

TALK STORY 2

St. Jude's Episcopal Church // Where Jesus Talk is a Daily Walk



LET THERE BE PEACE ON EARTH

Let there be peace on earth and let it begin with me

Church Happenings

February was a very busy month at St. Jude's and we were happy to have Rev. Sue and Mother Linda helping in the kitchen or talking with our family as they awaited their shower time. The first Saturday was really hoppin because the word didn't get out that Giving Tree canceled unexpectedly so we had an over abundance of people in and around the buildings. The food held out and we served 120 hot dogs and 36 bowls of nachos while the showers showered 39 happy bodies. Thank you Lord and our every faithful volunteers.

Sadly because of the weather we had to cancel the Mardi Gras dinner. We felt that it was best that people stay home and off the roads with the torrential rains coming down. Saturday was open for business and we served the Friday dinner on Saturday. We served 78 plates of food and 21 brave people took hot/cold showers while the rain came down. Even with the weather everyone was happy and laughing as we gathered together

Sometime between the time we left on Saturday and Lokela arrived to clean on Sunday, someone opened the slats on the sacristy, reached through the security bars on the window and took the communion vessels, candles, wine and all the supplies in the First Aid Kit. Well that didn't stop us but a minute because we had a baptism to perform and it turned into a beautiful sunny day.

We say goodbye to Rev. Sue and Mother Linda this week but we'll see them back with us for October/November of 2025. Safe travels to you both and thank you for all you have done for us while you were with us.

Seniors News

The seniors continue to meet Monday and Friday for meals and fellowship and on Wednesdays for the playing of cards and other games. Come on down and join them meet new friends and have fun. Zack took a tumble off his Lanai and has gone from Kona Hospital to Life Care so stop and see him if you're in town.

The Keiki choir is back on Thursdays from 3 pm - 5 pm and will once again sing for us around Easter time. Hula meets on Wednesday's from 1 pm - 4 pm and they are looking for new members to join in the fun and exercise of hula. The Ka'u Band gets together on Wednesday from 4 pm - 6 pm. Play an instrument? Come on down and join them.

The month of March will be centered on Lent and our time of meditation and penance. Come join us in one of our studies to walk a closer walk with Jesus. All are Welcome!!

Spring, the Sweet Spring

BY THOMAS NASHE

Spring, the sweet spring, is the year's pleasant king,
Then blooms each thing, then maids dance in a ring,
Cold doth not sting, the pretty birds do sing:
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses gay,
Lambs frisk and play, the shepherds pipe all day,
And we hear aye birds tune this merry lay:
Cuckoo, jug-jug, pu-we, to-witta-woo!

The fields breathe sweet, the daisies kiss our feet,
Young lovers meet, old wives a-sunning sit,
In every street these tunes our ears do greet:
Cuckoo, jug-jug, pu-we, to witta-woo!

Spring, the sweet spring!

*"Though I do not believe
that a plant will spring up
where no seed has been, I
have great faith in a seed...
Convince me that you have
a seed there, and I am
prepared to expect
wonders."*

— Henry David Thoreau

A New Look at Our Oldest Prayer

BY GARY JOHNSON

Can the Lord's Prayer ever be revised? Should it be revised?

Can we join in a prayer that doesn't speak to a male Father?

Is it time to join in a prayer that doesn't refer to kingdoms? Or describe a great divide between heaven and earth? And the implications of Original Sin?

I still say both prayers. One ties me to the traditional church in which I grew up. My new version is a prayer of aspiration, hope and gratitude.

It may be presumptuous, maybe even blasphemous, or destined for the trash bin, but I thought it might be received with some careful thoughts by my friends at St. Jude's.

Our God,
Who is our heaven,
Hallowed be your name.
Let your Spirit live
In all of us
In thought, word and deed.
Give us this day
Our daily bread,
And heal us,
As we pray
For the healing of others.
Keep us from vanity,
And deliver us from evil.
For you are the Truth
And the Light forever.

*"It is spring again. The earth is like a child that knows poems by heart."
— Rainer Maria Rilke*



Moses with Mother Linda and Rev. Sue



Moses during his Baptism



Moses with his sponsors
Cordelia, Connie, and Dan

Sunday Break-In

As most of you know we had a break into the Sacristy sometime between 2 pm Saturday February 18, when we finished up showers and 6:30 am when Lokela came to work.

