



Talk Story

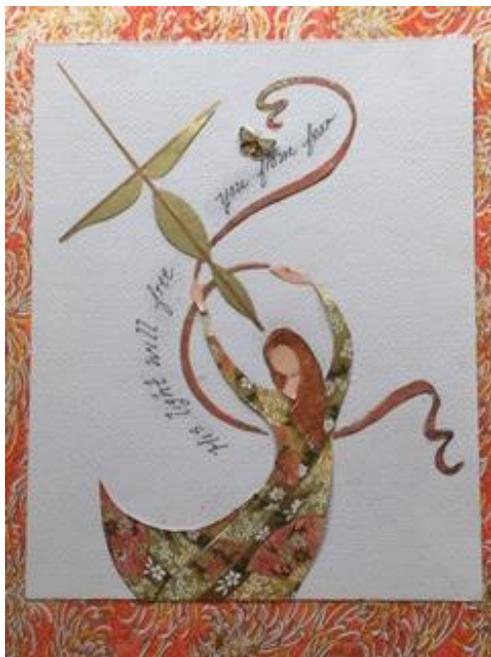


St. Jude's Episcopal Church—Where Jesus talk is a daily walk.

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Volume 7 ~ Edition 2
February 2020



Original art by Deborah John-

New church Administration Begins

On January 19th, Don Hatch assumed the Bishop's Warden role at St. Jude's. Don will replace Cordelia Burt, who officially retired in January. Don was appointed by Bishop Robert Fitzpatrick.

St. Jude's Bishop's Warden, Don Hatch



Junior Warden & Treasurer ~ Steve Stigal
BC Clerk ~ Karen Pucci
Committee Members ~ Teri Martindale,
Diane Nelson, Cynnne Salley, Phyl Laymon
and Thom White



ASH WEDNESDAY & ST. VALENTINE

BY CORDELIA BURT

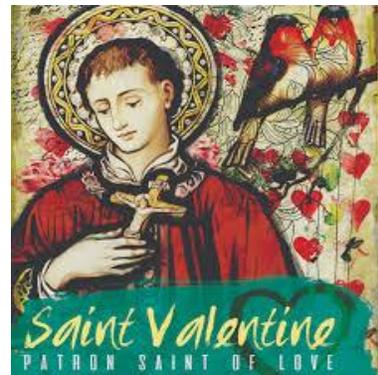
Ash Wednesday: Day on the liturgical calendar forty-six days, or forty days other than Sundays, before Easter; marks the beginning of Lent. Follows Mardi Gras, or "Fat Tuesday," or Shrove Tuesday. See special service (BCP, 264-269) which sets an appropriately penitential or preparatory tone for Lent. The name Ash Wednesday derives from the traditional rite of the day in which the celebrant makes the sign of the cross on the foreheads of worshipers using ashes made from palm leaves left over from the proceeding Palm Sunday celebration.

From: A New Dictionary for Episcopalians



February 26th

**Valentine's
Day
February
14th**



Saint Valentine: Valentine, Martyr at Rome, c. 269

Valentine was a priest or a bishop of Treni who was martyred at Rome under the Emperor Claudius. the association of his commemoration with lovers seems to have originated either from the traditional day in medieval belief when birds mated, or more likely, from a link with the pagan Lupercalia festival in Rome, which occurred on the Ides of February. For Christians, the day marks an acknowledgement of an all-loving God who blesses those who love one another, as Jesus implored his own disciples to do .

From: Celebrating the Saints



Around the church yard

3

By Contributing Editor Don Hatch

Retirement Party: On Sunday, January 19th we had a retirement celebration for Richard and Cordelia Burt. During our service there were two special hulas performed, along with prayers and commendations. Then after the service there was more fun.

Annual Meeting: The new members to the Bishop's Committee were elected at our Annual Meeting on Sunday, Jan. 19th. The next step was to submit the committee members to The Rt. Rev. Robert Fitzpatrick, 5th Bishop of Hawai'i. He has approved the committee.

Don Hatch will replace Cordelia Burt as Bishop's Warden. Steve Stigall will continue as Junior Warden as well as Treasurer. Karen Pucci will continue as the B. C. Clerk.

