



Talk Story



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

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Saturday showers suspended due to COVID-19

As the month of March unfolded with the COVID-19 pandemic, St. Jude's followed the directive from the Diocese and suspended all gatherings of the church. The final blow of the Corona Virus crisis was a decision to suspend the Saturday shower outreach ministry and to alter the Saturday soup kitchen program.

On Sunday, March 22nd, the Bishop's committee voted via teleconference to discontinue the Saturday shower ministry until the Corona virus crisis is over. Safety for both the shower clients and the church volunteers were paramount in this most difficult situation.

The Saturday soup kitchen will change to a sandwich lunch, individually wrapped, bagged and then distributed outside of the church building.

According to Bishop's Warden, Don Hatch, the Bishop's Committee members were all fully vested in the shower ministry and understand what a vital service it provides to dozens of community members each week.

See "Closing the showers"
Continued on page 20

With all the closings and cancellations, I have some **GOOD NEWS!**
Easter is **NOT** cancelled!
Christ is still risen!



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 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.

See "Online church"
Continued on page 21



HOLY WEEK

BY CORDELIA BURT

The last week of Lent and the week before Easter, in which the events in the last week of Jesus' earthly ministry are remembered. The Prayer Book provides special services for most of these days and special readings for all of them.

The week begins with Passion Sunday, traditionally called Palm Sunday, with its blessing of palms and procession followed by a reading of the passion narrative from one of the synoptic Gospels. The Book of Occasional Services (73- 90) contains the service of Tenebrae for use on the Wednesday evening before Easter as a focused meditation in preparation for the remembrance of Christ's passion. This powerful service takes its name from the Latin word for "darkness" and provides for a series of readings and responses; gradually the lights and candles used to decorate the church are extinguished so that all is in darkness. A loud noise is made, recalling the earthquake at the time of the crucifixion. A single candle is lighted to aid the departure of the congregation.

On Thursday, called Maunday Thursday, the church remembers Christ's institution of the Eucharist (BCP, 274-275) and, in some places, observes the ceremony of the washing of feet in remembrance of Jesus' washing the feet of his disciples. The name Maundy may be a shortened form of the word *commandment* in its early spelling: the Gospel associated with this day is of Jesus' saying to his disciples, I

give you a new commandment: Love one another as I have loved you." Maundy may also be a shortened form of the Latin words for "new commandment"—*mandatum novum*.

Some places observe the time between noon and three on Good Friday with a three-hour preaching service; the Prayer Book provides a rite with extensive intercessory prayer and Anthems (BCP, 276-82) and provision for the traditional veneration of the cross. When this is done with a full-sized cross which members of the congregation take turns holding, it can be very powerful indeed. There is no celebration of the Eucharist on Good Friday or Holy Saturday, but lessons and prayers are provided for a Liturgy of the Word (BCP 283) during the day on Holy Saturday.

The whole week's liturgical activities lead to the Great Vigil of Easter (BCP, 285-95), with its lighting of the new fire and Paschal candle, reading of the salvation history, chanting of the Exsultet, Baptisms, Confirmations if the bishop is present, and the first Eucharist of Easter.

This is, of course followed by the Eucharists of Easter Day itself. The week can also be enhanced by use of the Way of the Cross service—known as the Stations of the Cross (BOS, 55-71)—which may also be used on the Fridays of Lent.



Around the church yard

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By Contributing Editor Don Hatch

The Big Island Giving Tree came by St. Jude's on Wed. March 18 to the Seniors Nutritional Program and shared fresh-picked fruit. This included oranges, grape-fruit, and avocados.

Then on Sat. March 21, during our free shower and free hot meal program, they were at St. Jude's with the fresh fruit, plus dog and cat food, and some canned goods.

During the Covid-19 Social Distancing time, they will not set up multiple tents with a large crew working. Instead they will focus on providing fresh fruit, and limited other items to the Seniors and to St. Jude's. They will be at St. Jude's on the third Saturday of each month, and will visit the seniors during the week before or after that Saturday visit to St. Jude's.

Computer Lab: St. Jude's community Computer Lab opened on Saturday, Apr. 14th, 2018, and has been open every Saturday since then.

