



Talk Story



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

92-8606 Paradise Circle
P.O. Box 6026
Ocean View, Hawaii 96737

(808) 939-7000
www.stjudeshawaii.org
email: stjudehawaii.bak.rr.com

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EFM Begins September 5th

Welcome to a new year of learning about our faith.

Welcome to questions, answers and no answers.

Welcome to a community of support, a community of sharing, understanding and loving acceptance.

The above statements are what I think of each year as Cynn timer Salley and I welcome our fellow travelers on the 4 year journey of Education for Ministry...one year at a time...sharing learning about the Old Testament, the New Testament, the history of Christianity and reading philosophies and writings of theologians.

This year we have four Year 4 students; four Year 3 students

and two students, who are beginning their first year of study with us.

We study and share, laugh and cry together and learn so much about our own spiritual journeys and what we are willing to share about each other's journeys.

We invite you to consider joining us next fall! Explore your "Aha" moments. Feel free to ask the questions that have bugged you since Sunday School! There are no "wrong" questions. "Pat answers" are discouraged.

Come ask your questions! We look forward to hearing and working with you as we explore our faith together.

Shalom! Teri Martindale



CHURCH HAPPENINGS

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By Cordelia Burt, Bishop's Warden

Saturday Showers

The word is getting out about the hot showers at St. Jude's. On August 20th we showered the highest number since reopening. We had 38 shower customers that Saturday and we were all thanking God for the extra water he sent during the week. It is so good to see happy faces come out of the showers!!

Thank you all that wait patiently for your turn in the shower, I know it can be a long wait, but we thank everyone for their patience and understanding. Remember you must be signed up for a shower by 11:30 a.m. to be assured a hot shower. We open the showers at 9:00 a.m. and we stay until the last person that signed up before 11:30 a.m. has showered.

We also have been having wonderful Vegan lunch meals while our family has Ray and Lodema with us. Last week was a Sweet Potato Casserole that was scrumptious along with Cole Slaw and we served 58 plates.

Since my report last month we have showered 157 people and filled 278 plates with food. We locked up last Saturday to go home at 1:30 p.m. It was a long worthwhile day.

Remember we can always use help with showers or with cooking and

servicing the meals. Please see Cordelia, Karen, Anna, Elaine or Thom if you can help in this great outreach program. You don't have to be a member of St. Jude's to help the community. If you want to help – we'll put you to work!

Haircuts by the Fosters

Drew and Kady will be back this Saturday, September 3rd so get the word out that haircuts and beard trims will be happening at St. Jude's. Everyone loves to have time with Drew and Kady and we appreciate that they come up to St. Jude's with all their equipment and get right to work making our many family members feel the love that they share with everyone while making them feel good. Nothing feels better than a fresh haircut.

Seniors

We were in hopes that the Senior Nutrition Program would be able to go back to the old hours and days by this time but not happening. The Seniors meet in person on Monday and Friday and the doors open at 9:00 a.m., lunch is served at 10:30 a.m. and Theresa is back on the road to take people home by 11:00 a.m. We hope that the next report will be better and Seniors will be back in the building three days a week and for longer hours. Fellowship is needed by all!!

CHRONICLE OF THE COMMON PLACE

BY CYNNIE SALLEY



Have you had the dreaded plague yet? Ray and I spent almost three years avoiding it. We hid out... we hibernat-

ed...I felt like the big bears that climb into a cave and don't come out until spring...the difference being that they don't eat and I did. We had our groceries delivered by Choice Mart and by Costco. Unfortunately, Costco doesn't come out this far, so we had them delivered to Max's house, where we picked them up...making sure we kept our distance from anyone living there and of course wore our masks.

Thank goodness we had room to spread our wings. Truly, I don't know how people in crowded cities managed. Not only could we wander around outside but we could stay out of each other's space when we were indoors. Sandy, our office manager,

but mostly our dear friend whom we have known since she was a toddler, worked across the courtyard. She would leave things we needed to look at on the railing...I would sanitize them...deal with them and then leave them on the railing for her to pick them up. And, I had to put on my throw away gloves before touching any missile that she brought over.