Bishop's Committee Members include new members Thom White and Phyl Laymon elected to serve for three years, and Diane Nelson elected for one year to fill the year remaining from Don Hatch. Cynn timer Salley, Karen Pucci, and Teri Martindale will continue as committee members.

Delegates for the Annual Diocesan Meeting were elected. Steve Stigall, Thom White, and Karen Pucci are delegates with alternates Phyl Laymon, Deborah (Kepi) Davis, and Cindy Cutts.

The Giving Tree was in St. Jude's lower parking lot on Saturday, Jan. 18th and their next visit to St. Jude's is planned for Saturday, March 21st, 2020.

This month I noticed that in addition to the clothing, they had a variety of vitamins and supplements and some dog and cat food. Barbara told me that they had a lot

of razor blades, tooth brushes and tooth paste that she thought she would package and give to whoever is managing our showers.

This year they have some changes planned, and they are explained in more detail in an article written by Barbara Breskin, on page 15.

St. Jude's hosts Free Hot Showers, and Free Hot Meals every Saturday:

When we started our Free Hot Shower and Free Hot Lunch community support programs in Sept. 2013, we had no idea that it would grow into what we have now.

On Saturday, Jan 18th, I observed several things that have really changed over the years.

The first is that this week the showers were managed by volunteers who are not members of our congregation. This couple has signed up to volunteer for one Saturday each month. This is not the first time the community has reached out to support St. Jude's ministries. In fact, we have had several non-members volunteer to help manage showers and help with the soup kitchen in recent months. A non-member has volunteered several times to wash and dry the towels from the shower.

The second thing that's different is that free hot meal, which started as hot soup and bread has become much more.

We have a few people who show up every Saturday with some extras for the table. Some of them are from our congregation, and others are not, but they all want to

See "Church yard," continued on page 13

FIREART CUISINE: CHINESE & BBQ

Groovin' with the Grazing Girlz

By Karen Pucci

FIREART CUISINE: CHINESE & BBQ. We have been searching for some decent Chinese food since we arrived here almost 7 years ago. We were exposed to many styles of regional Chinese cooking in the SF Bay Area and it pretty much spoiled us. None the less, we think we have found something that is pretty good, even if it is "Americanized" cuisine.

Fireart Cuisine is located in the strip mall where Safeway is, next to Auto Zone store. It is a hole in the wall but don't let that fool you. The menu is daunting. I am certain it will get pared down as their stay progresses but for now, be prepared to be overwhelmed. They emphasized Chinese and Korean specialties. However, there are some Thai dishes and even burgers thrown into the mix.

I tend to think their Chinese dishes are prepared Cantonese style which involves a somewhat sweet red sauce. We ordered "Legendary spicy meat lover noodles" (\$12.99) which is a basic house chow mien with samplings of all their meat and seafood. It has some heat but it is mild. They warn you on the menu with a pepper marking. We found the combination of slightly sweet and slightly spicy sauce quite enjoyable.

Meat was cut up into tender pieces of beef, chicken and char su pork. Fish

was shrimp and calamari strips. We also ordered the garlic noodles (\$9.50). Very tasty, quite garlicky and we were vampire free for a while. Finally, we had a pineapple sweet and sour crispy pork (\$13.99) that was as expected and good. The portions are generous (we got 2 full meals out of each dish), the service a bit erratic but we enjoyed the visit. No alcohol and most of drinks come from bottles or cans.

We intend to return-a lot-to sample their drier dishes like traditional fried rice, broccoli beef, etc.. Inside dining only with moderate a/c but also take out! As I said huge menu. Hot and cold appetizers, soups, salads including a cold noodle salad, wraps, extensive BBQ items, hot noodle and rice dishes, strictly vegetarian style dishes. Prices start at \$2.99. Most entrees are between \$10.00 and \$15.00. Vegetarians will be delighted and vegans can find some interesting items we think. Catering platters available. Girls say Go Graze!

FIRE ART CUISINE. 75-1027 Henry Street, Suite #104, Kailua-Kona (where Safeway is located). Open 7 days a week from 10:00 am -9:30 pm during the week. Friday, Saturday and Sunday they close at 10 pm. 808 339 7010.