Until last Saturday, March 14th. The computer lab is in a small room with the computers spaced around two feet apart which makes Social Distancing impossible. Also, with multiple people using each computer it would be impossible to disinfect the computer keyboards, tables, and chairs between each user; so, we made the decision to close the computer lab until we are through the Covid-19 restrictions.



Judy Patrick won the \$40 gift card when she found the prize in our Mardi Gras King's cake.

Education for Ministry (EMF) class has been canceled until further notice, due to Covid-19 restrictions. However, the study group has remained active via email conferencing.

Lenten Study: The last two meetings for the Lenten Study has been canceled, due to Covid-19 restrictions.

Mardi Gras Dinner: We had a Mardi Gras Dinner and while we had a great time, the weather was bad and turnout was fairly low.

This year Kepi made a King's Cake and had planned on putting a small figure of the Baby Jesus in, but it disappeared. She suspected her cat took it.

See "Church yard," continued on page 12

PROZAC ON FOUR LEGS

Groovin' with the Grazing Girlz

By Karen Pucci

As you know, or you SHOULD know, most of us are self isolating to avoid the Cootie du Jour. Since our church is full of "the frozen chosen" we are at higher risk than most. Coupled with that we have been tied to our house while some major involuntary renovations have been taking place. So, no, we have no new places to go to eat. But boy have we been busy.

Appliances blowing, propane pipe leaks, vehicle mystery issues. Sigh. Now being on a semi lock down is, well, daunting. We can be couch potatoes pretty easily but once we were told we should lay low, suddenly house projects have reared their ugly little heads. And "handy" is not our middle names. We're doing our best to continue to ignore the calls for attention, remodel, removal, whatever.

In the meantime, we got a puppy! Xena, the Warrior Princess, is now 13 weeks old and weighs around 15 pounds. I waited a long time to get a dog and she is just pure fun (in between being a pain in the toucas).

She is Prozac on four legs. She has us laughing everyday at her antics-and she has a very big bag of tricks. Besides barking at flies, she gardens, rototilling and digging up plants and weeds, and bringing them to us.



Xena the Warrior Princess provides comic relief during COVID-19 isolation.

Xena's idea of protecting us is to beat a stranger senseless with her waggley tail.

The cats, of course, are deeply wounded we brought this creature into their lives. They regard her more or less as a terrorist. And Xena has not done much to dispel that idea either. But it's fun for us to watch them not interact.

So, that is what we are doing for now. We don't know how long our lives are going to be altered by this virus but at least we have live entertainment.

You all take care and when the bans are lifted, go graze!



FLYING WITH ANGELS

BY THOM WHITE

As the boat gained speed and the parachute filled with air, it gently lifted us up and it felt like we were "flying with the angels."

Historic Kona was on the horizon. There was the Mokuaikaua Church, the first Christian Church in Hawaii 1820. Also across the street was the Hulihee Palace, the summer home for King Kalakaua, the "Merry Monarch" and Queen Kapiolani and the royal family.

Below us the ocean shimmered in sunlight and we could see a pod of dolphins and the Atlantis Submarine was submerged and exploring the ocean floor. All the while we were floating and serene and surprised how quiet it was up here.

I was celebrating my 76th year on the planet a bit early, with our daughter. There was no way Bud was going to be suspended over the ocean like shark bait. This was as close as I would get to jumping out of a plane. I figured it was close enough. I could take this off the bucket list.

We were blessed to have the kids and family visit this winter. It makes it easy when you live in Hawaii. Dev and her



Thom flying with the angels.

family came for the holidays. Then Tina got a much needed weekend escape as caretaker Mom to Austin. We had an awesome day at Ho'okena Beach when a Humpback Whale and her baby surrounded by dolphins, played in the bay all morning. Can't make this up.

Hawaii continues to amaze with magical moments. Bud made Tina her favorite special spicy spaghetti and she loved picking tomatoes and roses from the garden. Can't do that in Alaska in January. Then Shanti and granddaughter came for spring break. They just missed the Corona virus chaos and got home safely.

My 2020 resolution was to live with more gratitude. As we face this Corona virus, it will challenge my faith. I wasn't named Thomas for nothing. When I feel negative or angry or discouraged or fearful, I look around at the creation and I am in awe. I pray for stronger faith and more gratitude till my cup runneth over.

