



Talk Story



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

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Good tidings of comfort and joy



Anna serves pumpkin pie at the Thanksgiving Feast.

Thanksgiving Feast fun

Steve Stigall and Dan Garrett shared their tradition of a community Thanksgiving Feast with the St. Jude's community on November 17th during a regular Shower Saturday at the church. Also assisting in the planning and execution were The Reverend

See "Feast" continued on page 30

Communication Grows the church

By Don Hatch, Contributing Editor

Last month I attended the 50th annual Convention of the Episcopal Diocese of Hawaii and learned that the Diocese had three design teams who were working on special projects dedicated to the theme of how to strengthen and grow our congregations.

One of their presentations was given by a Communications Design Team which was of special interest to me. As Contributing Editor to St. Jude's newsletter, an administrator to the church website and social media outlets, editor of the church directory, and graphic artist and designer for most of the church flyers and other paper communications, communication has been a focus of my service to St. Jude's for several years. I believe the vitality and growth of St. Jude's is largely due to communication.

Last year one of our visiting priests, Rev. Elaine Barber, told me that her little church, on the mainland, does many of the same things that St. Jude's does, but very few people know about it. She said, here at St. Jude's, everyone seems to know what we are doing. I told her that we make a big effort to let people know what we are doing.

See "Communication" continued on page 17



THE SEASON OF ADVENT

BY CORDELIA BURT, BISHOP'S WARDEN

ADVENT: The first season of the church's liturgical year, beginning on the fourth Sunday before Christmas (Advent Sunday) and running until the first Eucharist of Christmas. Advent is a season of preparation for remembering Christ's incarnation at Christmas and for the fulfillment of his promise to return in power and great glory. This accounts for the emphasis in many of this season's biblical readings on the end time and on God's promise for the people of Israel and the church of Christ. Advent has received renewed emphasis in recent years as the church has sought ways to counter the secularization of Christmas as a cultural holiday characterized by conspicuous consumption. The liturgical color is purple or, in some places, blue.

Advent Wreath: A circle, usually covered with ever-green foliage, with four candle holders. Candle colors may vary; four purple or white, or three purple and one rose or pink. A purple candle is lighted on the First Sunday of Advent and each day thereafter until Christmas. A second purple candle is lighted on the Second Sunday of Advent, and so on until all four candles are lighted on the Fourth Sunday of Advent. If a rose or pink candle is used, it is first lighted on the Third Sunday, reflecting the tradition that the lessons for the Third Sunday are more celebratory than on the other Sundays. A recent development in Advent wreaths is the Christmas candle – usually a large white candle in the center of the wreath, lit on Christmas Eve midnight services. While large Advent wreaths are used in churches, smaller versions can form the focus of family devotions during the season.



Advent Calendar: Used to mark the passing of days in the Advent season, Advent calendars usually have a series of doors to open, one for each day in the season. Behind each door is a picture or object leading up to the nativity scene revealed on December 24. Since advent has not exactly the same number of days each year, commercial Advent calendars usually have 24 doors, one for each day in December before Christmas.

From A New Dictionary for Episcopalians by The Rev. John N. Wall, Jr.



Around the church yard

By Contributing Editor Don Hatch

Computer Lab: Our Computer Lab has been open since April 14th so it has been open for 28 weeks, and it is an enormous success.

Constance Garrett's friend, (and now our friend too,) Marie Lewis, visited the lab while she was here to help with the Thanksgiving dinner for St. Jude's Saturday family. Marie's interest and support of the lab manifested into a grant for computer lab supplies.

Jumble Sale & Plant Sale with All You Can Eat Pancake Breakfast was another great success. We served All-You-Can-Eat Pancake breakfast and our shower family enjoyed pancakes instead of soup that day.

For the sale, we had Potted Plants, Kitchen Tools, Hand Tools, Gourmet Whole Grain Mustard, St. Jude's Coffee, Mac Nuts, Craft Products, and much much more.

Thanksgiving Dinner for our Shower

Family: We had our third annual Thanksgiving lunch for our Saturday family on Saturday, November 17th and it was a huge success.

They baked eight turkeys (around 100 pounds), dressing, mashed potatoes, gravy, and pumpkin pie with whipped cream.

I'm not sure how many plates of food they served, but I know they rolled up 100 sets of napkin and utensils and then had to rollup some more around 11:30 am. I would guess they served around 140 to 150 meals. Steve said he knows they used over 100 plates, but didn't count.

This was a family custom for the Steve Stigall, and Dan Garrett family and this is the third year they shared the custom with us.

This year, like last year, Dan and Steve's sister Reverend Constance Garrett joined them, and her friend Marie Lewis, who bought us some computer lab supplies, was with her.

This took place during our regular shower time and computer lab time. When they were setting up the kitchen, six people were working and then as they were ready to serve even more joined them. There were people serving

the food, others cleaning the tables as people left, someone going around to pick up the used plates, someone taking pumpkin pie to the tables. All together I believe there were 16 volunteers working the turkey dinner.

While we had 16 people working the turkey dinner, we also had two people managing the showers, and two people managing the computer lab. That comes to 20 volunteers working at St. Jude's that Saturday. As we were shutting down for the day, two more people arrived to get the towels from the showers so they could wash and dry them. It might take a village to raise a child, but we have an army of volunteers at St. Jude's.

Mobile Spay and Neuter Clinic: The Hawaiian Humane Society had their mobile working in our lower parking lot on Monday, October 8th. They are open from 7:30 am until 4:00 pm.

The Mobile Spay & Neuter Waggin' will be at St. Jude's Episcopal Church on Mon. 3 Dec, 2018 (7:30 am - 4:00 pm)

Hawaii I Humane Society strives to make spay and neuter accessible and affordable for the Big Island, Hawaii residents. Low-income pet parents and those with limited transportation qualify for their free spay neuter service in their new, state-of-the art **Mobile Spay & Neuter Waggin'**.

Services they provide are Spay or neuter surgery, Nail trim for an additional \$5 per animal with spay/neuter surgery, Microchip for an additional \$10 per animal with spay/neuter surgery, Hawaii County dog license, available for \$2.10 per animal with spay/neuter surgery Surgery is done by Appointment Only. You can make an appointment online at www.HIHS.ORG

If you don't have access to a computer, or don't have the computer skills needed to make an online appointment, **NO PROBLEM.**

See "Church yard," continued on page 24

REMEMBERING WORLD WAR II

BY CYNNE SALLEY

New Orleans is home to an absolutely fabulous World War II museum. Friends of Cynda and Keith went last week and spent a good five hours there and they weren't even born then, so it is of interest to multiple generations. The first time we went there, it was fairly new...that must have been four years ago. The war in Europe displays were finished and all of the vignettes portraying the various aspects of the European theatre were on display. The next time we went, the war in the Pacific building and displays were finished. It was very nostalgic for me as it triggered a lot of memories.

We started out in the lobby of the Pacific theatre building. A huge, tall room with airplanes hanging from the ceiling and all types of war vehicles around us: Ambulances, weapons carriers, jeeps, bazooka launchers and on and on. After the war, all of the equipment that was used in the Pacific came to Honolulu and was sold as surplus. Our ranch bought a couple of weapon's carriers and a couple of jeeps, a bulldozer and some horses and mules. Those purchases changed us from a horses and mules transportation business to a vehicle transportation entity...a remarkable change. In Kona, on coffee farms, WWII jeeps replaced donkeys or "Kona Nightingales", and many other Ranches converted to vehicular access. There were WWII jeeps everywhere.

Next, we started through the displays. It started with the bombing of Pearl Harbor. I was three when that happened, so what I remember is spotty, but I do remember us all being on the upstairs verandah, my Father holding me, as we watched the planes and the smoke. Pearl Harbor was around the corner and not visible, but the smoke was and some of the planes were.

There were also errant bombs that landed up in our neighborhood. What has really stuck with me throughout these many years since that day, was when my parents left the house: my



Mom went to help the Red Cross and my Dad, the Civil Defense. I was terrified and unbelievably, when I watched the second plane crash into the World Trade Center on TV, on 9/11, that same feeling of terror swept over me. Blackout started that day in Hawaii. We had heavy black curtains on all of our windows and sandbags at the bottom of the doors. Police-men patrolled at night to make sure no light was showing. I. D. Bracelets became standard as did gas masks. Mine looked like a bunny. Our masks went to school with us and lay beside us during naps.

Bomb shelters were everywhere. Our house had a full basement, so cots were set up there and when the sirens went off, which seemed often, the neighborhood filed into our basement until the all-clear. There was a curfew, but because my Father was on the Police Commission, he had a pass. The car headlights were painted half dull black and half dark blue with an unpainted pin hole in the center. The dashboard lights were off except for the radio light and it had a cut piece of a Bishop Bank check covering it.