TAKE OUT AVAILABLE but no delivery. Credit cards accepted.



February is Black History Month

Franklin launched a dream

On July 31, 1968, a young, black man was reading the newspaper when he saw something that he had never seen before. With tears in his eyes, he started running and screaming throughout the house, calling for his mom. He would show his mom, and, she would gasp, seeing something she thought she would never see in her lifetime. Throughout the nation, there were similar reactions.

What they saw was Franklin Armstrong's first appearance on the iconic comic strip "Peanuts." Franklin would be 52 years old, this year.

Franklin was "born" after a school teacher, Harriet Glickman, had written a letter to creator Charles M. Schulz after Dr. Martin Luther King, Jr. was shot to death outside his Memphis hotel room.

Glickman, who had kids of her own and having worked with kids, was especially aware of the power of comics among the young. "And my feeling at the time was that I realized that black kids and white kids never saw themselves [depicted] together in the classroom," she would say.

She would write, "Since the death of Martin Luther King, 'I've been asking myself what I can do to help change those conditions in our society which led to the assassination and which contribute to the vast sea of misunderstanding, hate, fear and violence.'"

Glickman asked Schulz if he could consider adding a black character to his popular comic strip, which she hoped would bring the country together and show people of color that they are not excluded from American society.

She had written to others as well, but the others feared it was too soon, that it may be costly to their careers, that the syndicate would drop them if they dared do something like that.

Charles Schulz did not have to respond to her letter, he could have just completely ignored it, and everyone would have forgotten about it. But, Schulz did take the time to respond, saying he was intrigued with the idea, but wasn't sure whether it would be right, coming from him, he didn't want to make matters worse, he felt that it may sound condescending to people of color.

See "Franklin," continued on page 16



TO YOUR GOOD HEALTH

BY RAY HATCH

To your Good Health – WHERE DO YOU GET YOUR NUTRITION INFORMATION?

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

Where do you get most of your information about nutrition and its importance for your health? For most of us it is probably television or newspaper reports. Or an ad we saw in a magazine. The problem is that there are lots of miss and changing information in these sources. According to these sources, things we thought were good for us are not good for us and then a few months or years later they are good for us again.

What is true? What are the real facts? What is just a marketing gimmick or someone's belief.

According to Wikipedia, A **fact** is "a statement that is consistent with reality or can

be proven with evidence. The usual test for a statement of fact is verifiability — that is, whether it can be demonstrated to correspond to experience. Standard reference works are often used to check facts. Scientific facts are verified by repeatable careful observation or measurement (by experiments or other means)."

Nutrition facts would be facts about nutrition that can be proven with evidence. They would be facts about nutrition that are verifiable by repeatable careful observations or measurements. We all get lots of our nutrition information from TV ad the Internet and it may or may not be accurate.

I started my journey on studying plant-based nutrition about ten years ago when I heard from folks at Loma Linda University that a plant-based diet was good for you. One of the books they recommended was China Study and I read that. The principal author was Dr. T. Colin Campbell (PhD, not MD), a respected professor of nutrition from Cornell University. In the book he detailed the many health benefits of eating a plant-based diet. What made his arguments powerful was the many

See "Health," continued on page 7

Health continued from page 6

pages of references to peer reviewed, scientific journal articles that back up his positions.

Since then I have read many more books on the benefits of plant-based nutrition and without fail, they all provide the references to peer-reviewed, scientific journal articles that back up their positions.

Most of us don't have the time or inclination to sit down and read a 200-page book on nutrition. And then verify that the book is accurate.

What is another, easier way, to become educated in nutrition?

Let me introduce you to Dr. Michael Greger. He is an MD and several years ago, he set up a website called nutritionfacts.org. The purpose of the site is to provide free information on the latest peer reviewed research on plant-based nutrition.

He has chosen to provide this information in short, 3 to 6-minute videos on numerous health subjects from A2 Milk (a type of milk-the first subject) to Zucchini (the last subject). He set up this site in 2011 and since then has put thousands of short, educational videos online.

To see a listing of all his videos by topic, go here - <https://nutritionfacts.org/topics/>.