Amen
Thom





TO YOUR GOOD HEALTH

BY RAY HATCH

Eat for your health

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 lifestyle 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.

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We are currently in Arizona and planning to head for Taft, CA. in a week or so. It rained a couple of days ago and we had a beautiful rainbow here. I know that you see these every day or so in Hawaii, but they are rare here in Arizona.



Rainbows seem simple but are actually pretty complex. You need to be in the right spot relative to the sun and the rain drops. There can't be too many rain drops between you and the rainbow or you won't see it. There must be sunlight (not too much rain) and on and on. Here's a site on the Internet that has more detail on rainbows: <https://science.howstuffworks.com/nature/climate-weather/atmospheric/question41.htm>.

Our human bodies are millions of times more complicated than a rainbow!! Our doctors, scientist, and researchers still do not understand many of the pathways and chemical reaction that make our body work. Pharmaceutical companies are trying to find the right vitamins and supplements that they can sell us that make us healthier and them richer. Beta-carotene is an example.

It was well known that if you eat veggies that contain a yellow pigment called carotene that many biological processes in our body worked better and we were healthier. So, the pharmaceutical companies isolated beta-carotene and learned how to manufacture it with the intent to sell it as a supplement.

Unfortunately, as they were testing the beta-carotene supplement on humans, "this study was halted when scientists reported

See "Good health" continued on page 7

Good health

Continued from page 6

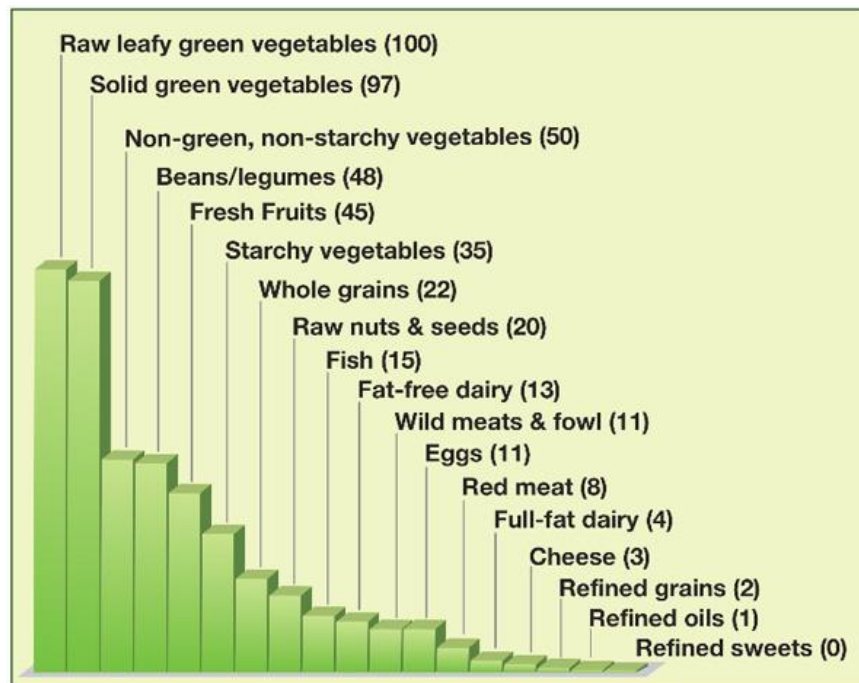
the death rate from lung cancer was 28% higher among the participants who had taken the massive doses of beta carotene and vitamin A than those who had taken a placebo, and the death rate from heart disease was 17% higher.” You can read more about this here <https://nutritionstudies.org/rdas-time-peel-back-labels/>.



In addition to protein, fat, and carbohydrates (macronutrients), our body needs a wide variety of other nutrients, and mainly micronutrients, to work right (be healthy) and to get those you need you need to eat foods that have lots of different micronutrients in them. Which foods contain the most micronutrients? Plants and that's whole plants rather than highly processed plant products. Meat, meat products, dairy and dairy products have the macronutrients – protein, carbohydrates, and fat, but not much in the way of micronutrients! To get these you need to eat whole plants.