The school I was in split up and ran out of neighborhood homes. Mom and Dad picked up GI hitchhikers and often brought them home for a meal. They regularly entertained the Navy brass, and made lifetime friends of many of them. I must have reminded them of home,

See "WWII" continued on page 32



Talk Story

Sports

by Cynnie Salley, Talk Story Sports Correspondent

FOLLOWING THE YELLOW BRICK ROAD

Editor's Note: Max Unger, #60 plays Center for the NFL New Orleans Saints. He is the grandson of Cynnie and Ray Salley. Max grew up on the Big Island and lives here during the NFL off-season.

WEEK 9 10/15/18 Here we go again...we're off today heading to LA on our way to NOLA. Don't know how we are ever going to get everything home after the season. We left most of our clothes at the NOLA condo when we came home for the break and now, we are taking back winter clothes. Cynda told me to take my snow boots, but they just won't fit in my suitcase, so I'll be wading through the snow banks in my sneakers!

10/16/18 After a night in LA at an airport hotel, we flew to NOLA via Houston. Max met us at the airport and we went to their house for dinner. So nice to be with them and the kiddies!

10/17/18 Time was not in our favor in the morning when it was time to get up! But, rise and shine we did, packed the last minute things, got the grocery cart again and schlepped our bags down to the car. Packed up the car and as I was getting in, I said...where's my purse?? Ray said, haven't seen it...so back up to the condo and there it was...back to the car and we were off to Montgomery. It's a 4 1/2 hour drive without stopping and so it took us about 6 hours.

10/18/18 Off to Augusta GA. Looking forward to seeing an old childhood friend, with whom we are having dinner. A very nice drive



**Max Unger, #60 Center
New Orleans Saints**

2018 NFC South Standings

TEAM	W	L
New Orleans	10	1
Carolina	6	4
Atlanta	4	7

through Alabama and Georgia countryside that we haven't seen before. We found our hotel, the Hyatt Place, and settled in. Mary, my friend, picked us up at the hotel and drove us to a wonderful restaurant. We had a fabulous

See "Brick Road" continued on page 20



FEELIN' GROOVY

BY BUFFY HITES

Experience the gifts of comfort and joy

I'd like to take this time to wish y'all the best this holiday season.

Hoping to see everyone who can be volunteering for upcoming events like Keiki Christmas and praying I can help out as well.

My prayer is that all will experience the gifts of comfort and joy.

It's a beautiful list that includes:

- * Love * Peace * Thanks*
- * Kindness *
- * Happiness * Gratitude *
- * Family * Friendship*
- * Delight * Sunshine *
- * Strength * Light * Passion *
- * Wonder * Faith * Awe *
- * Beauty * Hope *
- * Health * Tenderness*
- * Goodness * Miracles *
- * Compassion *
- * Grace *



These are the ones I'm remembering this year. I'm sure you can find more too & every chance you can, share as much of them as possible.

I say share with everyone, family, friends, acquaintances, and even strangers for they may be somewhere those friends we haven't met yet.

From our home to you we wish you a Merry Christmas and a Groovy New Year to y'all as well.

Aloha,



CONVENTION PERSPECTIVE

BY CINDY CUTTS, EDITOR-IN-CHIEF

In late October, I attended the 50th annual Convention of the Episcopal Diocese of Hawaii, which was held here on Hawaii Island at the Marriott Hotel in Kailua Kona. I've been to dozens of conferences in my lifetime, but I had never attended an Episcopal one. St. Jude's was well represented at the convention, with volunteers assisting with registration, hospitality tasks and many other behind-the-scenes activities. Cordelia was at the podium early in on the agenda, making us look good! There were many clergy members in attendance, but also a good mix of lay leaders, with a wide variety of perspectives.

It's a huge challenge to move a church convention to another island. I was so impressed with the dedication and grace of Irina and Rae, leaders from the Bishop's office who literally moved their office and their sanctuary from Honolulu to Kona for the event. Irina and Rae were always on duty, working together to meet the needs of convention attendees and keep the convention on track. As I watched them, I began to think of them as Wonder Woman and Bat Girl; super heroes, who worked tirelessly, listened patiently and responded kindly, always seeking to solve the problems presented.

Many different items of business were discussed, elections held and resolutions presented at the convention. The Bishop gave his annual report, the budget was explained, a few presentations were offered and news was shared. The discussions revealed a wide variety of political left and right opinions, but discussions were dignified, and respectful. For a complete look at the convention agenda and reports, visit <http://www.episcopalhawaii.org/diocesan-convention-50th.html>.

I came away from the convention with a new perspective on the Episcopal Church. I knew it was a giant body of believers, and I knew that it was well organized. But until I spent time with various Episcopal clergy, I was unaware that Father Moki's goofy sense of humor is actually common among Episcopal clergy. There was so much laughter and camaraderie between sessions, it was clear that these people honestly like each other. I liked that; it's how I see the leaders at St. Jude's too. But the most important thing I learned at the convention was that the Episcopal Church is the real deal. Its mission, goals and purpose are clearly defined and there is a depth of passion to serve Christ, that is divinely inspired.



Flavor of the Month

The Rev. Tom Eklo



Returning to St. Jude's in December is
The Reverend Tom Eklo.



Baptisms

Baptisms on Sunday, November 18th were very special with four members of one family being baptized. Reverend Constance Garrett introduced them to the congregation and Father Stetson performed the baptisms.



Welcome
Christine,
Dajah,
Dashon
and Daden.

Rocky Mountain High

BY THOM WHITE



When our oldest daughter relocated to Denver Colorado for a job, she asked if I could come help her with the move. After getting her settled we decided on a road trip to explore the area. We traveled north to Rocky Mountain National Park. In Estes Park we stopped at the Victorian Stanley Hotel 1909. The hotel rumored to be haunted was the inspiration for Stephen King's novel *The Shining* and the movie. As I stood on the grand staircase I could feel chicken skin and remembered how scary the movie was.

After exploring the national park we then headed south to Glenwood Hot Springs. Since 1888 people have come from all over for the health benefit to soak in the mineral hot springs. Aspen and Vail are nearby for exploring. As we soaked in 104 degree water folks were skiing up in the pass.

I have always wanted to visit Santa Fe and Taos so we headed south 5 hours. The land of red and green chilies, Southwest art and Georgia O'keefe. The manna of the Native people could be felt as the vistas of the New Mexico desert surrounded us. Santa Fe was founded in 1598 when the Spanish migrated north from Mexico City. At the end of the town plaza is the magnificent Saint Francis Cathedral built in 1869. At one of the side altars are sacred relics of the Saints including wood from the Holy Cross of St. Helena 327 AD. We indulged in green chili enchiladas and rellenos and green chili burgers till our taste buds hurt so good.



As we headed back to Denver we spent the weekend in Colorado Springs area. We visited Manitou Springs, hiked in the Garden of the Gods and climbed about the Cliff Dwellings from 1100AD of the Anasazi People.

Colorado boasts 300 day of sunshine. The mountains are majestic. Historical old mining town from the 1800's wait to be discovered, hot springs to be soaked in and trails to be hiked. I was blessed to be chauffeured in style as I napped and snacked my way across the state. I was happy our daughter found such an awesome new place to call home. Amen.





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

Anna's Easy Peasy Beans

10 minutes is all you will need to put this together. I did mine in a 7 quart crockpot, but can be done faster on the stove. Served this at church and not a scrap was left!

- 1 #10 can hominy with liquid
- 2 16 oz. Cans refried beans, regular or spicy
- 1 10 oz. can Rotella brand chopped tomatoes, mild or spicy
- 1 12.5 oz. can corn, drained

Place everything in crockpot or pot, except for beans. When warm add:

- 1 tsp salt
- 1/2 - 1 1/2 tsps. black pepper, freshly ground is best
- 1 - 1 1/2 tsps. cumin
- 1 1/2 tsps. medium chili

Stir well and turn crock pot high. When hot, add beans. Stir a little, let simmer, stir more. Repeat until well mixed. Serve as is or with sour cream, cheese, etc. I will add onions next time.

If you want it thick, can add 1 more can of refried beans. Milder, use smaller amounts of spices.

Vegan and vegetarian friendly.

Church vandalism and theft

The members of St. Jude's were frustrated to discover thieves had removed half of the white powder-coated iron fencing at the med van pad this week. The nuts and bolts were unscrewed for the entire row of fencing, indicating the vandals intended to return for the rest of the fence.

We pray for those involved, and ask that everyone keep an eye on things at the church.

Lord please hold those who damage and steal things from St. Jude's in your loving hands and give us the power of forgiveness as you forgive our shortcomings.

In our prayers...

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.