If, for example, you would like to see the videos available on diabetes, just go to the: "diabetes" in the topic list. You will

find over 200 different titles. Must sees are "What Causes Insulin Resistance?", "Diabetes as a Disease of Fat Toxicity", and "Curing Painful Diabetic Neuropathy." Remember, they are each only about 5 minutes long.

Would you like to see the videos on cancer? Here is a listing on this site: <https://nutritionfacts.org/topics/cancer/>. He has over 500 different videos on just this topic.

One of the videos listed is 'How not to Die from Cancer', <https://nutritionfacts.org/video/how-not-to-die-from-cancer/>. Quite a title!! Check it out!

How about Obesity? He has over 200 different videos dealing with different aspects of obesity. <https://nutritionfacts.org/topics/obesity/>.

I like the fact that they are short at only 4 to 6 minutes long. I also like that he provides a list of the references for each video and that he provides a transcript with each video, so you can read and re-read a section without replaying the video. You can also copy the transcript onto a Word document, so you can print them out or store to read later.

The list of references gives you the opportunity to check and see if you agree with his conclusions.

In the next article, I will use his videos to explore the causes of type 2 diabetes. See if you can find the causes in his videos.

AN ODE TO THE BURTS

Dedicated to Cordelia and Richard Burt, by Anonymous

In a small little church in the middle of the hill
Trouble was a brewing as there was no money in the till
The Priest had left and bedlam reigned
People scattered, the remainder were pained
But it didn't take long to put it together
The Bishop's Committee checked the weather
Was it hot or cold to keep chugging along
There was an organ and music and we all sang a song
We sang songs of forgiveness and glory and love
And how these needed to be shared in HOVE
Tom Beuchle came and stayed for a year
That small little church began to reappear

II

By the time he left, St. Jude's had a plan
We'd find some priests who wanted sunshine and a tan
St Jude's could provide a house and a car
And hopefully they would come from near and from far
That would take care of the service on Sunday
But who would take over, starting on Monday?
Those with experience stepped up to the plate
Cordelia and Richard were the perfect mate
Cordelia our Mother pointed the way
You did what she told you - And didn't say nay
And through all of the struggles with robbers and growth
Things that brought happiness and also spawned loathe

There were times, I'm sure that she wanted us whacked
But she gritted her teeth, gave a frown and said, "You're sacked!"

III

She steadied the ship and kept a straight path
The numbers increased...you do the math
St Jude's flourished with much behind the scene works
If you looked back there, you were bound to see the Burts
Tradition and service and outreach as well
She even had Buddy ringing the bell
The reason that things were on a smooth sail
Is that Cordelia and Richard wouldn't let us fail
Richard the wonderful, kept everything running
The Xerox and bulletins, computers gone bumming
Security cameras and windows and doors
Toilets and electricity and so very much more

And so... Cordelia and Richard our gratefulness abounds
It rings out with love and you both get crowns
We thank you from all of us for all you have done
It's been most wonderful and we've had lots of fun.



Among their many achievements at St. Jude's , both Cordelia and Richard are EFM graduates.





LOOKING FORWARD

BY THOM WHITE

On New Year's Eve a friend asked me if I had made a resolution for 2020. Without thinking I said, "Gratitude. I was hoping to live with more Gratitude." I had so much to be thankful for. Bud and I were celebrating our 38th Anniversary. Our youngest daughter and family were here from Alaska for Christmas and the New Years. 2019 had come and gone with no personal or family crisis. Our children and family are all doing good. We had all that we needed for a comfortable retirement.



Thom's family gathering over Christmas.

My doctor had referred me to The Ornish Heart Center in Kona for a 9 week program. It is based on a plant based diet and consisted of a 4 hour class twice a week. Each class was made up of an hour each of yoga and meditation, talk story, exercise with a trainer and doctor present and then a lunch prepared by an Ornish chef with a nutritionist giving food advice, recipes and cooking tips. The trainer suggested I switch to a bike from a treadmill, because I am tall, 6ft, and it would be easier on my heart = because of gravity my heart would not have to pump as far. It made perfect sense to me. I finished the program January 9th, 7 lbs lighter and

more knowledgeable of how to take care of my health and heart.

