthly Last Thu.</small>								Celebrate Recovery	
		Ka'u High Summer School												
Wednesday													NA	
Thursday													Al-Anon	
Friday														
Saturday														
Sunday														

Indicates this is a St. Jude's Function

NA = Narcotics Anonymous

Marshallese First Assembly of God Church

St. Jude's Eucharist Services & Aloha Potluck Social After Services

Big Island Giving Tree 3rd Sats. every other month

Community Computer Lab

Free Hot Meal

Free Hot Shower

St. Jude's Special Events & Fund Raisers

Al-Anon

NA

Celebrate Recovery

NA

Hula Practice

Women's Bible Study @ Bev's 10:00 AM

Senior Nutritional Program

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	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
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St. Jude's Weekly Schedule During COVID-19 Suspensions



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

Unstuffed Cabbage Roll - Casserole ✓

This has all of the flavors of stuffed cabbage, but in a casserole. To keep the carbs low, this recipe uses riced cauliflower instead of rice.

You can use this recipe or copy the ingredients of your favorite stuffed cabbage recipe.

Ingredients

1	pound	lean ground beef
1	pound	Italian Sausage
1	Tbsp.	extra virgin olive oil
1	large	chopped 1 large onion, chopped
1	clove	minced Garlic
1	head	chopped Cabbage
1	cup	riced Cauliflower
2	14 oz cans	diced Tomatoes or Ro*Tel Tomatoes
1	8 oz can	Tomato Sauce
1	cup	shredded Cheddar or Mexican Blend Cheese
1	Tbsp.	Cider Vinegar
1/2	cup	Broth
1	tsp	dried Oregano
1	tsp	Paprika
1	tsp	ground Black Pepper
1	tsp	Salt

In a large skillet, heat olive oil over medium heat. Add the ground beef, sausage, and onion. Cook, stirring, until meat is no longer pink and onion is tender.

Add the garlic and continue cooking for 1 minute.

Add the chopped cabbage, cauliflower, cheese, tomatoes, tomato sauce, pepper, and salt.

Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Yield: Serves 6 to 8.





Mondays²⁴
10 a.m.
Via
ZOOM

On Summer Hiatus
See Cynnie or Teri to sign up
for fall session

Check email for
Zoom links



Lemonade Party

Temporarily Suspended
Monthly Church Clean up

Talk Story

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We welcome submissions!



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

For more guideline details visit www.stjudeshawaii.org

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