They took the screen off the window, opened the slats, reached through the bars on the inside and stole the silver chalice, paten and lavabo bowl, the crystal cruets, a bottle of wine, individual communion cups, altar candles and all the supplies out of the newly stocked emergency kit, possibly some checks from the collection plate and about \$25 in cash.

The police have the case and I am in the process of pricing everything for the report.

If any of you hear about the missing objects, let Cordelia know.

New Place! Finally! This one is a total gem in the rough. We were coming home from another airport run and we were HUNGRY. We thought we would return to HARBOR LIGHTS which is open and it was packed. 40 min wait. Phooey.

So I thought "has anyone taken over the Bite Me! spot that had closed?" So we trundled over and there was a small sign eat indicating "KEONI'S POINT OF VIEW" and there were people sitting on the lanai. We ducked inside where it was air conditioned. The new owners haven't invested much in upgrades. It is a bit shoddy looking and there were two customers at the bar (beer and wine only) but don't let the appearance fool you.

Our waitress asked us if we were going to eat and warned us there would be a wait for the food. We could sit so we were happy to hang. Worth the wait. A small but varied menu of fish preparations-shrimp, calamari, fish of the day (ono). Veggie sandwiches. Kalua pork. Great deep fried onion rings. Anna ordered the fish (ono) tacos. She loved the sauce, the prep and the cute little taco holders. I had the shrimp and fish-grilled (fried if you prefer) with crispy sweet potato fries. Very onolicious! We also had two Pepsis. \$44 without tip. Very reasonable for good, tasty food. I was able to personally thank the lone, hard working cook and she seemed stunned that we noticed.

Take the road trip here the next time you are heading to or from the airport. The wait was due to short staffing so things may improve. The menu shown on line was not available the day we went. By the way, the reviews are almost all positive for this place.

KEONI'S POINT OF VIEW-74-425 Kealakehe Pkwy, Kailua-Kona, (808) 331-2327, Open TUES-FRI 11-6PM; SUNDAY 11:30-5. Beer/Wine/major credit cards accepted. Inside/outside dining.

About Hymn

BY DAN GARRETT

Q: Who catches the lepre-cons?

A: *Under-clover cops!*

Q: Why do leprechauns hate running?

A: *They'd rather jig than jog.*

Q: Why did St. Patrick drive the snakes out of Ireland?

A: *Because he couldn't afford a plane ticket.*

Q: How can you tell when a potato is not from Ireland?

A: *When it's a French fry.*

Q: What do ghosts drink on St. Patrick's Day?

A: *BOOs!*

Q: What do you get if you cross Christmas with St. Patrick's Day?

A: *St. O'Clause!*

Q: Why did the baker pour Coke into her mixer?

A: *She was trying to make soda bread!*

Q: What do ghosts drink on St. Patrick's Day?

A: *BOOs!*

Q: How do musicians show off on St. Patrick's Day?

A: *They play their brag-pipes.*

William Cowper (1731-1800) poet and hymn writer is the author of numerous long beloved hymns, including one of my most favorite, "There is a fountain filled with blood," one of the most likely hymns to be included in Lenten Season worship. Its words reflect a deep and reverent understanding of Christ's sacrifice, the gift of grace, the need for repentance and the blessed relief of forgiveness and soul cleansing salvation. Generations of Christians have been moved to tears, as I often have, by Cowper's words of confession and healing, but few know about the difficult life challenges and pain that led to those exceptional lines of poetry.

Born the son of a clergyman, Cowper was one of only two siblings of the seven children his parents' union produced that lived beyond infancy. The other sibling who survived was his youngest, John. Their mother died during John's delivery, when William was six. Young William showed himself early on to be a brilliant student, a master of Latin before adolescence. Most of his early years of education were at the Westminster School, a popular choice for intelligent boys of "limited resources."