So many blessings. Our hula halau is rehearsing for our March performance at the Hulilee Palace in Kona. It is chicken skin to dance where our Hawaiian Kings and Queen resided.

I was elected to the Bishop's Committee for a 3 year term and hope to serve with Aloha.

The blessings keep coming. Bud picks fresh tomatoes and roses from the garden. Don't forget our Beach days. I think 2020 is off to a very good start.

See "Looking forward" continued on Page 20



Flavor of the Month

The Reverend Mary Janda

Aloha! Jim and I have really settled in now at McKinney Place and St. Jude's. It is never an overstatement to say how much we love being back here with you. They say that 3rd time is charm, but we have been charmed with each visit we have made.



Rev. Mary will serve St. Jude's through April.

We are heading into the Season of Lent and I look forward sharing this sacred time with you as we prepare ourselves for that Easter Morn. I do not know all your traditions, but I am confident that we will adapt to each other's practice as this season begins on February 26th, Ash Wednesday.

Forty is such a significant number in Scripture. Moses led his people for 40 years in the wilderness; Jesus went into the wilderness for 40 days after his Baptism and before he began his ministry; and we have the season of Lent, mirroring that with our own 40 days and 40 nights. Whatever Lenten practice we take on this year—giving up or taking on or the old Episcopal way of both/and—figure out what we are to do. It is important to examine our lives and see

how we are doing. Have we "missed the mark" (sinned) too much recently in either doing something hurtful to others or did not do something to help when the occasion arose—the things done or undone that we say in our weekly confession?

It is never too late to make amends to people in this life or to talk with God about what seems to be "off pudding" in our lives or to send God a big *mahalo* for all that is going well.

Prayers are necessary and are good and are needed in this world of ours. Lent

is a good time to find solitary time to do this, and then to share it with this Beloved Community of St. Jude's.

May God continue to enrich our lives as we open our hearts and minds to discover this unconditional love and grace that is freely given to us.

Blessings,
Mary+



In our prayers...

We offer thanksgiving for the many answered prayers we have received at St. Jude's and for the many years of dedicated leadership by Richard and Cordelia.

This month we pray for:

Kindness, tender-hearted forgiveness and love in our relationships;

Healing: Riley, Nikki, Don, Phyl, Evelyn, Warren, Brian, Ginger, Beverly, Joann, Justin, Marie, Richard, Isabelle, Sam, Jim, Warren, Angie, Buddy, Elaine, Judy, Tammie, Allison, Alice, Frank, Bill, Benny, Faye, Dillon, Leah, Thom, Jeanne, Cordelia, Sigi, Steve, Phyl, Carrie, Kym, Frankie, Max, Austin, Thom, Stella, Ron, Britney, Chuck, Naomi, Ray, Cynn timer, Amy, Sam;

Strength and comfort for Beverly and Don, Karen & Anna, Ginger & Brian and all who face life challenge or 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, clergy, physicians, nurses, medical team members, civil leaders);

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

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

Blessings, wisdom, energy, enthusiasm and encouragement for the new leaders of St. Jude's and for the many volunteers who keep our church operating.



**Begins on
February 26th.**



Church Yard

Continued from page 3

support our outreach activities. What started as St. Jude's Community outreach, has become a community support effort with St. Jude's coordinating the effort.

This Saturday some of the extras were breaded and baked string cheese with marinara sauce, two types of cookies, a sweet potato pie, ham and cheese rollups, and home-made muffins.

The previous Saturday we had the cookies and ripe bananas along with a box of oranges and a complete bunch of fresh picked green bananas. There were at least 40-50 green bananas. Someone cut them into smaller groups so people could take them home to ripen.

2020 Special Events and Fund Raisers

Schedule: One of the first pieces of business for the new Bishop's Committee was to firm up the plans for Special Events and Fund Raisers for 2020. The schedule is posted on page 23.

One event that we haven't done for the last two years is our Beach Mass. We are trying to get it back onto our schedule, but have to check out a few alternatives to make it happen.

Fund Raisers: Our next fundraiser will be **Mardi Gras Dinner** which will be on Friday, February 21st.

Doors open at 5:30 pm and dinner served from around 6:00 pm until 8:00 pm.