Healing: Bishop Elect Kym Lucas, Diocese of Colorado, Phyl, Frankie, Max, Austin, Thom, Brian, Stella, Richard, Pastor Constance, Rev. Doug Coil, Britney, Labra, Chuck .

Strength and comfort for all who suffer loss.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling.

Safety, wisdom and courage for all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, civic leaders);

For protection from natural disasters, violence and tragedy and restoration of lives forever impacted.

For those who have vandalized our church, stolen our resources and harmed our outreach missions, turn their hearts toward more positive choices and give us wisdom to minister to them and offer better solutions to their problems.

For more volunteers, willing hearts to support the shower ministry, the Saturday soup kitchen and the computer lab.

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

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

St. Jude's Weekly Schedule



TO YOUR GOOD HEALTH

BY RAY HATCH

How Can You Be Healthier?

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.

By Ray Hatch

How many cars have you had in your life? I think I have had at least 10 over the 60 years I have had cars.

Currently Lodema and I have a 2008 (10 year old) F-350 pickup and we pull our 5th wheel trailer (home) with it. We are fulltime RVers now and have been since June this year.

We have always and still do take care of our cars. We change the oil when we are supposed to (or even before) so the engine won't fail early. We have added tire pressure sensors on our truck and RV so we can be sure we don't have any preventable tire problems. This has saved us major problems when we have had tire problems and could stop before a tire was destroyed by driving on it while it was flat. What is the old saying "An ounce of prevention is worth a pound of cure". Our current truck has over 140,000 miles on it and will get lots more as it runs good and does all we need it to.

However, we each only have one body and we

may not take as good care of it as we do our cars, and I think you will agree, our health is much more important than any car since we can just go and buy another car if ours does not work anymore.

Until we became aware of the importance of diet on health, we went to the doctor when we were sick or as needed for a company required physical exams. I even thought being a little overweight was a badge of success.

To take care of our only body, we need to avoid getting sick. Accidents and infections happen and for those, we see a doctor and get fixed up. These are called acute illnesses.

However, there is another type of illness, **chronic illness**, that we can have some control over. Here is its definition by the Center of Disease Control and Prevention.

"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 \$2.7 trillion in annual health care costs."

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

Tobacco use and exposure to secondhand smoke.

See "Health" continued on page 14

Health

Continued from page 13

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

Lack of physical activity.

Excessive alcohol use.”

If chronic diseases are caused mainly by these four things, then they can be eliminated or at least minimized by eliminating these risks!

How do you do these? Let's look:

Tobacco use and exposure to secondhand smoke – If you smoke, stop smoking or reduce it. Don't be around people who smoke so you don't breathe in second hand smoke.

Excessive alcohol use – Stick to moderate alcohol use or no alcohol at all. The latest research I have seen indicates there is not a level of alcohol use that is absolutely safe.

Poor nutrition – Any change in your diet that increases the intake of fruits and vegetable in as close as possible to their natural state will improve your health. The peer reviewed research I have seen indicates that the best diet you can eat is a whole-food, plant-based diet. Here are some sites you can check this out on: <https://www.forksoverknives.com/whole-food-plant-based-diet/#gs.J51r0RI> and this peer-reviewed article by Kaiser Permanente researchers. <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html> . There are thousands of other articles and scientific papers. Many of us eat lots of fast-food in restaurants like McDonalds and such. We need to stop this habit. Check this out: <https://www.bluezones.com/> .

Lack of physical exercise – According to the CDC “*Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.*” *How much exercise? From the CDC “Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day. Adults 18 to 64: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week plus muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Over 64 : Same as adults if you are able too.”*

These few changes will let you minimize or eliminate the diseases that we consider normal as we get older.

If it were possible to say which of these risk factors is most important, I would put nutrition first and research shows that good nutrition lets us reverse many common illnesses like heart disease, diabetes, and cancer. But, without a doubt, the more of these risk factors you reduce, the fewer chronic diseases you will have and barring accidents, the healthier you will be and the longer you will live.

Join our Facebook page, Taft Healthy Eaters and if you have any questions, my email is ray_h1941@yahoo.com



COMPUTER LAB UPDATE

By Paulette Zupancic

Seniors “Young at Heart” Use Technology thanks to Computer Lab

Seniors are finding it is easy to use technology with a little help from a volunteer. In a stress-free environment, they are asking questions about the internet, Google, Facebook, Twitter, email, phone enhancements and printer access. Although computers and phone enhancements at first can be something the younger generation is addicted to, the seniors are becoming savvy and enjoying the new technology world open to them.

A volunteer currently helps to enhance senior's knowledge every other Monday of the month and on occasion when requested, other times.

In working with seniors the volunteer first communicates technology basics and then proceeds with useful things you can do using a computer.

The Ocean View Seniors are:

- Browsing the internet (News, Interests, You Tube)
- Creating and using E-mail Accounts
- Managing Finances
- Staying in touch with Friends/Family via social media (FB, Messenger)
- Editing Pictures
- Writing Letters
- Copying & Printing Documents
- Trouble Shooting Personal Phone & Computer Hiccups

Seniors are amazing lifetime learners and through one-on-one assistance they are adding to their wisdom and are not intimidated by digital gadgets and a new network of information.

I am blessed through the St. Jude Community to be this volunteer who enjoys and communicates with diverse Kupuna.

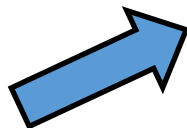
Paulette Zupancic

Shower Day

The last Saturday of the Month

The next Bingo Day is December 29th

9 a.m. to 11:30 am.



December Dates To Remember

- 1 Greening of the Church (decorating) all hands round
- 2 I Advent – lighting of first candle
Bishop's Committee after Aloha Hour
- 2 Kona Choral Society Concert, Old Airport Pavilion (Free)
- 3 Spay/Neutering Clinic
- 3 Bell Choir Resumes
- 9 II Advent – lighting of second candle
- 15 Keiki Christmas – help with set up & tear down et al
Showers need two sign ups Soup need help there also
Computer lab need help
- 16 Advent III – lighting of third candle
- 16 Kona Choral Society Messiah & More Sheraton Keauhou
Tickets at www.konachoralsociety.org
- 18 Ka'u Food Pantry
- 23 Advent IV – lighting of fourth candle
- 24 Christmas Eve Service
5 pm Singing of Christmas Carols
6 pm Christmas Eve Service
7 pm Aloha Christmas Dinner
- 29 Bingo Saturday
- 30 First Sunday after Christmas Day



Communication

Continued from page 1

For me, the focus on communication started in 2012 when Fr. Thomas Beuchele and his wife Jean joined St. Jude's as the Interim Priest for a year to help revitalize St. Jude's fledgling congregation.

Fr. Tom also helped justify and fund a Free Hot Shower and Free Hot Meal Program which started in mid-September 2013. On the first Saturday the shower opened, we had one person take a shower. We weren't surprised with the low count because the only advertising we did was to tell people around the community, and most of them were St. Jude's members.

We realized that we were a little red country church and most of the community had no idea about what we were doing. So, we needed to advertise.

The Free Hot Shower flyer was the first flyer I made to advertise an event at St. Jude's.

Knowing that some of our shower candidates were homeless and without transportation I thought they might need a simple map on the flyer showing how to get to St. Jude's. I couldn't find a map that met our needs; so, I made the one shown here.

We started posting flyers around town letting people know about our Free Hot Shower and Free Hot Meal every Saturday. And soon, the free showers at our church became very well-known and popular. Now the information is also posted on our website, always included in the church newsletter, and mentioned on our Facebook page.

By the end of 2013 (3-1/2 months into the shower program) we averaged 13.5 people taking showers each Saturday and one day we hosted 21 showers. We were happy with the way community accepted the program and this was the start of St. Jude's extended Saturday family. Moreover, the volunteers at St. Jude's really stepped up and became engaged in the mission of free showers and soup. The shower volunteers are where many of our congregation started working together each Saturday, got to know each other, be-

came friends, and started acting like family.

The shower ministry continued to grow. One Saturday in 2017 we had 46 showers with a single shower stall. In February 2018 we added a second shower stall and now we have as many as 52 people taking a shower each Saturday and we usually serve between 75 and 100 bowls of soup.

As we shared meals with our Saturday family, we got to know them and began to call many of them our friends. After our Sunday Eucharist service we have an Aloha Potluck lunch and as the congregation grew into a family, those times were often spent discussing the previous day's activities and coming up with ways to become more efficient in our programs or suggest other ways to help our community.

It's interesting to see how the depth of communication extends when people break bread together. With all the meals served at St. Jude's there is an accompanying increase in levels of communication and fellowship among our Saturday family, the volunteers, and the congregation in general.

Advertisement Flyers: When we have an event at St. Jude's we post flyers around town, we post the flyers on our web site, we post it in our monthly newsletter, and we post the flyer on Facebook, and on Facebook we ask people in the Ka'u area to repost on their Facebook timeline.