Young William pursued an education preparing for the law, but suffered what would be the first of multiple bouts of severe, disabling depression as he was preparing to take his examinations that were required to enter practice of law. He attempted suicide three times and was placed in an asylum as a result. On release from the asylum, he went to stay with a retired rector and his wife, Morley and Mary Unwin. William made his home with them through Morley's death, and then with Mary until she died years later. Through the Unwin's, William met former slave trade ship captain John Newton, writer of "Amazing Grace" who had dedicated himself to proclamation of the Gospel.

Cowper, in addition to numerous hymns, (including favorites like “ Oh, for a closer walk with God” and “ Sometimes a light surprises the Christian as he sings”), also was responsible for highly respected translations of “ The Iliad” and “The Odyssey” as well as numerous poems, including an admonishment of Britain’s involvement in the slave trade, “ The Negro’s Complaint.”

For me, William Cowper’s work is both a testament of faith, and a reminder that even as followers of Christ, we are not magically removed from trouble. Actually, as scripture clearly says, we will still often suffer trials of sadness, grief, and even depression, but always with the opportunity to be surrounded and protected by Grace and Mercy. William Cowper’s wonderful words of self reflection, contemplation and comfort continue to provide solace for just such times.

The Daffodils

By William Wordsworth

I wandered lonely as a cloud
That floats on high o’er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.
The waves beside them danced, but they
Out-did the sparkling waves in glee:
A Poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:
For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Flavor of the Month

We Can't Wait to Be Your Flavor of the Month!

Aloha from Pastor Coe and Janet Hutchison. We are so excited to be with you during the month of March. We signed up for this great opportunity way back in 2019, and my goodness, what a lot of life has happened since then.

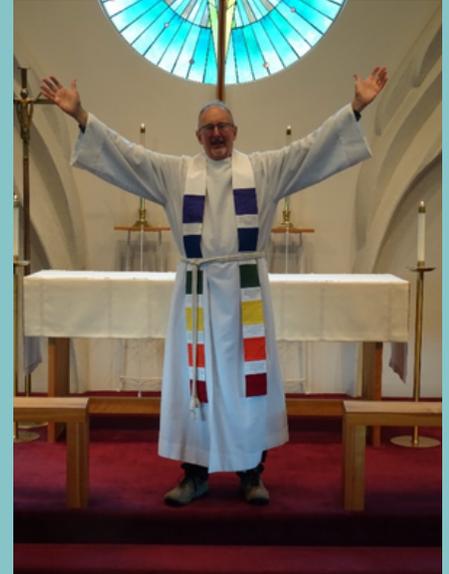
I am a retired, second-career, Lutheran pastor. My first career was spent in the electric utility industry. I retired in 2004, and for fun and learning, took some classes at a nearby seminary. It wasn't long before God's call to pursue ordination filled my heart. After seminary and an internship, I was called to Pastor Grace Lutheran Church in the small, Western Washington, community of Port Townsend. We spent ten wonderful years at Grace before retiring in 2020.

Janet, my wonderful wife of 46 years, is a retired physical therapist and an active and doting grandmother to our five grandchildren, all of whom are 6 or under. Grandma JJ's Christmas and Summer Cousin Camps are already becoming highlights of the year.

We both grew up in Western Washington and have spent most of our lives here. We also both grew up, and grew to know God's love, in the Episcopal Church, so there is a little bit of a homecoming for us in serving at St. Jude's.

We love to hike and are bringing our hiking poles and boots with us. We are both active in our local church and I do a fair amount of substitute pastoring around our area. We are really looking forward to serving alongside your community at your Saturday and mid-week ministry events. I can't wait to learn more about St. Jude's and get to know you more personally and deeply.