Dinner including Jambalaya, Red Beans and Rice, Cornbread, Drink, and Dessert. Tickets will be available at the door for \$8 per person, \$15 for two, and Family \$20.

Spaghetti Dinner: We had planned a Spaghetti Dinner in January, but some of our volunteer chefs were out of town in January, and we decided to cancel this Fund raiser. Our next Spaghetti Dinner is planned for July 3rd as an Independence Day dinner.

Doors open at 5:30 pm and dinner served from around 6:00 pm until 8:00 pm.

Dinner includes your choice of spaghetti, spaghetti squash, sauce, meatballs, salad, drinks, and dessert

Event Tickets will be available at the door for \$8 per person, \$15 for two, or \$20 for family.

Work Around the Church Yard: We have accepted a bid to repair the driveway coming into our lower parking lot. Work should start on this in the next couple weeks. While that might not seem newsworthy, if you've driven in that lot during a hard rain, you know why we have made it a priority.

February Dates To Remember

- 1 Lemonade Party
- 2 Bishop's Committee
- 14 Valentine's Day
- 25 Food Pantry Distribution
- 26 Ash Wednesday Service 4:30 pm
- 28 Mardi Gras Event



Ka'u Food Pantry Distribution February 25th

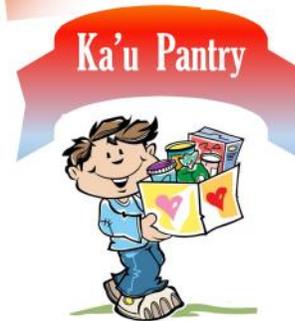
Ka'u Food Pantry, Inc. next distribution is TUESDAY, February 25, 2020, at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30 a.m. to 1:00 p.m. or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held. All dogs, including 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 emergency assistance please call Allan Humble at 253-486-3917.

The Ka'u Food Pantry, Inc., is 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 125 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

Feeding the Hungry

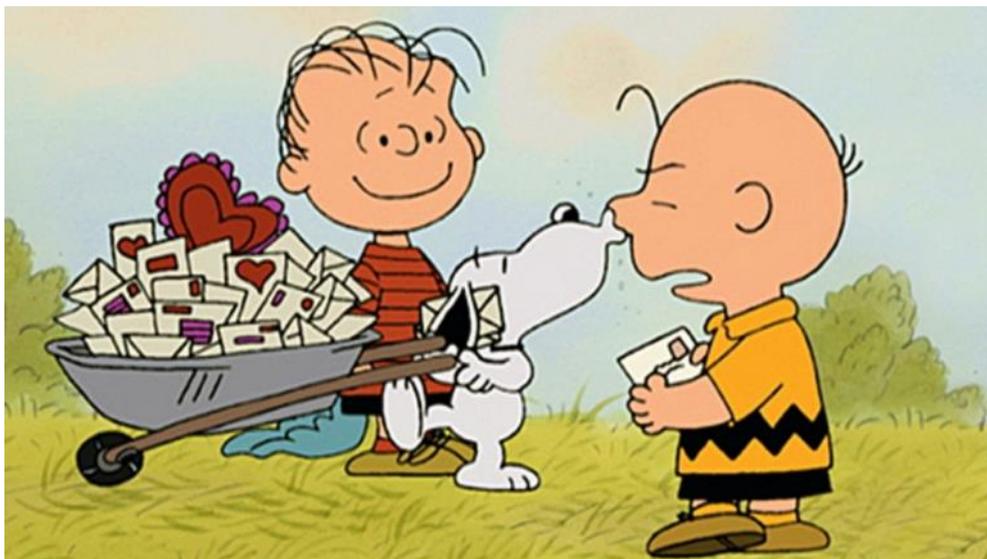
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Last Tuesday of each Month
St. Jude's Episcopal Church

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.

Donations of non-perishable food items and funding are welcomed. You may donate funds via St. Jude's-just write Food Pantry in the memo area of your check. Checks maybe written directly to the Food Pantry as well. Make the checks payable to the Ka'u Food Pantry, Inc., P.O. Box 6184, Ocean View, HI 96737. Your monetary and food donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.