We had a folding table put up at the driveway end of our verandah. Everything that was to come into the house, was put on the table and again, I would don the gloves and sanitize the goods. I tell you, the brown paper bags don't hold up very well after being sprayed with sanitizer...not to mention the things inside the bag!

NOBODY was allowed in the house other than Ray and me, so we made lots of trips back and forth from the kitchen to the outside sanitizing table. That was our exercise.

See "Common Place" continued on page 4

Common Place

Continued from page 3

Every once in a while we would have to venture out of our cave... usually to get our blood checked. While waiting for our turn with perhaps four other people...I would definitely give them the evaluation eye...did they look sick or look like they had a fever. Was their face mask on correctly...did they touch anything...are we 6 feet apart.

What kept us sane, was doing jigsaw puzzles...and we are still doing them. Sometime, go on my Instagram page (konagirlla), where I posted them as we finished each one. We also binged on TV shows that we didn't even know existed. Yellowstone was the first followed by Ozark and too many to mention. The problem with that was it kept us up much too late because we always had to watch one more.

Well, life eased up as the years went by. We got more careless and didn't meet the same level of protection...but we still wore our masks, kept our distance and washed our hands. The gloves went by the way-side early on. Flying was concerning

as not many wore masks.

Well, in July we went off to Cape Cod for a Salley family re-



union. We rented a huge house for a week right on a point surrounded by water with a beach right there. There were 18 of us staying there. One day, Ray and I went down to Harwich Port with his cousin and wife, for lunch where they have the most delicious lobster rolls! We didn't get very far before the coughing started in the front seat...I asked the question...had that cough very long? Oh yes was the reply, I seem to get it whenever I go into the office...Hmmm, I thought. They left the next day and the day after that, Ray wasn't feeling too well...Gave him the Covid test and he was negative but he didn't go to the family clambake. I did and sat next to his 91 and 92 year old sisters and chatted with them for the whole

See "Chronicle" continued on page 17

September

Flavor of the Month

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The Reverend Canon Angus Aagaard

The Rev Canon Angus Aagaard has been Team Rector of North Lambeth Parish, Central London for over 20 years.

It is a multi-cultural, diverse parish, offering ministry to people from very different economic and social backgrounds. Prior to this he served in Southampton as Team Vicar and served his Curacy in Taunton, Somerset.

Before becoming ordained he was a social worker working principally with young people

Angus is also a Padre (Major) in the British Army serving a Military Intelligence Battalion.

Rev Angus is married to Suzette, a school chaplain, and has two children Clemmie and Rufus and two dogs.

Angus is very much looking forward to meeting and sharing with everyone at St Jude's on his adventure across the pond.



Aloha and welcome, Father Angus!

ST. JUDE'S RECIPES

SUBMITTED THIS MONTH BY RAY HATCH

Black Bean and Sweet Potato Mix

*Modified from
Kick Diabetes Essentials
by Brenda Davis WFPB no SOS*

Quick, easy, and delicious

Ingredients:

4 Medium Sweet Potatoes (we use golden yams!) (3.5 to 4 cups mashed sweet potatoes)

2 cups Salsa (you choose the heat level)

1 ½ cups black beans drained and rinsed (1 can)

1 cup frozen corn



Instructions:

Bake or microwave potatoes until easily pierced all the way through.

While cooking the potatoes, heat the beans, salsa, and corn in a medium saucepan stirring occasionally.

Peel and mash the potatoes and add the flesh to the bean mixture and combine.

When everything is hot, enjoy as a main dish or a side dish. It will be thick. If it's too thick, just thin a little with water or veggie broth.

The original recipe was for stuffed sweet potatoes. In it, you baked the sweet potatoes, so you have a firm skin. Cut them in half and scoop out half or more of the flesh. Add that to the heated salsa and add that final mix back to the potato skins.