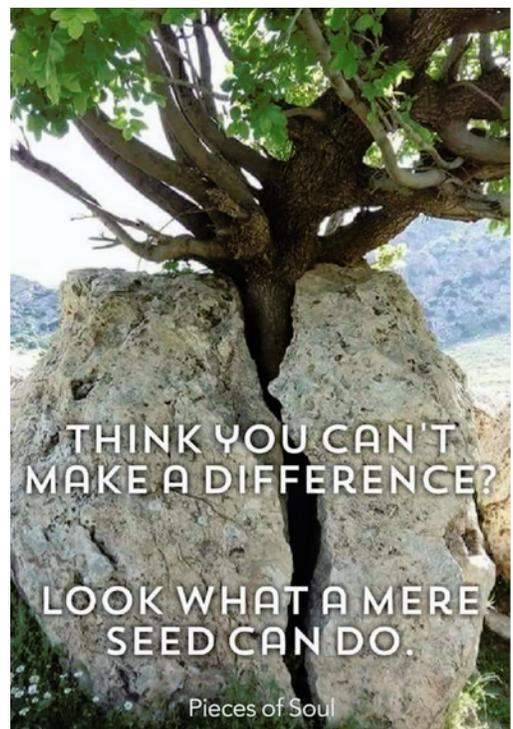
God bless,
Pastor Coe and Janet



March Dates to Remember

4	Lemonade Party: Work in the yard 9 a.m.- 11 a.m. Showers and Soup: 9 a.m. and on Free Dog Food Giving Tree in the Parking Lot: 7:30 a.m. – noon
5	Second Sunday in Lent, First Sunday with Pastor Coe Bishop's Committee Meeting during Aloha Hour
6	Women's Bible Study 10 a.m. on Zoom
7	EfM 9 a.m. on Zoom
11	Showers and Soup: 9 a.m. and on
12	Third Sunday in Lent We need a volunteer to do Zoom!!
13	Women's Bible Study 10 a.m. on Zoom
14	EfM 9 a.m. on Zoom
18	Showers and Soup: 9 a.m. and on
19	Fourth Sunday in Lent – need someone to do Zoom!

20	Women's Bible Study 10 a.m. on Zoom
21	EfM 9 a.m. on Zoom
22	Showers and Soup: 9 a.m. and on
25	Showers and Soup: 9 a.m. and on
26	Fifth Sunday in Lent, Pastor Coe and Janet's last Sunday
27	Women's Bible Study 10 a.m. on Zoom
29	EfM 9 a.m. on Zoom



The Surprise has Arrived!

SUBMITTED BY CYNNIE SALLEY

The director of the George Washington University School of Medicine maintains that the brain of an elderly person is much more practical than is commonly believed. At this age, the interaction of the left and right hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over the age of 60 you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to work in full force.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average.

Also interesting is the fact that after 60 years a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri, from the University of Montreal, believes that the elderly brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted in which different age groups participated. The young people were very confused while passing the tests, while those over 60 years old made the right decisions.

Now, let's look at the characteristics of the brain between the ages of 60-80. They are really pink.

CHARACTERISTICS OF THE BRAIN OF AN OLDER PERSON

1. The neurons of the brain do not die, as everyone around you says. The connections between them simply disappear if one does not engage in mental work.
2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.
3. From the age of 60, a person when making decisions does not use only one hemisphere of the brain, like young people, but both.
4. Conclusion: if a person leads a healthy lifestyle, is mobile, has viable physical activity and is fully mentally active, intellectual abilities DO NOT decline with age, they simply GROW, reaching a peak at the age of 80-90 years.

HEALTHY TIPS

- 1) Don't be afraid of old age.
- 2) Strive to develop intellectually.
- 3) Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance!
- 4) Take an interest in life, meet and communicate with friends, make plans for the future, travel as best you can.
- 5) Don't forget to go to shops, cafes, shows.
- 6) Don't shut up alone, it's destructive for anyone.
- 7) Be positive, always live with the thought: following: "all good things are still ahead of me!"

SOURCE: New England Journal of Medicine.

SENIOR FUNNIES

- The ability to speak several languages is an asset, but the ability to keep you mouth shut in any language is priceless.
- Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision
- Happiness is not having to set the alarm clock.
- When I get a headache I take two aspirin and keep away from children just like the bottle says.
- Just once, I want the prompt for username and password to say, "Close enough."
- Becoming an adult is the dumbest thing I've ever done.
- If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.
- "Your call is very important to us. Please enjoy this 40-minute flute solo."
- Does anyone else have a plastic bag full of plastic bags or is it just me?
- I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.
- Today's 3 year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.
- If God wanted me to touch my toes, He would've put them on my knees.
- Last year I joined a support group for procrastinators. We haven't met yet.

Pucci's Pooch

BY KAREN PUCCI

Why do people get dogs? Well, for me, it is the companionship and the idea that we are more secure out here in the boonies having a dog than not having one.