The day before an event we repost the Facebook flyer. Communication with the writing from the flyers is not too old fashioned for our church, and many people pull the flyers out of the church newsletter to keep as reminders of upcoming events, or to invite someone else to attend.

Communicate with our congregation: To keep our community support programs going, we need volunteers and each Sunday, during worship service, Cordelia Burt or Thom White asks the volunteers who worked the showers and soup kitchen the day before, how many people took showers and how many servings of soup were served. This lets everyone in

See "Communication 2" continued on page 18

Communication 2

Continued from page 17

church know about the free showers and soup and reminds members how valuable volunteers are for the program. By sharing details with everyone, Cordelia and Thom also make sure the volunteers get credit for the support they provide. Each Sunday they always mention that we need more volunteers to keep the showers and soup programs going and point out the sign-up sheet to volunteer.

Transparent communication within our congregation lets everyone know what St. Jude's is doing and that we need help with the programs. It doesn't separate members or church leaders from the rest. Communication is inclusive of anyone at the church. This practice encourages new members or even people who come to our church to use the services. Communicating with everyone who is at the church builds stronger relationships. Our members know who is doing what, why and how they can help. But more importantly, we consider the folks who are recipients of the hot shower and hot meal program as part of our church family. They are included in church communication, become involved in helping, donating their time and talents and many of them have become church members.

Bishop's Committee: The Bishops Committee meetings are transparent and members or guests are invited to attend. If we have any business to discuss that isn't public, it is placed at the end of the meet-

ing and we can go to a closed session for the last part of the meeting. We feel that the transparent communication between the officers of the congregation within the church provides members with confidence in the church leadership, eliminates rumors and discontent.

Church digital media: In 2014 Cindy Cutts designed and built St. Jude's Web Site. www.stjudeshawaii.org Having a web presence was a giant step for our little church. But in no time, people were using the website to check us out. People checked the site to confirm the time for a special church service, remember an event or just confirm that an outreach program was planned. The website was a great place to advertise the activities around St. Jude's, to highlight outreach or ministries, showcase events or just post candid photos of church life. We post audio recordings of our Sunday sermons for people who can't make it to our services. We also have pictures and dates for all of our priests, Bible studies, fund raiser events, outreach programs and much more. If it's happening at St. Jude's, it's probably posted on the website.

As I was writing this article, I checked activity on our web site and it showed that for the last 30 days, we have had 729 unique visits to the web and there were 1,684 pages viewed. Those are good statistics for a small-to-moderate size company web site, let alone for a small country church. Our Facebook page engages an average of 330

views per week.

Email: Bishop's Warden, Cordelia Burt uses email to communicate broadly for the church. She sends out prayer requests to our Prayer Chain of around 40 people. She also follows up with updates as information becomes available. We also use email to keep in contact with our priests, event volunteers, reminder of activities, the diocese, and other church business.

When we have a priest serve us for the first time, we use email to get information from the priest, so we can post it in our newsletter, on our web site, and in the church directory. Our newsletter is emailed to a large distribution list and frequently forwarded on to additional email addresses by our members.

Newsletter: In January, 2015 St. Jude's published the first Monthly Newsletter. It was six pages of traditional parish news, written by three writers. The next month Rev. Elaine Barber wrote an article for the newsletter, and from there on we had other members volunteer to write articles for it.

When we were working on the first issue, Cindy Cutts, editor in chief, asked me if I would do a monthly article about what happened around the church and what's coming up next. We called the article "Around the Church Yard." It was an effective means of communicating with members; when the rest of the congregation learned what was happening around the church, they became more involved.

See "Communication 3"
Continued on page 27

December Birthdays

- 2 Vinnie Rexroat
- 3 Paul Moreno
- 4 Phyl Laymon
- 4 Faye Miller
- 12 Evelyn Cossich
- 13 Thom White
- 19 Carolyn Sampson
- 31 Don Hatch
- 31 Ginger Stewart



December Anniversaries

- 4 Beverly Nelson & Don Hatch
- 21 Rev. Cathy and John McDonald
- 30 Jerry & Susan Fine



ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A
FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

PASSIONATEPENNYPINCHER.COM



Isabelle is back!

Bell Choir

Will Resume

Monday,
December 3rd

1 p.m.

Bring a friend!

Brick Road

Continued from page 5

time catching up on the past 60 years. Back to the hotel and bed as tomorrow is a long drive to Richmond, VA.

10/19/18 An early start after breakfast. We are following the path that hurricane Michael took through Georgia and Virginia. The areas we went through showed little evidence of damage other than piles of rubbish and downed trees. They've done a good job of cleaning up relatively quickly. Including stops for gas and food, today's trip was about 8 hrs. We were stiff and tired as we checked into the Marriott. I looked at "Open Table" a restaurant guide app and found Rappahonnac, which seemed to have a variety of seafood. Back to the hotel and bed...

10/20/18 We had to gauge our departure for Baltimore on the time Cynda and Keith were due to fly in to the Baltimore airport. The drive was only a couple of hours. We picked them up and headed for our hotel, The Royal Sonesta Harbour. A very nice hotel, relatively close to the Stadium. Another old friend from childhood and her husband drove up from D. C. to be with us overnight, and Ray's Grand niece and her husband and two girls did, as well. We checked in, settled in our rooms and went to the bar, where we all converged. Again, what fun to be surrounded by old friends and family. Xondie, my old friend was more than willing to rat on my childhood antics and mischief, to my family! It was hysterical. As Xondie said, I was the naughtiest in our group and have turned into the squarest of us all...guess it pays to get it out of your system early! The 10 of us ate at the hotel and called it a night, after a good night drink.

10/21/18 GAME DAY...we all had breakfast together and then lunch and then said our

goodbyes to Xondie and John. They said they'd rather watch the game on TV, in the comfort of their home. It was a 4:00 game, so the relatives and Cynda and Keith set out on foot for the stadium. Shortly thereafter Ray and I caught a cab and were let out pretty close to the gate. I had gone through a big learning curve on my phone. The tickets were sent to my Ticketmaster account and were e-tickets. Somehow I had to get them from there to my phone and then to each ticket holder in our family. Thank goodness there were youngsters who had no trouble figuring that out!

Well, what a game it was!! There was a lot on the line...Perhaps Drew Bree's' 500th touchdown pass, perhaps a win that would mean that he had won games against all NFL teams and a win that would get the Saints one step closer to the playoffs!! Well, it all happened...no perhapses! But, it was a nail biter down to the last 20 seconds, when the Raven's kicker missed the after touchdown point...Whew! We all met Max after the game and he was smiling, but had a sore hand. We went back to the Hotel and gathered in the bar before going to bed, all very happy! END OF WEEK NINE!

WEEK 10 10/22/18 & 10/23/18

Off to Pittsburgh after breakfast and saying a good bye to the relatives. A nice drive through the top of West Virginia and then into Pennsylvania. None of us had been to Pittsburgh before and all of us were favorably impressed. People my age, think of it as the "steel city"...but it certainly isn't that now. Old buildings and new juxtaposed around the City, all melding into a very attractive urban presence. Cynda and Keith walked around the city the next morning and across the bridge, while Ray and I took it easy, venturing out for lunch down the street.

See "More Brick Road" continued on page 21

More Brick Road

Continued from page 20

10/24/18 After two very nice nights in Pittsburgh, we set off for Indianapolis. Again, to see old and dear friends. There wasn't a hotel room available for this night in Indianapolis, so they very graciously invited us to stay with them. Had a wonderful time with their whole family.

10/25/18 Next stop is Madison, Wisconsin. It was about a seven hour drive and a time change. This is a very flat part of the Country...corn field after corn field. We also passed the largest wind generator farm in the world; they go on for many miles. Madison seems to be a college town...as well as being the Capitol. Our friend Terry drove a couple of hours to come and have dinner with us. It was hard to say good bye again...but the night was getting late and we had to have an early start, as we had several airport runs in Minneapolis to make.

10/26/18 We had an early start and stopped for breakfast on our way. Our first airport run was to pick up Holly and Craig at 12:05. We realized that we were going to have to check into the Hotel Hewing first, as two more people and their bags were not going to fit in the car. By the time we were checked in, the Cindell's plane had already landed, so we sent them a text and told them to catch Uber, which they did. Next arrival was Laysan and we had her do the same. Last in the early evening, Leah and the two great grands arrived and this time, Cynda went to pick them up. So, after everyone was settled in, we had dinner in the hotel restaurant. Lucky it was casual as the kids had been sitting in the plane and then the car for ages and were more than a little anxious to move around! But there were lots of us to chase after them, so Leah could relax a bit. After dinner, we went up to the top floor where they had a bar and had a few nightcaps. A good day and the family is all with us!!