Check this out:

NUTRIENT DENSITY

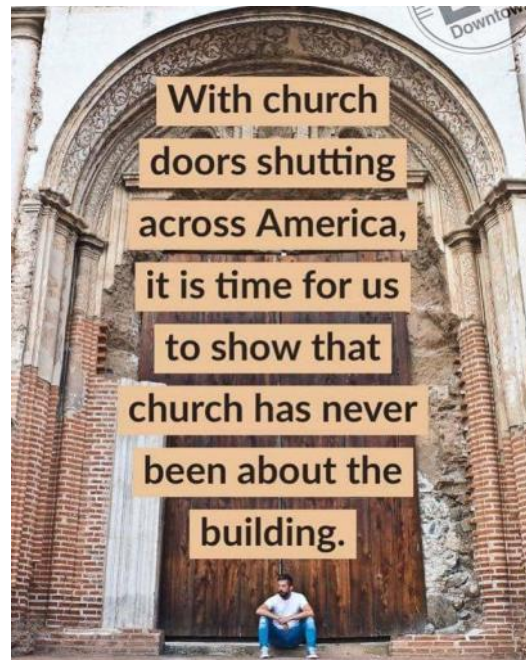


To get all the micronutrients you need, eat your greens and eat foods that have a variety of colors: green, red, blue, black, white and so forth. If you eat mainly those foods that have nutrient densities of (20) or more in the above graph, you will get all the micronutrients you need.

If you pick the high nutrient dense foods with the most color, you will maximize the micro-nutrients and maximize your body's ability to fight off infections.



Sign up to receive Civil Defense notices. [Hawaii County Alerts & Notifications](#)





EXPERIENCING LENT

BY REVEREND MARY JANDA

This month we will be celebrating the MOST important event of the Church Year: Easter. Without this, Christianity is merely a piece of fluff and should have died out as soon as Jesus was crucified and died. But that did not happen, did it? Due to the appearances of Jesus to his disciples after the Crucifixion, we have a resurrected Christ who is with us at all times and at all places.

Can Resurrection be fully explained to us? No, but that is all right. Our faith in the remembrances of those who came before us and in the experiences

we have today shows us that however it happened, the Resurrection of Jesus the Christ is to be believed. The Empire of Rome did not succeed when they executed Jesus. The Empire of God that is so much more than any human realm is the true victor.

Holy Week is a most important time leading up to Easter morning. Yes, we have Palm Sunday that contains the entire story, but I urge everyone to come back for Maundy Thursday and Good Friday.

These two services give us the ability to live into the story of the final days of Jesus.

They allow us to be present with Jesus and the disciples in a way that is totally unique to Holy Week.

April also marks the end of our time with you at St. Jude's. We fell in love with you all back in 2014 when we were here for 2 ½ months; our love was reaffirmed back in September 2018 when we stayed for one month; and now after 4 ½ months our love

is surely joined with you for ever and a day.

This will not be a farewell, because there will most certainly be a next time to return. As they say: never say

never!!!

You will always be in my heart, thoughts and prayers. Your faces and stories will always have a special part in my story. I will be following the St. Jude's newsletter to check up on you and you are always welcome to email me.

(pastor.maryjanda@gmail.com)

So, blessings be with you and enjoy your next priest and the ones to follow. Aloha and know that we have been blessed sharing this time with you.

In Christ's Love,
Mary+

...we have a resurrected Christ who is with us at all times and at all places.

The Reverend Mary Janda

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;

Health protection, in the midst of the COVID-19 pandemic. Our kapuna, our loved ones, our leaders, our medical personnel, ourselves.

Healing: Rev. Cathy, Faye, Shannon, Ginger, Brian, Richard, Elaine, Angie, Malaurie, Marvelle, Riley, Nikki, Jim, Warren, Tammie, Alice, Frank, Bill.

Strength and comfort for those who suffer loss: Allison's family.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling, Rev. Mary and Jim, Rev. Constance, and for those who cancelled travel plans.

Safety, wisdom and courage 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);

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 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, working together in crisis.

Lord, hear our prayer.