In December 2019, our friends who were still involved in a dog rescue program, contacted me. A little female puppy had come into their care. It had been a good seven years since I had a canine in my life and I was ready. So, I zipped up the hill and this little cutie was dangling off the lop ear of one of their dogs. She was only about 4 weeks old and was still being treated for doggy stuff. She toddle over to see me, sat in may lap and that was it.

I, of course, asked Anna if this would be a good first dog. She wanted two. I wanted a smaller, "fun" dog and she wanted a snarling bigger dog. We had been prepared to have dogs before we had a dog. We had two cement pads poured and two permanent steel kennels put up. She met the puppy, shrugged and said "fine". In January, she was ours.

Xena, our Warrior Princess, could not have come at a better time. As the state shut down, she became our entertainment and our buddy. She kept me hopping with training and house breaking but she caught on pretty quickly. She liked sleeping in her little carriers than got increasingly bigger as did she. After Xena, Anna nixed the idea of getting a second pup. Xena shall remain an only child. For now.

As a watchdog, she is a work in progress. She barks at all of our arriving friends when she is outside. INCOMING!!!! But when work people show up, oh, we have a dog? We have had deliveries, plumbers, day laborers, the catchment crew. Not even a yip. However, she will sound the alarm at a garden hose that isn't where she thought it should be. She is absolutely certain the wild sheep are terrorists, plotting to murder us all. She just loses it when they wander by. She stands tall against the Myna birds that hop all over the lanai and other spots. She usually rides with me in the truck to the dump and other brief trips. Always a huge adventure for her. Somewhere along the line, she has decided that on coming traffic is a personal threat. She barks her head off at the vehicles. Now she has started barking at the passing landscape as well. My dog!!!! I have tried everything to shut her up but this seems to be an un-solvable problem for my ears.

One of Xena's gifts is she can leap like a WNBA player. She stands at about two foot but she can leap almost six feet, straight up. When she began exploring more than our property, we decided we needed to have a yard around the kennels. The fence fellow looked at the dog and said "Oh no, you do not need a six foot fence." On cue, Xena leaped. "Oh. Yes. You do."

Where Xena really shines is kitchen clean up. She does an excellent "floor patrol" of fallen items and can clean any plate, bowl, pan or board put in front of her, right down to the shine. I just have to give the dogged item a soapy wipe. We keep her away from those known things dogs can't tolerate but she eats everything else but limp celery and catnip.

Her one down side is that she sheds COPIOUS amounts of fur every day. Even though she is a short haired thing, her under coat is thick and dense. It travels everywhere. This, I was not expecting. We joke we could weave a small rug every couple of days with the amount she sheds. This is likely quite true. She has a skin/nerve condition that makes it difficult to brush her but it did not really help mitigate the daily tsunami of fur when we did. This condition also precludes her from wearing a harness. Just I'd throw that in.

Xena is smart and very sweet tempered. She is a big part of daily life that I truly enjoy. She loves me to pieces. Every day. That unconditional affection makes me smile. Every day. And that is the real reason why I have a dog.



Dorothy Sayers

Most people, if they know Dorothy Sayers at all, know her as the author of the Lord Peter Wimsey series. I believe she wrote 20 books, including her short story collection, and many of her books were adapted to both movies and TV. However, she has done more than mysteries, but my focus this month will be for what she is best known.

The Silent Passenger made in 1935 starred Peter Haddon as Lord Peter Wimsey and it did well enough in the theaters to make a 2nd Lord Peter movie with Robert Montgomery in the lead and Constance Cummings as Harriet Vane. She writes mystery novels and he solves mysteries, sometimes with Harriet.

Two TV series with Sayers' protagonist were spawned. The first series ran from April 1972 to 1987. 8 novels, beginning with *Clouds of Witness*, and the following books were adapted in publishing order with Edward Petherbridge as Lord Peter. Believe it or not this series is available on Youtube!!

BBC produced the other TV series from April 1972 to August 1975. Ian Carmichael portrayed Lord Peter in all nine series with 21 episodes in total. I don't know if Netflix or Amazon Prime carries the series but it is available to buy.