THE GIVING TREE

BY BARBARA BRESKIN

This year we will be restructuring our BIGT Kau to start to focus on the Kapuna, and shut Ins. We will continue to have our Free Giveaways. In 2020 it will be **every other month** and always the third Saturday of the month, in St. Jude's lower parking lot.

The months that we don't have a free giveaway we will still supply dog & cat food (Provided by HIHS), which we will bring to St. Jude's on the third Saturday of each month at 9 a.m.

New hours for the Giving Tree are 9 am to noon

3rd Saturday of the month. February 15- 9 am Dog & Cat food . March 21-9 am BIGT Dog & Cat food.

We're always thinking of ways to help Kupuna and the Keikis. We were gifted new shoes for the Keiki and at Christmas time we handed out about 50 pairs of new shoes to local kids and some to the Boys and Girls Club. I'm looking forward to meeting homeschooled kids to get them some shoes. Always helping everyone we can.



Donations



If you have donations for the Big Island Giving Tree, please do not drop them off at St. Jude's unless the Giving Tree team members are on site. St. Jude's does not have sufficient storage for donations. BIGT gladly accepts donations on our distribution Saturdays.

Franklin continued from page 5

Glickman did not give up, and continued communicating with Schulz, with Schulz surprisingly responding each time. She would even have black friends write to Schulz and explain to him what it would mean to them and gave him some suggestions on how to introduce such a character without offending anyone. This conversation would continue until one day, Schulz would tell Glickman to check her newspaper on July 31, 1968.

On that date, the cartoon, as created by Schulz, shows Charlie Brown meeting a new character, named Franklin. Other than his color, Franklin was just an ordinary kid who befriends and helps Charlie Brown. Franklin also mentions that his father was "over at Vietnam." At the end of the series, which lasted three strips, Charlie invites Franklin to spend the night one day so they can continue their friendship.



The original comic strip of Charlie Brown meeting Franklin is at the top of the page, the picture attached here is Franklin meeting the rest of the Peanuts, including Linus. I just thought this was a good re-introduction of Franklin to the rest of the world - "I'm very glad to know you."

There was no big announcement, there was no big deal, it was just a natural conversation between two kids, whose obvious differences did not matter to them. And, the fact that Franklin's father was fighting for this country was also a very strong statement by Schulz.

Although Schulz never made a big deal over the inclusion of Franklin, there were many fans, especially in the South, who were very upset by it and that made national news. One Southern editor even said, "I don't mind you having a black character, but please don't show them in school together."

It would eventually lead to a conversation between Schulz and the president of the comic's distribution company, who was concerned about the introduction of Franklin and how it might affect Schulz' popularity. Many newspapers during that time had threatened to cut the strip.

Schulz' response: "I remember telling Larry at the time about Franklin -- he wanted me to change it, and we talked about it for a long while on the phone, and I finally sighed and said, "Well, Larry, let's put it this way: Either you print it just the way I draw it or I quit. How's that?"

See "More Franklin," continued on page 17

More Franklin continued from page 16



Eventually, Franklin became a regular character in the comic strips, and, despite complaints, Franklin would be shown sitting in front of Peppermint Patty at school and playing center field on her baseball team.



More recently, Franklin is brought up on social media around Thanksgiving time, when the animated 1973 special "A Charlie Brown Thanksgiving" appears. Some people have blamed Schulz for showing Franklin sitting alone on the Thanksgiving table, while the other characters sit across him. But, Schulz

did not have the same control over the animated cartoon on a television network that he did on his own comic strip in the newspapers.



But, he did have control over his own comic strip, and, he courageously decided to make a statement because of one brave school teacher who decided to ask a simple question...

Because of Glickman and because of Schulz, people around the world were introduced to a little boy named Franklin.



From upworthy.com



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

Banana Cream Pie

(Makes 2 pies)

Ingredients:

- 1 package of cream cheese
- 1 can sweetened condensed milk
- 1 large box of instant vanilla pudding
- 1.5 tubs of cool whip
- 3 cups milk
- 2 graham cracker crusts
- 5 bananas



Directions:

- Whip cream cheese until fluffy.
- Add sweetened condensed milk.
- Add 1.5 cups of cool whip.