Organization	Status / Plans	Day and Time						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Nutritional Program	Staying Open they have food ordered for the next two weeks		7:30 - 12:30 pm		7:30 - 12:30 pm		7:30 - 12:30 pm	
Hula Practice	Hula cancelled until further notice		3:00 - 5:00 pm			9:00 - Noon		
Hanna's Makana Ohana			5:30 - 6:30 pm		7:00 - 9:00 pm			7:00 - 8:00 pm
NA	NA plans to continuing with their regular meetings							
AL-Anon	Cancelled for 2-3 weeks					5:00 - 6:00 pm		
Assm of God - Marshalese	Busy Signal ??	6:30 - 9:00 pm						
Kau Food Pantry	Closed Until Further Notice			8:00 - 1:00 pm last Tue. of month				
Celebrate Recovery	No meetings for 3 weeks			5:00 - 9:00 pm				
Big Island Giving Tree	Closed Until Further Notice							8:00 am - noon 3rd Saturday of month

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

Ponderisms

Submitted by Cynn timer Salley

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?



St. Jude's held a reception after church for Jasmine Arguello and her father Steve, on their last Sunday in Ocean View. In March, Jasmine and Steve moved to Colorado.

For the past two years, Jasmine has served as the Computer Lab Tech, each Saturday. St. Jude's wishes Jasmine and Steve sweet aloha, as they move on to new adventures.

Church yard

Continued from page 3

It is customary for whoever finds the figure of Baby Jesus, baked inside a King's Cake, to receive a prize and that was the plan here. She made three cakes and there was a lot left at the end of the dinner; so, it was served to our Saturday family. We were down to four pieces of cake before it was found. Judy Patrick found it and she received a \$40 gift card.

Ka'u Food Pantry Distribution Suspended

Ka'u Food Pantry, Inc. has suspended food distribution until further notice.



- Self Isolation**
- Social Distancing**
- Quarantine**
- Staying Home**

Working remotely from home isn't as easy as it sounds.





NOTES FROM EFM

By Cynnie Salley

As EfM is not meeting during these trying times, the group has morphed into a quasi “chat room” family. One of the things we do at our regular meetings is pose a “check-in” question that helps us all get on the same page; what was your favorite meal this week is an example. Interesting enough in this past week, what started as a check-in question has erupted into full blown theological discussions.

Here is how it started.

“Aside from not having church gatherings, what are you doing differently in your life to protect yourself from the Corona Virus?”

The responses were so varied.

“Ok. My turn. I decided to just stay in and have some good time with our Heavenly father. As I reflect I believe that he wants our attention. Focus on him and just be still and believe and have faith that things will be alright. God is alive and in charge.”

“ My faith is in God. God made gave us a brain to discover science. I believe in science too.”

“ I'm practicing semi-isolation. I'm staying home on the farm as much as possible. Shopping for groceries in Ocean View and Na'alehu Farmer's Market. Surprisingly - they have everything I need! “

“ God and science both work together. The more science I studied, the more I realized there had to be a higher being. An example: the main computer chip of our bodies is the brain stem, which is only 1/4 inch big. That is amazing. Read how Einstein set out to prove that God did not exist. His conclusion was

there must be a higher being in order for creation to exist. Chaos theory also states that order results from confusion. Therefore even in times like now, we must have disorder so that peace may occur. We must have disease to have a resulting healthier population (immunity). Anyway, the majority of scientists are just now realizing that God does exist. “

Another question was posed:

“Some say that God is trying to get our attention by allowing the Corona Virus to sweep across the world. What do you think?”

Responses follow:

“I don't believe in a large supernatural guy with long hair and beard who points his finger and says ‘she lives – he dies’. And so, I don't agree with the premise that He/She is sending this to test us nor to punish us.”