If this topic struck your fancy, you might also enjoy Maureen Jennings' Murdoch Mysteries. The series is set from the late 1890s through early 1900s in Toronto, Canada. The lead detective is unconventional and forensics is in its early infancy. The series is available on Amazon Prime, but I don't know if all 16 seasons are available.

Next month, more on Dorothy Sayers. I ran out of time and time.

"Spring shows what God can do with a drab and dirty world."

– Virgil A. Kraft

Readings on the Episcopal Church: History, the Ordination of Women, Ethics, and Feminist Ethics

BY MOTHER LINDA

WOMEN HOLD UP HALF THE SKY

Mao Zedong, 2009. See the 2009 book written by Nicholas Kristof and Sherly Wu Dunn.

"Women's Rights are Human Rights" This statement was unanimously adopted as part of the Beijing Declaration and Platform for Action on September 15, 1979.

There are four major pastoral questions that each of us will address many times in our lives:

1. Who am I?
2. Who are my people?
3. Who is God?
4. Knowing who I am, who are my people and who God is, what is God calling me to do with my life?

These four questions particularly resonate with women in the church, and especially with women who struggle with a call to ordained ministry.

FLORENCE LI TIM-OI

Some individuals might be surprised to learn that the first woman ordained to be a priest in the Anglican Communion was Florence Li Tim-O. She was ordained on January 25, 1944, in Macau. After being in Canada for training, she returned to Hong Kong in 1938 to help refugees in Hong Cong who fled China in the midst of the second Sino-Japanese War. An archive of her articles, books and photos is available on YouTube.

Among many writings, Florence authored *Raindrops of my Life* (published in 1996 after her death). Florence died February 26, 1992, after returning to Toronto, Canada. In 1986, Ted Harrison authored *Much Beloved Daughter: The Story of Florence Li Tim-Oi*.

"Spring unlocks the flowers to paint the laughing soil."

— *Bishop Reginald Heber*

March Birthdays

1	Sandra Ashley
3	Teri Martindale
9	Nolene Weaver
11	Marvelle Rau
12	Sidney Hills
13	Karen Pucci

March Anniversaries

16	Scott and LaNora Holecombe
20	Jerry and Cindy Cutts
25	Tony and Nolene Weaver

Well, February has come and gone and along with it, St. Valentine's Day, with its sad tale of origin. This month is much happier as we commemorate St. Patrick, the patron Saint of Ireland on March 17th. As it was St. Patrick who brought Christianity to Ireland, that is celebrated as well.

It's a wonderful celebration; a day of parades and leprechauns, green beer and shamrocks and wearing of the green, if you are a Roman Catholic and orange if you are Protestant. A note from Wikipedia tells us that Patrick's revelers thought wearing green made one invisible to leprechauns, fairy creatures who would pinch anyone they could see (anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.

The menu for St. Patrick's day, is a good Irish corned beef and cabbage (at our house, onions, carrots and potatoes are included) Don't forget the Irish Soda Bread. And for dessert...anything green will do.



"Come with me into the woods. Where spring is advancing, as it does, no matter what, not being singular or particular, but one of the forever gifts, and certainly visible."

— Mary Oliver

In the September 2022 newsletter, I shared the CDC's four causes of chronic diseases. These are 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.

The American Cancer Society (ACS) list 3 of the 4 CDC causes as the cause of up to 18% of all cancers. Surprisingly the ACS does not mention smoking. The American Cancer Society is more specific on nutrition needs. They say a healthy eating pattern includes:

- Foods that are high in nutrients that get you to and stay at a healthy weight. The most nutrient dense foods are whole vegetables.
- A variety of vegetables – dark green, red and orange, fiber rich legumes (beans and peas), and others.
- Fruits, especially whole fruits, in a variety of colors.
- Whole grains.

A healthy eating pattern limits or does not include:

- Red and processed meats
- Sugar sweetened beverages.
- Highly processed foods and refined grain products.

They also say it is best not to drink alcohol. This is the definition of a Whole-Food, Plant-Based diet! They point out that you need to maintain a normal weight. To do that, you need to eat foods with lower calorie densities. Fig. 1 below shows the calorie density for most food types. Notice that plants have lower calorie density than most other food types.