In separate bowl, make pudding as directed by package (add 3 cups of cold milk)

- Mix cream cheese mixture with pudding.
- Line bottom of crust with sliced bananas.
- Pour in mixture.
- Top the pie with sliced bananas.
- Cover bananas with cool whip.
- Chill in refrigerator.

Serve with fresh sliced bananas on top or on the side.



St. Jude's 2020 Administrative Team (Also known as Bishop's Committee)

Bishop's Warden

Don Hatch

Junior Warden

Steve Stigall

Treasurer

Steve Stigall

Bishop's Committee Clerk

Karen Pucci

Committee Members

Thom White

Phyl Laymon

Diane Nelson

Cynnie Salley

Teri Martindale



Thank You!

February Birthdays

8 Marjorie Berry

8 Gary Johnson

11 Lynne Reynolds

13 Richard Burt

19 Tony Weaver



February Anniversaries

Apparently no one we know got married in February???



Looking Forward

Continued from page 9

I'm enclosing an easy Ornish soup recipe I created, for you to try.

I pray our Hearts grow in Faith and Gratitude. Have a very Blessed 2020. Amen

Thom



Thom's MISO LENTIL SOUP

1 LB LENTILS

6-8 CUPS WATER

COOK 20 TO 30 MINUTES UNTILL TENDER

1 LARGE ONION, CHOPPED

3-4 STALKS CELERY, CHOPPED

1-2 GREEN N RED PEPPER, DICED

3-4 CARROTS, CHOPPED

SAUTE VEGGIES WITH GARLIC TILL TENDER.

ADD COOKED LENTILS

SEASON TO TASTE WITH MRS DASH

ADD 8 CUPS WATER,
2 CANS DICED TOMATOES

ADD 1 LB FROZEN VEGETABLES

SIMMER TILL TENDER

ADD 4-5 TBSP MISO OR TASTE

SIMMER TILL BLENDED.

ADD WATER AS NEEDED

ADJUST SEASONING

Say Grace and ENJOY



Celebrating retirement
with
Richard and Cordelia
included
sharing talents and
gifts of love.



Faye danced to the legendary song, "I Believe," and Cynn timer shared a poem "Ode to the Burts" (see page 8).

Photos by Thom White





Hula to celebrate retirement, followed by good food and fellowship. Thank you, Richard and Cordelia, for your dedication to St. Jude's!



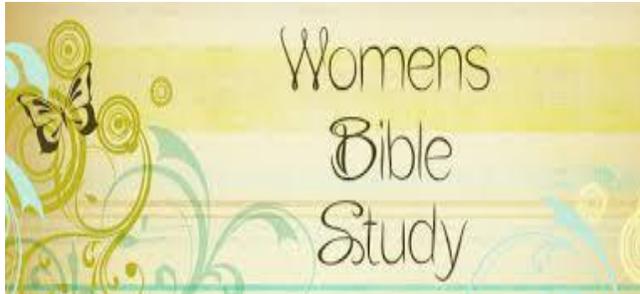
Photos by
Thom White

St. Jude's 2020 Event Schedule

Note this schedule is subject to change without notice

Date	Event	Time
Friday Feb. 28	Mardi Gras Dinner	5:30 PM
Holy Week		
Sunday April 5th	Palm Sunday Services	9:30 AM
Thursday April 9th	Seder Dinner	5:00 PM
Friday April 10th	Stations of the Cross	2:00 PM
Sunday April 12th	Easter Sunday Services	9:30 AM
Friday, May 8th	Cinco de Mayo Dinner	5:30 PM
Friday, July 3rd	Spaghetti Dinner	5:30 PM
Sunday,	Beach Mass	9:30 AM
Friday, Oct. 2nd	Oktoberfest Dinner	5:30 PM
Saturday, Nov. 7th	Jumble, Plant Sale, & Pancakes	8:00 AM
Saturday, Nov. 21st	Saturday Thanksgiving Dinner	10:00 AM
Saturday, Dec. 5th	Greening the Church	
	Keiki Christmas Party	
Tuesday, Dec. 24th	Christmas Eve Service	5:00 PM





Mondays at 10 a.m.
Beverly Nelson's home



March 21st



Lemonade Party

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

Monthly Church Clean up
Followed by lemonade & hot dogs.

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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