“I don't believe God is trying to get our attention with coronavirus19 because 1. He is attentive to us at all times, even when we deny him 2. I think coronavirus19 is an older strand that has self evolved into what it is now, making it stronger and more dangerous. Side note: viruses and cancer are the only “predators” that mankind has to keep us in check. Scientists have proven this and believe this. 3. Disease is the chaos of keeping mankind under control, not by God, but by nature and its forces. God does not want us to suffer. 4. God loves us unconditionally. He is our best friend and the best Father we could EVER have. Why would he send

See “EFM” continued on page 19



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

Ingredients

- 1 tablespoon olive oil
- Beef - Chuck or blade roast or even a big thick steak that fits in the crock pot
- 2 Maui sweet onions chopped
- 6 cloves garlic
- 6 – 8 potatoes
- 6 carrots, scraped and cut into 2-inch pieces
- 1/4 cup balsamic vinegar
- 1/4 cup Teriyaki sauce
- 1 tablespoon brown sugar
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste
- 1 cup water
- Salt to taste
- 1 Small bunch fresh chopped parsley, to serve

Slow Cooker Pot Roast

Or

Crock Pot Pot Roast



Instructions

Heat oil in a large skillet or pan over high heat. Season roast with a good amount of salt and pepper. Sear on all sides until browned (about 5-6 minutes each side). Transfer roast to the bowl of a 6-quart slow cooker.

Add the onions, garlic, potatoes, carrots, balsamic, Teriyaki sauce, brown sugar. Season with salt and pepper to taste. Pour the water into the slow cooker bowl.

Cook on low setting for 8 hours, or until meat is tender and falling apart and the vegetables are soft. Add water if needed. Season to taste.

Serve the juice as dipping sauce or use it to make gravy.

Slice meat, garnish with parsley.



Flavor of the Month



St. Jude's has temporarily suspended all church-sponsored gatherings through April. Sunday morning worship is offered via our website.
www.stjudes.hawaii.org

April Birthdays

- 5 Roger Dagdag
- 6 Hannah Uribes
- 23 Rev. Doug Coil
- 25 Jean Buechele
- 25 Elaine Meier
- 25 Rebecca Schaupp
- 29 Shannon Simpson

Anniversaries

- 26 Steve Stigall & Dan Garrett

Sometimes when we think we are in control, we soon learn that we are not!!! At the beginning of the COVID-19 news, Jim and I were ready to extend our time with you until the next priest could get here. When the decision was made to cancel public worship until the end of April, we decided to leave on April 5th. With Cynthia Cutts' amazing ability to video a modified Sunday service, we made one. Then the rules started to change again with new restrictions on travel, so we made new travel plans.

Jim and I will be leaving on Sunday, March 29th.

There will be more Sunday videos to watch through Palm Sunday. I will be sending videos of sermons through the last Sunday in April.

During these next weeks, I will continue to contact you through email and/or phone calls. Please do not hesitate to contact me. I will keep this up until Constance+ takes her turn—whether she does it via video, emails or phone

calls in case she cannot come. Uncertain times call for different approaches and that is what is happening.

We are so sorry to leave you earlier than we expected. Our hearts are indeed with all of you. Prayers will continue as well as communication.

Please take good care of each other during this time. Keep your social distance, but feed your Community of Faith in many different ways. Keep checking up on everyone to make sure no one feels alone. We all can make it through these difficult times. Lean on each other - except for touching!! - and definitely lean on God to give you the strength you need.

Until next time . . . Aloha and Mahalo for everything!
With much love,
Mary and Jim

Reverend Constance Garrett is scheduled to serve St. Jude's during the month of May. Please pray.



SUNDAY'S A COMIN'

BY CYNTHIA CUTTS, EDITOR IN CHIEF

Of all the issues of Talk Story, my favorite to create is always the Easter issue. It's jam-packed with inspiring gatherings, the church is hopping with activity in the spring, and there's merriment in the air.

But because we are in the midst of the Corona Virus Pandemic, this Easter issue isn't filled with activities or services or opportunities to gather to celebrate the resurrected Lord; all because of a deadly virus, sweeping our world and paralyzing our activities. Worldwide, physicians agree, we must limit our contact with others to give us all the best chance of avoiding COVID-19.

The decisions to close or suspend activities at St. Jude's were made painfully and with awareness of how closing our doors affects those we seek to serve. The leadership of St. Jude's is eager for the COVID-19 crisis to be over, and to get back to work. They are hurting and there is an uncommon sadness amidst St. Jude's right now.

I encourage everyone to do your part to stop the virus.

Stay home! Limit your trips to the post office and grocery store to once a week. Before you hop in your car to "go" somewhere, think of who you might encounter when you get "there." Is the trip worth contracting a deadly virus? Or giving it to someone else?