10/27/18 The shooting in the synagogue in Pittsburgh is such a horrible tragedy...it's hard to believe that we were there only a few days ago. Why are we so paralyzed about dealing with mental health and our inability to institutionalize the dangerous crazies. This might be my next soap box because we keep trying to put band aids on the results without dealing with the reasons. My heart is heavy and sad.

But, we are in Minneapolis and tomorrow is game day as well as Ray's 85th birthday. Today, the kids all set off on a walk around the city. The Mississippi River starts here...a trickle out of a small lake. They found a kiddie park and the kiddies had a wonderful time. Early evening, Ray's first cousin once removed, Greg and his wife Kelly came to dinner and brought the birthday cake. They are such fun to be with, and it was an opportunity for them to meet our whole family...Cynda and Holly are Greg's second cousins. We had a wonderful celebration...sang Happy Birthday and after dinner, went up to the 6th floor bar again.

10/28/18 HAPPY BIRTHDAY RAY! We all went to Hell's Kitchen for breakfast. A great restaurant an Uber ride away. We went back to the hotel and got ready for the game. Max had gotten passes for Ray and Keith to go on the field before the game while the teams were warming up. It was certainly a highlight of the trip for Ray...a magnificent birthday present!! We had Ubered over there while the rest of the family walked. We were let off right in front of one of the gates...perfect! The gates open two hours before kickoff and we were in line at 5:20. This is the featured Sunday Night Football game. A wonderful game once we got our act together!! Post game we all went over to where we could go down and meet Max. I took one look at all of the stairs, realizing that what goes down must come up and decided to see him in N'Awleans when we got back! END OF WEEK TEN

See "More Brick Road" continued on page 22

More Brick Road

Continued from page 21

WEEK 11 10/29/18 Our aim this morning is to get as far as St. Louis. So we had an early morning departure after breakfast. It was a twelve hour drive and as we were entering the city, we were faced with a number of detours. So we wandered around a bit before finding our Casino/Hotel which was right on the Mississippi River. Not sure how we could get so tired just sitting in a car all day, but we were!! Went right to bed as tomorrow is another long drive.

10/30/18 We're going all the way to N'Awleans today...only ten hours! Thank goodness for Cynda and Keith, as they schlepped all of our luggage up to the condo...a big job!! Scrounged around for some cheese and crackers for a snack and went to bed!!

10/31/18 It was total laundry day for me...I had run out of clean clothes!! In the late afternoon we went to Leah and Max's for an early dinner. Soup and salad hit the spot, then the kiddies donned their Halloween outfits...Cameron was a mermaid and Elliott a ladybug. They looked adorable. They trick or treated across the street and then went to a Metairie neighborhood that closes their road and the kids roam freely. We came back to the condo and fussed around until bed time.

11/1/18 A day of ease in N'Awleans...Cynda and Keith went off with friends to the WWII museum. Ray and I went and had lunch at the Turkey and the Wolf, then later went out to Couchon for dinner with Cynda, Keith and their friends. Back to the condo for Thursday night football and to bed. Not much excitement today!

11/2/18 & 11/3/18 Another mundane day! Shopping and errands. It seemed as though people were coming and going...hard to keep track of them all. Holly arrived Saturday late afternoon. Tomorrow is game day...an important game against the only unbeaten team in the NFL!

11/4/18 GAME DAY. It was a mid-afternoon game, so we sat around deciding how we were going to get there. The kids all walk and I like to go with Leah as she has Max's parking pass which is right by the player's family entrances...but she doesn't go as early as the rest of the family. Well, what a game it was!!! A nail biter for sure!! Max played so well and we won, 45 to 35. The best win so far this year!! END OF WEEK ELEVEN!!

WEEK 12 11/5/18 What do you do on the Monday after a most fabulous game but sit around and talk about how wonderful it was!! However, Cynda and Keith left for Kona at the crack of dawn. Said goodbye to them last night and sent them off in a taxi. We walked to Emerils for an early dinner and came back to the Condo to watch Monday Night Football...of course!! We also planned our road trip north to Cincinnati. We learned that Sarah, our great grandchild on Holly's side, who plays soccer for University of Louisville is going to the Nationals. Their team was picked to play. The game is going to be in Knoxville Tennessee against the U of Tennessee on Friday late afternoon. So Holly postponed her trip back to LA and we are routing our trip through Knoxville to watch the game. Very exciting. Then on Saturday, Ray and I will go up to Cincinnati and Holly will fly home from Knoxville.

11/6/18 We had great grands jobs today. We got to pick Cameron up from school...in the pouring rain, take her home and relieve the baby sitter who had been watching Elliott, make them PB&J sandwiches for lunch and put them down for a nap. Everything was successful until the nap...But Max and Leah came home and took over! On our way back to the condo, we stopped on Magazine Street to run into a store for a t-shirt. It says: New Orleans vs. all, y'all.. Back in time for a nap before going out to dinner with some friends.

See "Saints" continued on page 23

More Saints

Continued from page 22

11/7/18 We spent the morning trying to second guess the weather up north. We are expecting it to be cold....Brrrrr!! So we packed our woolies and left our flip-flops at the condo. Dinner from the deli and to bed.

11/8/18 Off we went like early birds, hoping to beat the commuter traffic. Did pretty well until we reached Chattanooga during the afternoon going-home-from-work traffic which was horrendous!! We made it all the way to Knoxville...a 10 hour drive

11/9/18 Sarah's game day...It's still cold and rainy. Luckily, when in Walmart a few days ago, we found some \$.99 plastic ponchos. So we pulled those out to use at the game. Luckily there was one row of bleacher seats that were under the eaves and there weren't too many people there, so we grabbed them and stayed dry! The final score was 2 to 1 not in our favor. But the girls played their hearts out and of course were devastated...But...as I had to write, as punishment, in boarding school about 100 times by Grantland Rice: "When the one great scorer comes to mark against your name, he writes not that you won or lost, but how you played the game." We returned to the Hotel and some soup and went to bed.

11/10/18 Happy Birthday Marine Corps...this is Ray's day to sing From the Halls of Montezuma... We left right after breakfast to head north to Cincinnati, refocusing from soccer to football. It was a nice drive through the northern part of Tennessee and then Kentucky, the blue grass state. Well, the grass wasn't blue but we saw lots of horses and a race track sign. The leaves are changing and are beautiful. This cold spell will be having them shed what's left. We arrived at our hotel mid afternoon... Tomorrow is game day~!!

11/11/18 GAME DAY - The game started at 1:00 so we left the hotel in time to walk to the stadium and get there around 11:00. The

game belonged to the Saints from the beginning. Max played very well as did the whole team. We won 51 to 14. Met with Max after the game, by the buses then wended our way back to the hotel, a quick dinner and to our room to watch more football!!! Go figure!!
END OF WEEK TWELVE

WEEK 13 11/12/18 - An 8:00 start out of Cincinnati, heading toward N'Awleens. Don't know how far we'll get...guess we'll stop when we get tired. We're on a route that is new to us, through Kentucky and Tennessee and Alabama before getting to Louisiana. The countryside in Kentucky is lovely. After ten hours of being on the road, we called it quits and stopped in Tuscaloosa at a wayside Courtyard. Watched Monday Night Football and fell asleep.

11/13/18 It's a rather blustery day says Pooh...and yes, it is here too. The sky is gray and the temperature is low. But we drove south, hoping that the thermometer would go up at least a few degrees, which it did. It was a four and a half hour drive to NOLA and the condo. Declined an offer to go to Max and Leah's for dinner, as Ray didn't want to go out in the inclement weather. They so nicely offer to feed us when we return from an away game!

11/14/18 & 11/15/18 Oh Pooh, it's another blustery day...and cold as well!. A do nothing day, other than get some paperwork done.

11/16/18 & 11/17/18 Another couple of do nothing days. We ran some errands and bought some soup ingredients...came back to the condo and made soup.

11/18/18 GAME DAY- We're going to take Uber to the game today and then leave with Leah...GEAUX SAINTS !!! What a game it was!!! Saints win again! I really like it when it isn't stressful! Our transportation worked out beautifully; we were let out right in front of Gate A where we wanted to be and then after

See "More Saints" continued on page 25

Church yard

Continued from page 3

Every Saturday from 9:00 am until 1:00 pm we have an open computer lab at St. Jude's where you can make an appointment. If you need help understanding how to make the appointment, we can help you with that. The lab is also open two Mondays a month, during Senior Nutrition activities and anyone is welcome to join them.

Upcoming Events:

Keiki Christmas Party: St. Jude's has decided to repeat the Keiki's (children's) Christmas Party similar to how we did it last year.

The event will take place on Saturday, December 15th, which is the same time the community Keiki party will be going on across the street in the park. Details about this event are located on page 33.