For a nice dinner presentation, the stuffed potato skins would be nice, but we are ok with the mix alone.



Adayah Huber extinguishes the altar candle at the end of Sunday service, with a tiny bit of help from her mother, Rev. Glenna Huber.

Adayah is a second grader and eager to have her turn as acolyte. She also served as Crucifer, at the beginning and closing of the worship service.

It was a blessing to have children serving at the altar this month. Thank you Rev. Glenna and Richard, for sharing your beautiful family with all of us at St. Jude's.



CHURCH SEASONS

BY CORDELIA BURT, BISHOP'S WARDEN

Ember Days: Four groups of three days, specifically the Wednesday, Friday and Saturday after the First Sunday in Lent, Pentecost, Holy Cross Day (September 14) and St. Lucy's Day (December 13), which were set aside long ago as special days for fasting.

They seem to have been created to take over pagan festivals connected with the annual cycle of the seasons and harvests. They are of such age that although we no longer have St. Lucy's Day on our calendar, we still have the Ember Days associated with her feast day.

Now, the Ember Days are hardly noticed except by seminarians and their bishops, because seminarians are required to write their bishops Ember Day letters at each of the Ember seasons. (This may no longer be a requirement). These seasons are popular occasions for ordinations.



Sunday Morning Announcements

Thom leads Sunday morning announcements each week. If you send St. Jude's a note, he will probably read it during announcements. And sometimes.... Buddy shares his stand up comedy act too. Sunday morning announcements are always lively and fun at St. Jude's.



Thank you!

From Cordelia Burt

We have had a very wonderful time this last month with a special family. The Huber family came to St. Jude's this last month so that Rev. Glenna could be our "flavor (priest) of the month. She brought with her husband Rick and her children -- Jonas and Adayah.

What a wonderful time we had with Jonas and Adayah, as they came in each Saturday morning with such energy and ready to help serve the meals. We give a big THANK YOU for your servant hearts and we look forward to your coming back again so that we can hear your stories of how you have served others while away from St. Jude's. What a great example you are showing for others to follow.

It's been an interesting two months here at the church and we had three consecutive months with new priest's that hadn't experienced rural Hawaii. Fr. Jason was the first to experience the "no water" at McKinney when the water pump went down. Rich thought he had it up and running but instead it died completely and had to be replaced.

Ok now we're all new and all should be well - well not quite! A hose was not tight and we lost all the water!! Well poor Fr. Jason and his visitors had to shower in the outside



showers for Sunday Service. We got that all taken care of and thought all was well when the Huber family came in August.

Oh no!! We got a load of water on Wednesday and Thursday evening Rev. Glenna reported that she thought there was a leak in the water tank!!!! Well after my frantic calls we discovered that the liner sprung a leak and would have to be replaced. Well.....we are in the process of getting this taken care of and the Huber's are being wonderful about being careful with water use we just hope we can have enough water remain in the tank for use until everything gets here and we have all the replacement done. Keep this in your prayers please.

We have our next new priest coming from England this month and we'll see how things go from here. If you remember Rev. Olivia came in May/ June with the Lanai being replaced.

Tune in later to hear what our next adventure is for the Bishop's Warden, Junior Warden and Treasurer. I couldn't do this without my very faithful family standing behind me and that's all of you. *Cordelia*



The Reverend Glenna Huber and her delightful family have served St. Jude's during the month of August. They have been great sports about the water issues that developed during their stay. Thank you for your patience and understanding, Rev. Glenna, Rick, Jonas and Adayah.



Jonas Huber takes his turn as Acolyte. Jonas is a fourth grader and son of Rev. Glenna & Rick Huber.

Foster Hair Design Returns to Saturday Showers

We are excited to welcome back Foster Hair Design.

Drew and Kady are back!

They offer free haircuts for our shower family.



The future dates for now are:

Sept. 3rd, Oct. 29th and Dec. 24th,
(yes the 24th we want you spiffed up for the holidays.)