Stay connected! Visit our church website www.stjudeshawaii.org to find our Sunday morning on-line worship service. The lessons, prayers, confession etc. are posted, so you can follow along, the same as with the bulletin at church.

During Holy Week, watch for additional on-line services. We're hopeful there will be a whole week of video activity to attend.

Stay connected to your favorite church groups – Aloha Hour, Bible Study, Lenten Study, EFM, et al – reach out with a phone call, an email or put a comment on the St. Jude's Face Book page.

Practice social distancing – When you do go out, no hugs or kisses to greet people, no handshakes. Space yourself six feet from others in public places. Wash your hands every time you pass by a sink. Be respectful of the distance people request. If your neighbor tells you she is isolating, don't barge over with a big pan of Brownies and plan to chat for an hour.

Be brave! Hold tight to your faith. God is present, and he hears your prayers. You are not alone, even in isolation.

It's a weird time in history. So many unknowns, dangers, uncertainties....

But to quote, my friend Dr. Rev. Dennis Maynard, "***Sunday's a comin'.***"

Easter will arrive and it will hold the same message of hope it always has. There is joy in Easter to be celebrated, whether you do it surrounded by the St. Jude's traditional collection of Easter lilies, or you do it from your own home.

**Christ is risen!
He is risen, indeed.**



Giving Tree distributes with Social Distancing

Giving Tree volunteers were practicing Social Distancing at St. Jude's for their monthly distribution.

People lined up to receive donated food and other items, one person at a time. Volunteers allowed people to select what they wanted, but one of the Giving Tree volunteers picked the item up and put it in a bag or box for them. Then, after all the shopping was complete, a Giving Tree volunteer carried the selection to their car.

At the end of the day, there were two boxes of avocados remaining, which the Giving Tree donated to the St. Jude's soup kitchen.

May we who are merely inconvenienced,
remember those whose lives are at stake.
 May we who have no risk factors,
remember those most vulnerable.
 May we who have the luxury of working from home,
remember those who must choose between
preserving their health or making their rent.
 May we who have the flexibility to
 care for our children when their schools close,
remember those who have no options.
 May we who have to cancel our trips,
remember those who have no place to go.
 May we who are losing our margin money
 in the tumult of the economic market
remember those who have no margins at all.
 May we who settle in to quarantine at home,
remember those who have no homes.
 During this time when we can not physically
 wrap our arms around each other,
let us find ways to be the loving embrace of God
to our neighbors. Amen.

A Prayer for Today

Girl Scout Cookie Sale Extended



Local Girl Scouts have been impacted by COVID-19. As result, the Girl Scouts will be extending their cookie season until April 30.

Cookies can be bought from either Jash at Ace Hardware or Rachael Snyder. Rachael lives in Ranchos and will meet people in a public place to deliver them. Drop by Ace Hardware or message Rachael on Facebook to get your tasty treat and support our local Girl Scouts.

FYI - Already sold out are: toffee, lemon up and s'mores. All cookies are \$5 a box.



Girl Scouts are no longer selling their famous cookies in public places, due to Corona Virus safety measures.

EFM Continued from page 14

disasters or disease to hurt us? The aforementioned are related to mankind has done (or not done), not God.

What I know and believe is that this has been a meaningful and beautiful time to connect with God, the Divine, and nature. I am feeling very calm and peaceful and am not worried or concerned that everything will be alright. Yes I am stocked and prepared, however more importantly I am centered emotionally and spiritually. I am in full prayer warrior mode too for those needing prayers. My trust is in God, and that what is meant to happen will be. "

" Hmm...well, that's the Old Testament God...he was the God of plagues and boils and locusts and frogs and more as a punishment to Pharaoh for not setting his people free. We have learned lots about this God in our awful first year books. However, I don't believe that the New Testament God is responsible for Corvid-19 sweeping the world. I

believe that he is a God of love and compassion. At the risk of anthropomorphizing him, I think his heart aches at what the world is enduring right now. I believe that he will hold our hand as we struggle to get through this earthly pestilence."