We'll set up four stations in the lower parking lot in the area nearest to the park.

At the first station, each participant will receive a book containing three tickets.

The first ticket lets them into **Rudolph's Reading Room** where they can choose a book they get to keep and take home with them.

The next stop is to visit **Santa and his helpers at the North Pole**. Santa and his elves will give each visitor a Christmas stocking stuffed with gifts. They also get to whisper in Santa's ear to let him know what they really want for Christmas. This is a great opportunity for parents to get pictures.

The last ticket lets them into **Mrs. Cringles' Kitchen** where they get cookies and something to drink.

This will be taking place the same time we are having our free hot shower and hot meal program at the church, and by doing this in the lower parking lot it won't interfere with that activity. So, we will still need volunteers to man the shower project and others to make and serve soup. This year we will need a couple more volunteers because we will have the computer lab open.

Last year we had around 22 volunteers working on the showers, soup kitchen, and the Kei-

ki Christmas party, and this year will probably be the same. Hopefully Santa and all of his Elves, and helpers will be available to help.

Christmas Eve Service is on Monday, December 24th. The program will start at 5:00 pm and we will start with Christmas carols, musical bells, hula, and at 6:30 Eucharist Service will start. This year the Reverend Tom Eklo will be officiating the service.

After the service we will have our Aloha Hour potluck dinner, which is actually a Christmas Eve feast.

Since we're a congregation with people from various parts of the country with different traditions, we try to include everyone's holiday tradition and especially their favorite food. In the past we have had Turkey, Dressing, Mashed Potatoes, Gravy, Tamales, Enchiladas, and New England Clam Chowder. If you have something you especially like, please share it with us.

This is something you don't want to miss.

Spaghetti Dinner: Our January fundraiser is a Spaghetti Dinner which will be held on Friday, January 11th.

Doors open at 5:30 pm and we will start serving dinner at 6:00 pm. Dinner includes Spaghetti, Spaghetti Squash, your choice of Red Sauce or White Sauce, Meatballs, Salad, Drinks, and Dessert.

Prices are \$8 for a single, \$15 for two, and \$20 for a family.

This has become one of our favorite fund raisers for the community and for the folks preparing and serving the food, and you can't beat the price for a great meal.

For the folks making and serving the food, it is a fairly easy meal to prepare. We cook the spaghetti and spaghetti squash and add the sauces as it is served. The only ingredients that take much time to prepare are the sauces and meat balls.

See you there!

Letters to the Editor

Your newsletter continues to amaze me!!!! I have never seen a more fun, interesting, or as complete a "review" of parish matters than yours!!!! Congratulations on this great publication. I will not be at St. Jude's until Dec. 2019, so this continues to connect me to your church community and the great people who make it GREAT. Elaine Barber

Loved the newsletter, especially the Stewardship Limerick. Continued blessings to the St. Jude's O'hana. Jim Bornzin

More Saints

Continued from page 23

the game wended our way to Leah's car and went home with her. Max played very well. I keep my binoculars glued on him and hardly know what else is going on down there. I'm not sure that the Eagles were even there.

After Max came home, we had pizza and salad and then called Uber for a ride back to the condo. Watched Sunday Night Football and went to bed...

END OF WEEK THIRTEEN



Season's Aloha

If you are planning any upgrades this holiday season, we also offer furniture and large appliance removal!

Call for a free quote.

(808)747-0717

**Happy Holidays From
Ka'u Rubbish Disposal LLC**



Christmas Eve Service

**December 24
Christmas Eve Service**

5 pm	Singing of Christmas Carols
6 pm	Christmas Eve Service
7 pm	Aloha Christmas Dinner

Ka'u Food Pantry Distribution December 18th

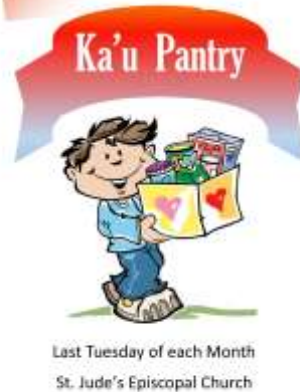
Ka'u Food Pantry, Inc.: next distribution is **TUESDAY, DECEMBER 18, 2018** at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held. All dogs, including service dogs, must be on leash and out of the way of foot traffic. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday. For more information or for emergency food, please call Dave Breskin at 808 319 8333.

Please note that this is not the usual last Tuesday of the month. Spread the word.

We are expanding our services to include [based on availability] free clothing provided by a non profit, Big Island Giving Tree, pet food provided by the Hawai'i Humane Society. These items are donated to the Food Pantry, free of charge. The Ka'u Food Pantry, Inc., is

Feeding the Hungry

26



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

As a non-profit, the Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of a case of food to help your community.

Women's Bible Study Christmas Party

Our Woman's Bible Study is having a celebration. We will not have Bible Study on Monday, December 17th. Instead, we welcome all of the ladies at St. Jude's to come to our party. We will have a short devotion. Cindy Cutts will lead us in some fun games with prizes.

We are having a potluck brunch. Bring your favorite dish so that we all can share really good food. I know that we have some outstanding cooks at St. Jude's.

If you are planning to attend, please let me know by December 15th. Please do come and share in our party at my house.

Beverly Nelson
92-8741 Leihua lane
Cell phone 808-938-0213



Communication 3

Continued from page 18

Last month Cindy asked if in addition to publishing Around the Church Yard in the newsletter, I would publish the latest copy as a stand-alone article on our web site; so, now you will find the latest copy on our "Events & News" tab next to the newsletters.

The church newsletter has grown to over 30 pages each month, with a writing staff of 12 writers, and three proof readers. It is packed with church news, but also other communication such as emergency response plans, wellness and healthy living, book reviews, food reviews, and other interesting, timely articles of communication.

Like most organizations, we have some people who do much more than the average member. Some months we write a newsletter article titled "**Called up to Active Duty**". We decided to use a little humor to recognize them for their effort and let the rest of the congregation know what all they did. This article not only honors the volunteer, but is a great way to communicate what volunteers actually do, and how important it is for others to volunteer as well.

Worldwide communication to our community Free Wi-Fi is available at St. Jude's and dozens of people stop by the church every day to use it. This is an extremely valuable communication resource for hundreds of people who would not have internet access without it. We also provide outlets to charge electronic devices. When Cindy Cutts and her husband Jerry first moved to Hawaii, their "rush order" to have Wi-Fi installed at their home was six weeks out. Cindy discovered St. Jude's as a church home possibility, while using St. Jude's free Wi-Fi to work electronically as an education consultant in California. She also used St. Jude's Wi-Fi to keep in touch with her children and friends on the mainland; causing her kids to dub St. Jude, the "Patron Saint of Wi-Fi."

Computer Lab: In early 2018 we opened a Community Computer Lab. It is available, for free, to anyone in our community each Satur-

day from 9:00 am until 1:00 pm. We have six laptop computers, a wall monitor, printer and many software programs. The lab tech provides instruction on many tech needs such as free printing of documents; and we also help with setting up email, opening social media accounts, making on-line appointments or other tech questions.

Operational Support Duties: In late 2015 St. Jude's leadership recognized that many of the church responsibilities could be divided up among the talent within the congregation. Using a communication planning model, we made our first effort to offload some of the responsibilities and duties around St. Jude's to newer members of the church.

First, we worked at defining and documenting what jobs and activities were done to keep St. Jude's running. We called the document "St. Jude's Operational Support Duties." The long list of duties was shocking to many of those planning. But by communicating broadly to everyone in the church, people felt included in the move to spread the work out among the members.

We were surprised when members of the congregation who only came to our Sunday Eucharist service, started volunteering for some of these jobs. St. Jude's Operational Support Duties were divided into Administration, Worship, Facilities, and Outreach. Each section was assigned a Chair Person and each task or job had a primary and two backup persons assigned/volunteered. This communication set the standard for how all of the roles would be filled within the church.

Cordelia Burt is the chair person for Administration and one of the sections under administration is the Communications Coordinator, with Cindy Cutts as the lead and me as her backup. Phyl Laymon is also involved with a greeting card ministry. Under communications coordinator we have several specific tasks or activities with a primary person responsible and up to three backups.

See "**Communication 4**" continued on page 28

Communication 4

Continued from page 27

List of tasks / activities under Communications Coordinator are:

Website	Maintain church on-line presence
Facebook	Maintain church on-line Facebook presence
Newsletter	Coordinate Monthly Church Magazine
Church Directory	Update, Print, and Distribute Church Directory
Eblast	Send email announcements, news, & information
Media	Send Official Press Releases to Media
Graphic Artist	Create & Distribute Flyers & Tickets for Special Events
Digital Sermon	Set up and record, & upload Sunday sermon onto website
Maintain Priest information	Maintain Priest history, and photo with the digital sermon
Greeting cards	Send notes and greeting cards to congregation and friends
Prayer Chain	Coordinates on-demand email prayer requests

Operational Support Document Maintain this Operational Support document

Church Directory: Because we have so many people coming to St. Jude's for a wide variety of activities, outreach, services or just for worship, in 2016 we decided to add pictures of each member of the congregation to the church directory. This was especially helpful in communicating within the membership because the directory included phone numbers, email addresses, mailing address, and often their physical address.