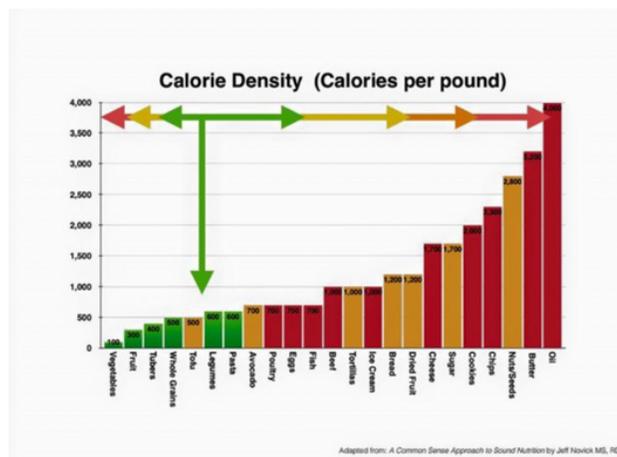


Fig 1.

Adapted from: A Common Sense Approach to Sound Nutrition by Jeff Novick MS, RD

The ACS also says you need to eat foods that are high in nutrients. They are saying eat foods with more nutrients per bite and that is foods with a high nutrient density. The graph below (Fig 2) shows the nutrient density of most food types. Foods with a high Nutrient Density are again whole vegetables, fruits, grains, and legumes!

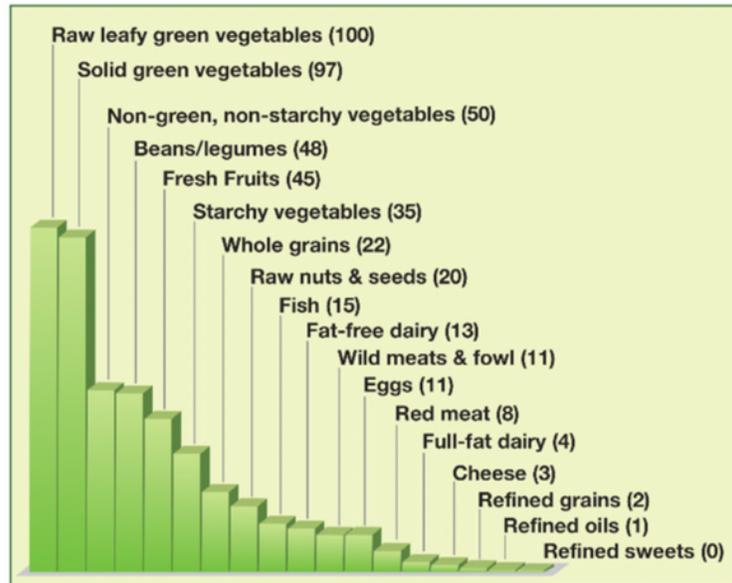


Fig. 2

So, again, to reduce your cancer risk, eat a Whole-Food, Plant-Based diet!!!! Eat the same diet to reduce or eliminate other chronic diseases. You might ask if you have to be perfect in your diet to see results, and the answer is no, but the more your diet reflects a Whole-Food, Plant-Based diet, the more effect it will have.

Here's the link to the ACS information <https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html>

Remember, the best choice you make each day, for your health, is what you choose to eat.

After the Winter

BY MATSUO BASHO

The spring haze.

The scent already in the air.

The moon and ume.

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul."

— Luther Burbank



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003 REST AND LET LOVE



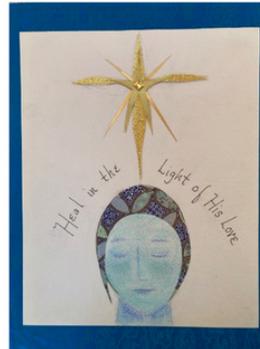
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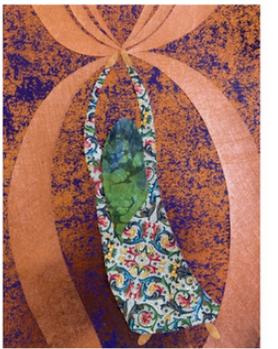
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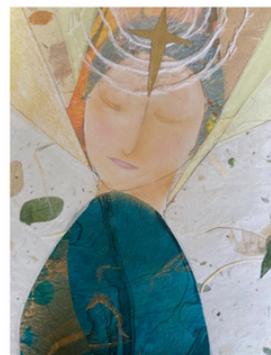
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016 SPREAD LOVE

Christ Cards made by Deborah Johnson. Please see next page for ordering information.