"We live in a world of random chaos and sometimes peace pokes herself into our lives. There is no guarantee about living long lives or healthy ones. We are creatures that sometimes can fight off disease; sometimes not. What our belief in God does is give us reassurance there is something greater than what we have in human terms. Superstitious requests or actions do not change pandemics; faith that we will do the best we can to do what science tells us to do and that we will take care of others by avoiding the spread of germs is the way to go. There is a loving God but things happen to good people and bad without rhyme or reason. Our faith helps us to deal with what happens."



Easter Sunday service will be provided on our church website. Check our website for other Holy Week on-line videos.

www.stjudeshawaii.org

Closing the showers

Continued from page 1

In an email to the congregation, Don explained more.

This was a difficult vote for us because all of us have spent a lot of time and effort getting this going, and keeping it growing.

A few of the reasons mentioned for voting to close were

- *Shortage of volunteers
- *The Covid-19 virus can live much longer on stainless steel, plastic, and fabric than initially reported.
- *Handling and washing the shower towels may be a potential area of contamination for our volunteers.

Beginning March 28th St. Jude's Soup Kitchen is being replaced with Sack Lunches.

The sack lunch will include a sandwich, fruit, chips, cookie, and a napkin. We hope to also have some of the individual condiment envelopes with mustard and mayonnaise so each individual can add the condiments they prefer.

The drinks will be placed on a table at our back door. The outside restroom will be open so folks can wash their hands before getting a drink or food.

The sack lunches will be served without our Saturday Family coming into the church. We don't have enough setting area outside for everyone to eat there, but there is a park directly across the street.

A few of the reasons for doing this are: More than 10 people at a time tend to come into the church during our soup kitchen. It is easier and safer to close our doors instead of picking who gets to stay inside and who has to go outside. Most of our Soup Kitchen Family did not practice Social Distancing, even when reminded or ask to.

This will minimize the potential exposure of our volunteers to Covid-19 from the people we are serving. It will also minimize the potential exposure of our shower family.

A note from the Treasurer

Let me start by saying, I am grateful for each and every one of you. Your devotion to spread the Gospel is heart filling and uplifting.



As we face this uncertain time in the life of the church, your donations and contributions are greatly appreciated and needed to continue our community engagement. There are multiple ways you can contribute to the church.

By mail:
St. Jude's Episcopal Church
P.O. Box 6026
Ocean View, HI 96737

Or drop off donations on Saturday's between 9:30 am and 12:00 pm.

Thank You for your continued support of the Outreach Ministries of St. Jude's.

Steve Stigall, Jr. Warden/Treasurer

Online church

Continued from page 1

Tips for viewing: Go to the church website www.stjudeshawaii.org. It's 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.

Volume – Depending on your device defaults, you might have to “unmute” the sound. Click on the volume icon at the bottom of the video screen and it will remove the silence bar, and sound will play. **Turn up the volume to high.**

When you are finished, go to the bottom of the page to enjoy added musical selections.



Anxiety-Calming Scriptures

2 Timothy 1:7

For God has not given us a spirit of fear, but one of power, love, and sound judgment. (CSB)

Psalm 4:8

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. (NIV)

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. (NASB)

Philippians 4:6-7

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (ESV)

Isaiah 41:10

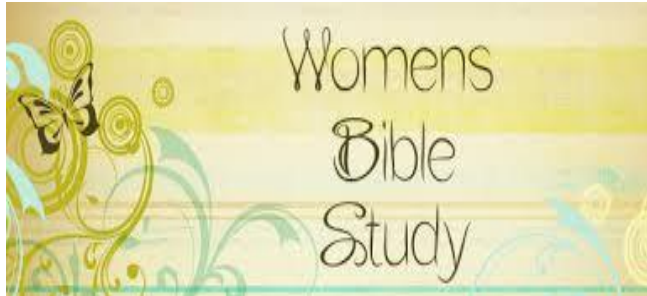
Do not fear, for I am with you;
do not be afraid, for I am your God.
I will strengthen you; I will help you;
I will hold on to you with my righteous right hand. (CSB)

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. (ESV)

John 14:1

Your heart must not be troubled. Believe in God; believe also in Me. (HCSB)



Temporarily Suspended



Suspended



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



Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: cynthiaanncutts@gmail.com

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

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Mistakes happen ... If you find a typo or tiny error in this publication, please do not report it. *We don't want to know.*