We also added a section in the church directly called "St. Jude's Friends and Extended Family" which includes our Saturday Shower and Soup recipients, plus people who have helped St. Jude's, and congregation members that have moved away, but want to keep in touch with us.

The last section of the directory is our priests. When we started our Flavor of the Month priest program, over 4-1/2 years ago, we didn't know that they would become a permanent part of our congregation. But it's clear that our visiting priests want to stay in communication with us and some of us keep in contact with them. The directory helps a new or returning priest get to know the congregation, and when we get new volunteers for our shower and soup kitchen it helps the volunteers get to know our Saturday family.

Army of Volunteers: I often say that St. Jude's has an army of volunteers and several priests have commented to me about their surprise at the number of volunteers we have.

Each week we have at least two volunteers managing the shower, two people managing the soup kitchen, at least one person cooking the soup before the soup kitchen opens, one person washing the towels from the showers, and two people managing our community computer lab.

See "Communication 5" continued on page 29

Communication 5

Continued from page 2

For a small congregation of mostly elderly members, the need for volunteers is critical to the success of our programs.

In December we will hold our Keiki (children) Christmas in our lower parking lot. It will take place the same time as our free hot shower, hot meal, and computer lab programs. Last year we had 24 volunteers working the church events and this year we have added the computer lab and will need even more volunteers. That is almost half of our congregation volunteering to work on the same day.

Communicating value: Outreach projects or programs at St. Jude's usually begin with a plan to provide a service or meet a need in the community. Our motive for outreach is not to recruit members. But because our outreach is inclusive and people are kept informed while they are involved, we often see outreach results we did not expect. People come to St. Jude's for more than a hot shower or a warm bowl of soup on Saturday; they come because they belong here. We have communicated that they are welcome and valued.

We've had people join St. Jude's so they help in our community support programs. Using our broad range of communication options, St. Jude's leaders make sure the volunteers receive recognition for their efforts and we find that they are often proud of what they are doing at St. Jude's.

For example:

Roger Dagdag is around the church almost every day trimming and cleaning around the church yard. Take a garden tour with Roger and you'll hear the pride in his voice as he talks about the landscape designs.

Faye Miller makes flower arrangements for the altar most Sundays and also makes leis for the priests. Each week extraordinary floral designs are displayed and Faye's work is always noticed. It's clear that Faye takes pride in her contribution of flowers to St. Jude's.

Joan Guethues volunteered to host Bingo once a month, to keep the children occupied during Saturday showers. Joan rounded up prizes and set out to entertain the kids, only to discover the adults wanted to play Bingo too. By assuming all ownership of the Bingo project, Joan's leadership created a favorite activity at St. Jude's for both children and adults. We are all very proud of Joan's efforts.

Phyl Laymon is our greeting card communicator. She mails a birthday card, anniversary card, get well card, sympathy notes or baby congratulations throughout the year. She has her ears tuned to hearing news about illness, a death in the family, a new grandchild or whatever. And she hand writes a personal message in each card. Phyl's vast collection of greeting cards is clear evidence of the pride she takes in communicating care from St. Jude's, with the greeting card ministry.

In our June 2017 newsletter Cindy Cutts summed up the success of our army of volunteers by saying,

"Part of the success of St. Jude's out-reach programs is due to the open-hearted philosophy of the parish. Basically at St.

Jude's, if you want to be in, you're in. If you want to volunteer, be prepared to go to work, because you will be included."

Transparent communication builds trust within the church. It's a regular practice, among the leadership of our church. When people ask questions at our church, they receive straight answers. We practice open, clear and transparent communication daily, every way and it is the expected way of sharing information at St. Jude's. It is our way of life.

I believe our communication style is a large part of how we have grown St. Jude's across the last several years.

Feast

Continued from page 1

Constance Garrett (Dan's sister) and Marie Lewis. Steve would also like to mention special thanks to:

Kristina Holliday

Brian Bailey

Kathy Griffith

Lee Griffith

Greg Guithues

Joan Guithues

Anna Towner

Karen Pucci

Cordelia Burt

Lynn (Anna's friend)

Roger Dagdag

Marty Marsh

About 125 people were served a traditional Thanksgiving Turkey Feast, while showers and cookie decorating continued throughout the day.

Over 20 volunteers assisted Steve and Dan in the event, with prep before, set up, cooking, cookie baking & decorating, serving or cleanup.

The Thanksgiving Feast is a vivid example of how St. Jude's members focus on abundance in the midst of poverty. And how impactful an army of volunteers can be to a community.





MOCHA RELIEF

BY PHYL LAYMON

Editor's Note: *Phyl has been residing at Life Care in Kona, following shoulder surgery in late October. She has been working hard with her rehabilitation therapists, to regain her strength and return home. At the time of this writing, Phyl was on day 20 of her stay in the rehab center.*

Wednesday: O dark forty! I am sitting here on the edge of my hospital bed drinking my cheap mocha & trying to hang on til pain meds at 8 am. They woke me at 5 am to give my thyroid but I manage to doze til 6 when the parade of carts start!

The grounds guys pick that very hour out of 24 to mow under my window. Then, shift change which always sounds like a grand reunion of magpies. It is a happy sound with lots of conviviality -- but I am now wide awake -- and very uncomfortable. Cold and in pain. So, I hit my call button.....

By now, I am a raging bear dumped

out of my den before Spring! Two fire shooting eyes appear around my curtain. This deep dark voice demands, "Yes?????"

My quivering voice manages a squeaky, "Can I have a mocha?" I'm dying here!"

She laughs -- and disappears into thin air. Despair descends! She reappears and slams down my precious nectar-- without spilling a drop. Life is good!



What can I do to help?

St. Jude's needs YOU

Get involved ~ Learn to help with:

Altar Guild, Shower Ministry, Towel Laundry
Saturday Soup Kitchen, Computer Lab, Aloha Hour & more

*You do not need to be a member
to volunteer or contribute!*

WWII Continued from page 4

as they would play tag and other games out on the lawn with me, dressed in their formal whites. They also had access to liquor, which they shared freely with our family. Booze was hard to come by and many families reverted to pineapple swipe...yuk...I think it must have been like bathtub gin, or moonshine. As far as I can remember, the only thing that was rationed here, was gas. We didn't need shoes as we all went barefoot. There was one sugar refinery around Pearl City that supplied everyone with sugar. We ate lots of Spam and Vienna Sausages and canned corn beef. We had the ranch, which only had wild cattle then, but that is what we ate...as my Dad said, the meat was so tough you couldn't cut the gravy.

During vacations, we flew up to the Big Island. On takeoff from the old Honolulu Airport, the plane's curtains had to be drawn, so we couldn't see out. Once we were there, it seemed to be life as usual. Hilo had the only airport. We would go to the Volcano House for a week. The military used Kilauea Military Camp for R & R and the GIs would come to the bar at the Volcano House where they would play with me...at that point I must have been about 5...I can remember being propped up on the bar by them and having my pockets stuffed with money...which my parents unstuffed and returned. After the Volcano House, we would travel to the Kona Inn on the road which was half paved and half gravel

and very twisty and took a very long time! I invariably would get car sick! After a week at the Kona Inn, we would go to the Ranch and ride horses up to the mountain cabin, where we stayed for the rest of the summer. It was quite a production and it took awhile to get the pack mules loaded. And there were many of us as each of us could take friends along. It was an all day trek, steadily climbing until we reached the cabin at 6,000 ft. elevation. We would stay there for at least a month, and it was a yearly event.

We were up there, when the war ended. My Dad had jury-rigged an antenna, hooked up to a short wave radio, so we heard the news. Those are my war time memories. I also remember, after the war, someone brought an apple to school and I went home and told my parents that I had seen a real life apple.



Santa's Coming to Town

Saturday, December 15th



Bring your Keiki to Visit Santa

Doors open at 10:00 am until 1:00 pm, or until gifts run out

- (1) Get your Free Tickets at the event
- (2) Visit Rudolph's Reading Room and get a Book
- (3) Visit Santa at the North Pole and get a Stocking
- (4) Go to Mrs. Claus' Kitchen for a cookie and drink

Santa Will Be at

The southeast Corner of Keaka Pkwy
and Paradise Circle



St. Jude's Episcopal Church

92-8606 Paradise Circle
Ocean View, HI 96737

In the Lower Parking Lot
across the street from the park



Plenty of creativity and fun happened when we made cookies for the Thanksgiving Feast.