Kady and Drew have provided valuable client services to our shower family, before the pandemic, and we are thrilled to have them back!

www.fosterhair.com

September Dates to Remember

- 3 Lemonade Party
Please come to help clean up the church yard
- 3 Haircut Saturday
- 4 The Thirteenth Sunday after Pentecost Proper 18
Welcome Rev. Angus Aagaard
Bishop's Committee Meeting at 12 pm after service
- 6 EfM begins for the year 9 am
- 11 The Fourteenth Sunday after Pentecost Proper 19
- 14 HOLY CROSS DAY
- 18 The Fifteenth Sunday after Pentecost Proper 20
- 20 TALK STORY DEADLINE
- 21 SAINT MATTHEW, APOSTLE AND EVANGELIST
(Ember Day)
- 25 The Sixteenth Sunday after Pentecost Proper 21
Last Sunday with Fr. Angus

September Birthdays

- 6 Steve Stigall
- 6 Rev. John Mark Beam
- 9 Bico Cabico
- 13 Dan Garrett
- 19 John McDonald
- 22 Steve Houston
- 27 Frank Santana
- 29 Michelle Johnson

September Anniversaries

- 2 Ray and Lodema Hatch
- 2 Rich & Paulette
Zupancic
- 20 Anna Towner &
Karen Pucci
- 21 Edward & Marvelle Rau





Adayah Huber leads the ending of our worship service.



TO YOUR GOOD HEALTH

BY RAY HATCH



Chronic Diseases – what does the CDC say?

By Ray Hatch SKP

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

Staying healthy can be a real challenge anytime and the COVID 19 pandemic exacerbates this challenge. Over the last couple of years we have learned some new things. We have learned to wear masks, we have learned how and when to wash our hands, and we have learned to social distance.

We have also learned of something called the CDC. As we now know, CDC stands for the Center of Disease Control and Prevention. This is a federal agency charged with helping us stay healthy.

So, let's look at what the CDC says about our common diseases.

The source of these facts is the Center for Disease Control and Prevention, <https://www.cdc.gov/chronicdisease/about/index.htm>.

From a medical point of view, there are two main types of diseases, injuries, or condition: acute or chronic.

Acute injuries, diseases, or conditions are easy to understand, I think. They include things like broken bones, injuries from accidents, and infections. They are injuries or diseases that are caused by a single event and come on very quickly. Most of the time you cannot do anything about these.

A chronic injury, disease, or condition are ones that come on very slowly and can be caused by repeated injuries by our behaviors. According to the CDC:

“Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as [heart disease](#), [cancer](#), and [diabetes](#) are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.5 trillion in annual [health care costs](#).”

See “Good health” continued on page 16

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 all nations: 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 COVID post-pandemic: for our kupuna, our loved ones, our leaders, our medical personnel, ourselves. We pray for an end to health issues that impact the ebb and flow of St. Jude's ministries.

Healing: Kathy, Amanda, Cynnie, Ray, Angie, Austin, Thom, Phyl, Caroline C, Ginger & Brian, Fr. Richard & Michael, Sam, Pastor Constance, Butch, Fr. Tom E. and Stephen, Don and Beverly, Tammie, Jeanne, Ron, Zach, Sigi, Dave, Richard M, Warren, Ed.

Strength and comfort for those who suffer loss.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling, comfort for all those who are unable to travel.

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

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 our church and all her ministries, re-ignite us Lord, in a safe environment of warmth, music, Holy Communion and divine connection. ***Bring us new volunteers to help us continue our many outreach projects;***

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

Lord, hear our prayer.

Good Health

Continued from page 14

Many chronic diseases are caused by a short list of risk behaviors:

Tobacco use and exposure to secondhand smoke.

Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.

Lack of physical activity.

Excessive alcohol use."

Did you notice that they (the CDC) said **"Many chronic diseases are caused by a short list of risk behaviors"**. "Risk behaviors" means that they are something that we do and are therefore **controllable and preventable** if **we** do something to keep them from happening.