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1268 Johnson Rd

Irasburg, Vermont 05845

BILLING AND SHIPPING INFORMATION

Name _____

Street _____

City _____

State _____ Zip _____

Card Number	Quantity	Unit Price	Total
		\$2.50	
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SHIPPING		Subtotal	\$0.00
1-10 Cards \$3.99			
11 or more \$9.99		Shipping	
	Tax	6.00%	\$0.00
		Total	\$0.00

Ministries at St. Jude's

Monday

8:30 a.m. - 12:30 p.m. Senior Nutrition Program
3:30 p.m. - 6:30 p.m. - Pahala School Tutoring
7:00 p.m. - 9:00 p.m. - Full Gospel Men's Bible Study
10AM - Womens' Bible Study (online event)

Tuesday

3:30 p.m. - 6:30 p.m. - Pahala Schol Tutoring
9:00 AM - Education for Ministry (online event)

Wednesday

8:30 a.m. - 12:30 p.m. - Senior Club
1:00 p.m. - 4:00 p.m. - St. Jude's Hula Halua
4:00 p.m. - 6:00 p.m. - Kau' Band
7:00 p.m. - 9:00 p.m. - NA

Thursday

3:30 p.m. - 5:00 p.m. - Kau'Keiki Choir

Friday

8:30 a.m. - 12:30 p.m. - Senior Nutrition Program
1:00 p.m. - 5:00 p.m. - Ohana Health Care

Saturday

8:30 a.m. - and on - St. Jude's Showers and Meal Service
7:00 p.m. - 9:00 p.m.- NA

Sunday

9:30 a.m. - St. Jude's Episcopal Church Service
1:00 p.m. - Full Gospel Worship Service
6:30 p.m. - First Assembly Worship Service

In Our Prayers

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: Pastor John Mark, Bob, Sherry, Thom, Elaine, Carl, Faye, Ed, Kathy, Amanda, Cynn timer, Diane, Angie, Austin, Phyl, Caroline, Ginger & Brian, Fr. Richard & Michael, Sam, Pastor Constance, Butch, Don, Jeanne, Ron, Zach, Sigi, Dave, Richard M, Warren, Buddy, and Thom.

Comfort & Peace for all caregivers.

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.

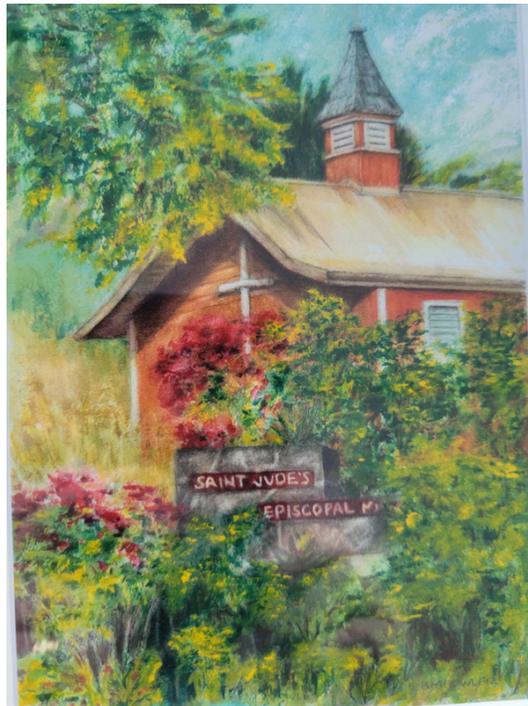
Lord, hear our prayer.

Talk Story 2 welcomes submissions!

Submission Guidelines: 500 words maximum. Uplifting, informational and reflective stories, news, recipes, photos, memories, etc. Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: StJudesNewsletter@gmail.com. Deadline for newsletter submissions is the 20th of each month. Authors retain copyrights to their submissions.

For more guideline details visit www.stjudeshawaii.org.



Talk Story 2

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Previous Talk Story editions available on our website at www.stjudeshawaii.org