My Favorite Blessings

Words May Be Found: Forward, Backward and Diagonally

A	R	E	D	N	E	C	K	I	N	G	E	N	U	I	T	Y	D	O	N	H	A	T	C	H
C	C	H	I	C	K	E	N	F	R	I	E	D	S	T	E	A	K	S	H	E	L	T	E	R
W	R	E	P	U	R	P	O	S	I	N	G	C	L	D	K	E	J	F	I	G	R	Y	P	Z
A	U	B	V	C	T	D	S	E	R	F	S	A	T	U	R	D	A	Y	S	H	O	W	E	R
S	M	T	N	U	L	V	K	W	C	R	E	A	T	I	V	I	T	Y	E	C	N	U	L	V
W	R	E	C	C	E	N	T	R	I	C	I	T	Y	D	S	E	R	U	T	N	E	V	D	A
O	I	U	J	Q	H	R	G	S	F	T	K	U	H	O	N	E	Y	W	H	I	S	K	E	Y
Q	K	R	O	S	J	T	I	U	M	T	O	E	T	A	L	O	C	O	H	C	E	V	O	D
K	E	L	F	H	D	N	S	Y	B	H	O	Q	Z	S	E	C	A	F	Y	P	P	A	H	N
U	O	V	P	W	A	U	C	Y	L	E	C	U	N	I	Q	U	E	N	E	S	S	W	N	X
G	G	Y	M	I	N	H	Y	K	X	B	D	O	Y	N	U	M	Y	G	L	A	S	S	E	S
Y	S	Z	T	S	U	B	O	C	P	E	A	E	L	F	M	A	I	R	E	M	U	L	P	B
R	M	T	E	R	L	V	K	L	R	A	E	Y	I	O	G	A	R	E	T	H	G	U	A	L
E	I	T	C	Q	H	R	V	S	A	C	R	U	M	V	R	W	E	N	O	H	P	Y	M	R
T	S	H	F	M	D	E	Y	M	I	H	B	Q	A	R	Y	S	X	T	W	U	F	M	D	N
O	A	H	B	I	G	C	Y	Y	N	E	T	M	F	N	U	U	T	P	S	Q	B	I	Z	J
O	U	B	V	G	R	D	S	M	B	E	R	G	Y	H	O	N	N	H	A	R	L	E	Y	S
C	W	D	I	E	V	F	U	A	O	F	O	I	M	J	Q	S	P	C	O	M	X	E	V	F
S	Q	E	M	Y	P	Z	O	N	W	F	H	C	L	D	K	H	J	I	I	G	R	Y	P	Z
Y	S	I	T	C	O	M	S	E	S	O	S	G	P	H	O	I	N	S	M	K	V	C	T	D
M	M	T	N	M	U	S	C	L	E	C	A	R	S	Z	G	N	F	U	E	C	N	U	L	V
W	Q	X	R	Y	P	Z	O	A	N	B	M	C	L	D	K	E	J	M	I	G	R	Y	P	Z

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

Word List

PLUMERIA	MY PHONE	CHICKENFRIED STEAK	LAUGHTER
ADVENTURES	UNIQUENESS	REPURPOSING	SHORTBREAD COOKIES
HARLEYS	SHELTER	MY MAN	DOVE CHOCOLATE
RAINBOWS	DON HATCH	SITCOMS	THE BEACH
COLORS	CREATIVITY	SUNSETS	HONEY WHISKEY
VEGGIES	MY GLASSES	MUSIC	MUSCLE CARS
SUNSHINE	SATURDAY SHOWER	MERCY	MY FAMILY
REDNECK INGENUITY	MY SCOOTER	GYM	HAPPY FACES
MY CHURCH	ALOHA HOUR	COFFEE	ECCENTRICITY

Answers

WORD FIND

Words May Be Found: Forward Backward and Diagonally

A	R	E	D	N	E	C	K	I	N	G	E	N	U	I	T	Y	D	O	N	H	A	T	C	H
C	C	H	I	C	K	E	N	F	R	I	E	D	S	T	E	A	K	S	H	E	L	T	E	R
W	R	E	P	U	R	P	O	S	I	N	G	C	L	D	K	E	J	F	I	G	R	Y	P	Z
A	U	B	V	C	T	D	S	E	R	F	S	A	T	U	R	D	A	Y	S	H	O	W	E	R
S	M	T	N	U	L	V	K	W	C	R	E	A	T	I	V	I	T	Y	E	C	N	U	L	V
W	R	E	C	C	E	N	T	R	I	C	I	T	Y	D	S	E	R	U	T	N	E	V	D	A
O	I	U	J	Q	H	R	G	S	F	T	K	U	H	O	N	E	Y	W	H	I	S	K	E	Y
Q	K	R	O	S	J	T	I	U	M	T	O	E	T	A	L	O	C	O	H	C	E	V	O	D
K	E	L	F	H	D	N	S	Y	B	H	O	Q	Z	S	E	C	A	F	Y	P	P	A	H	N
U	O	V	P	W	A	U	C	Y	L	E	C	U	N	I	Q	U	E	N	E	S	S	W	N	X
G	G	Y	M	I	N	H	Y	K	X	B	D	O	Y	N	U	M	Y	G	L	A	S	S	E	S
Y	S	Z	T	S	U	B	O	C	P	E	A	E	L	F	M	A	I	R	E	M	U	L	P	B
R	M	T	E	R	L	V	K	L	R	A	E	Y	I	O	G	A	R	E	T	H	G	U	A	L
E	I	T	C	Q	H	R	V	S	A	C	R	U	M	V	R	W	E	N	O	H	P	Y	M	R
T	S	H	F	M	D	E	Y	M	I	H	B	Q	A	R	Y	S	X	T	W	U	F	M	D	N
O	A	H	B	I	G	C	Y	Y	N	E	T	M	F	N	U	U	T	P	S	Q	B	I	Z	J
O	U	B	V	G	R	D	S	M	B	E	R	G	Y	H	O	N	N	H	A	R	L	E	Y	S
C	W	D	I	E	V	F	U	A	O	F	O	I	M	J	Q	S	P	C	O	M	X	E	V	F
S	Q	E	M	Y	P	Z	O	N	W	F	H	C	L	D	K	H	J	I	I	G	R	Y	P	Z
Y	S	I	T	C	O	M	S	E	S	O	S	G	P	H	O	I	N	S	M	K	V	C	T	D
M	M	T	N	M	U	S	C	L	E	C	A	R	S	Z	G	N	F	U	E	C	N	U	L	V
W	Q	X	R	Y	P	Z	O	A	N	B	M	C	L	D	K	E	J	M	I	G	R	Y	P	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

Word List

PLUMERIA

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COLORS

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REDNECK INGENUITY

MY CHURCH

MY PHONE

UNIQUENESS

SHELTER

DON HATCH

CREATIVITY

MY GLASSES

SATURDAY SHOWER

MY SCOOTER

ALOHA HOUR

CHICKENFRIED STEAK

REPURPOSING

MY MAN

SITCOMS

SUNSETS

MUSIC

MERCY

GYM

COFFEE

LAUGHTER

SHORTBREAD COOKIES

DOVE CHOCOLATE

THE BEACH

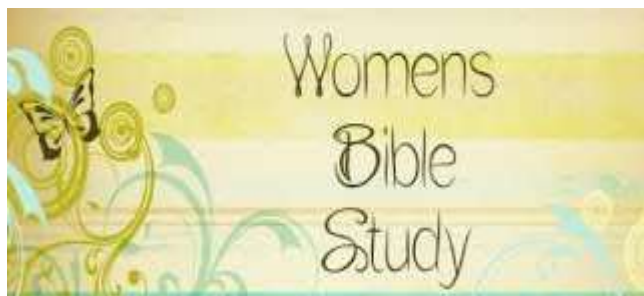
HONEY WHISKEY

MUSCLE CARS

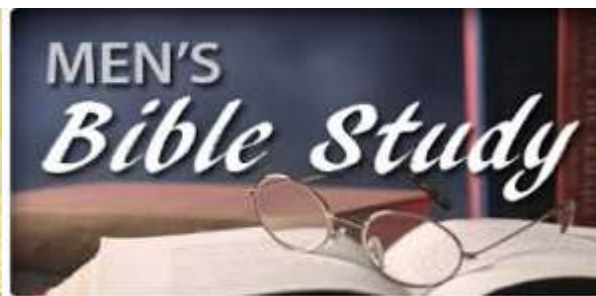
MY FAMILY

HAPPY FACES

ECCENTRICITY



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



**Fridays at 9:00 a.m.
McKinney Place**



Lemonade Party

December 1, 9 a.m. to 11 a.m.

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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