They also quote data on their website (<https://www.cdc.gov/chronicdisease/about/index.htm>):

"6 in 10 adults in the US have a chronic disease. Four in ten have two or more.

Chronic Disease in America is the leading cause of death and disability and the leading driver of the nation's \$3.3 TRILLION in Annual Health Care Costs."

As I said above, risk behaviors are unhealthy behaviors you can change. These health risk behaviors—lack of exercise or physical activity, poor nutrition, tobacco use, and drinking too much alcohol—cause much of the illness, suffering, and early death related to chronic diseases and conditions.

What can we do to reduce our chances of getting a chronic disease?

If you are drinking too much alcohol, cut it back. There is no safe level.

If you smoke, cut it back or quit.

If you are not getting enough exercise, get more.

If you are not eating a healthy diet, start improving your diet by eating more plants and veggies.

These chronic diseases, heart disease, cancer, chronic lung disease, stroke, Alzheimer's Disease, diabetes, and chronic kidney disease depend very much on how we eat. A plant-based diet is a good way to fight these diseases. That's why we formed the Whole-Food, Plant-Based (WFPB) BOF.

A whole-foods, plant-based way of eating is one way to prevent or reverse many of these chronic diseases.

What exactly is a whole-food, plant-based way of eating? IN summary:

It maximizes the intake of whole (not processed) plant foods and minimizes the intake of processed and animal-derived foods.

It emphasizes food-as-grown: vegetables, fruit, whole grains, beans, greens, herbs, and spices.

Consumption of all animal or animal derived products are minimized or eliminated.

Remember,

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

Chronicle

Continued from page 4

evening...That night, my throat was scratchy so the next morning, we took the swab test. This time, Ray was positive and so was I. Well, the rest of the family treated us like pariahs. We were restricted to the TV room and our bedroom. However, off we went to Urgent Care. Our niece, who lives there, braved the plague and took us. So, another more sophisticated swab test happened, with the same results. I texted our Dr. In Los Angeles, who prescribed Paxlovid for us both and called it in to the local CVS pharmacy. Ray decided not to take his, but I started... three horse pills twice a day for five days and they cause a yucky taste in your mouth.

We came home and Ray tested negative a couple of days later, but I tested positive....and then, I got it again with totally different symptoms.

So, texted the Dr in LA again and said we still had Ray's Paxlovid... should I take it again...he said, "Yes." So, after two rounds of Covid,.. Two rounds of Paxlovid, I finally tested negative...What an ordeal!

So, you don't want to get the dreaded plague...but I think that you probably will at some point...so keep up with your vaccinations...make sure you have the latest, wear your masks and washy, washy, washy your hands the first thing when you come home. .. It is well worth doing!

Wash your hands
& say your
PRAYERS
because
Jesus
and germs are
EVERYWHERE



Floral design by Faye Miller, was presented to Beverly Nelson. See page 18.

Farewell to Beverly

Our dear friend, Beverly Nelson was sent off to her new California home in style with the “Old Bible Study Gang,” plus anyone else who wanted to join in. On August 24th a fun and festive brunch was served at Phyl’s house with plenty of chatter, laughter, flowers and food to go around for everyone.



Phyl and her sister Pam, put out quite a spread!



How fun it was to celebrate our friend, Beverly!

Farewell to Beverly Festivities



Hawaiian flowers, food and fun were shared with Beverly.





Mondays 20
9 a.m.
HST

On ZOOM
Check email for
Zoom links

Begins September 6th
Registration is closed



Lemonade Party

First Saturday of the Month

Monthly church yard clean up

All are welcome to join us!

Followed by lemonade & hot dogs.

Talk Story

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P.O. Box 6026 ~ 92-8606 Paradise Circle ~ Ocean View, Hawai'i 96737 ~ (808) 939-7555

Email : StJudeHawaii@bak.rr.com

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Ray Hatch, Cindy Cutts

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We welcome submissions!

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

For more guideline details visit www.stjudeshawaii.org

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

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