



Talk Story



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

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

(808) 939-7000
www.stjudeshawaii.org

Volume 7 ~ Edition 3
March 2020

A CALL TO PRAYER, FASTING, AND REPENTANCE LEADING TO ACTION



As the season of Lent approaches, Episcopal Church Presiding Bishop [Michael Curry invites Episcopalians and people of](#)

[faith to turn and pray on behalf of our nation.](#)

[Click to](#) listen (and view the text) his video message.

Lower parking lot improvement



St. Jude's Junior Warden and Facilities Manager, Steve Stigall inspects the concrete forms, prior to the arrival of the concrete truck. The lower parking lot driveway now has a concrete entrance, and the famous pot hole is gone. Plans are underway to add more concrete sections and to improve the overall parking lot. Special thanks to everyone who made this happen!



SPIRITUAL REFLECTIONS

BY TERI MARTINDALE

I have found several people who offer spiritual reflections that I find comforting, enlightening and food for thought.

I have shared the names of these individuals with the "Women's Bible Study" and with the members of the EfM group.

I have been asked to share the names and links/sites with our St Jude's family, so here goes.

Steven Charleston, a Native American elder and retired Episcopal Bishop of Alaska.

Bishop Charleston can be found on Facebook. He also has a website:

<http://www.redmoonpublications.com/>

The Bishop usually posts daily.

Another person I follow is the **Reverend Barbara C. Crafton**. She is a retired Episcopal priest. Her website is:

bccrafton@geraniumfarm.org.

Barbara Crafton posts by email from time to time.

The third person I follow is **Richard Rohr**, a Franciscan priest. His site is:

cac.org (Center for Action and Contemplation).

Richard Rohr posts his blog daily by email.

I thoroughly enjoy reading the thoughtful postings of these three individuals and I encourage you all to check out their blogs and then let me know what you think.

Shalom,

Teri Martindale

I have come this early, Spirit of mercy, to pray for those who are forgotten. In my dreams I saw them as if through a thin fog, barely visible, even to my dreaming eye. And yet, there they were, these longing faces glimpsed in passing, the women and men lost in time.



They have no one to watch over them. By chance or circumstance, they are the forgotten ones, the ones who have been left behind: neglected elders, abandoned children, lonely dreamers, addicts, sex workers, homeless souls, all in need of love.

So here is my prayer: I remember them, Spirit of mercy, I remember them. Please, remember them too. Let no heart be left alone through these long nights. Let them feel me searching for them and know that they are loved.

Bishop Steven Charleston, from his Facebook page.



Around the church yard

3

By Contributing Editor Don Hatch

The Giving Tree was in St. Jude's lower parking lot on Saturday, March 14th, 2020. They had a single tent set up with lots of fresh-picked fruit, dog food and cat food. I saw boxes of oranges, grapefruit, and avocados.

While they were open, several people dropped off other items for them to give away.

They had fruit left when they shut down and told me that they would take it by the Seniors Nutritional Program the next week.

A couple months back, they started picking fruit from a friend's fruit trees in Discovery Harbor for a couple days before the Giving Tree Saturday open house.

One of the people picking up fresh fruit from them heard them and told them that she has several fruit trees and is unable to pick them any more; so, they agreed to add her fruit trees to their list of places to get fruit.

This year they have made a few changes to how they are managing The Big Island Ka'u Giving Tree. Through the months they will continue to pick up donations and during the couple days before they have their tents set up, they will pick fresh fruit.

They will be open on the third Saturday of each month, sometimes with multiple tents set up with clothing, toiletries, fresh fruit, pet food, and food items.

Then on alternating months, they will have a single tent with fresh fruit, pet food, and other donated food items. On this Saturday they will have a single tent and there will only two to three volunteers



The entrance to the lower parking lot driveway has been greatly improved!

working. Also, on those days they will focus on supporting the seniors and other house-bound people.

Driveway into our Lower Parking lot was resurfaced with Cement on Feb. 6th and was closed for one week while the cement cured. The pot holes are finally gone.

Now we're looking at extending the cement driveway to the parking lot and then resurfacing the parking lot.

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

This year it has been especially cold and rainy; so, the shower count each Saturday has been in the 27-28 range and then on Feb. 8th it jumped to 34 showers, and on Feb. 15th the sun came out, it warmed up, and we hosted 41 showers.

Since opening in Sept. 2013, we have provided 8,100 free hot showers.

See "Church yard," continued on page 12

Groovin' with the Grazing Girlz

By Karen Pucci

No, it is not a new place. We are now puppy parents so for a little while, our lives are not our own. But we have been out and about a little.

First up: **JACKIE REY'S HILO**. We met an old pal there for lunch. We are big fans of the one in Kona so we were curious. The Kona version is under an open air roof. The Hilo version occupies an old bank building (the original Bank of Hawai'i) with the vaults being used for storage. Most amusing, to me, anyway.

Hilo has very nice air conditioning and is far more spacious than Kona. The menu seems identical to the Kona location. Happily, the food is as ONO as the Kona version. The restaurant changed its course a few years ago, going more with shifting seasonal fares to keep its fan base on their toes.

We had the vegetarian and corn risotto (\$16) which was wonderful, creamy and mildly seasoned. It came with a nice variety of veggies. I added a piece of fresh ono (\$7) to mine. It was divine.

Our companion ordered the ono catch of the day for his main meal (\$20). He was quite equally pleased. This is mid priced spot as

is Kona. Most items are \$15 and up. Full bar (and it is a very nice, long wood one). Vegans and vegetarians will be happy here too. Girls say go Graze!

JACKIE REY'S HILO, 64 Keawe St (way down at the old end of Hilo). 11a-9p. I would hesitate on Sundays. Kona is only open for dinner on Sundays. Credit cards accepted. Reservations are generally not needed but it never hurts. 808 961-2572.

More to come:

I went to **LAULIMA FOOD PATCH**. It's in the Safeway shopping plaza in Kona by Subway. It was a very good initial experience. Definitely for the vegetarian and vegan crowd but at least chicken is available.

I had the bento box which wasn't really a bento box that I have experienced but the food was quite ono. There will be a full report coming soon. In the meantime, I say give it a whirl.

Ch-ch-changes: **PAT'S PIES** is gone. Windows are papered over. There is a notice on line it has been closed until further notice. Man, they made a nice pizza too.



GRADUATION GEAR

BY CINDY CUTTS, EDITOR IN CHIEF

Working two days a week at Ka'u High School has been a joy this school year. Each day I open the Career Center, I hear calls across campus, "Hi Miss!" and I wave as I prop open the door for the day. The students filter in and out all day, some coming in for help with a scholarship or a college application. Some drop by with questions about military options or how they can use their interests to match up a career. Some just come for the snacks.

The students are polite, kind and caring, yet fierce to defend injustice. I think of them as a cross between Midwestern farm kids and courageous Hawaiian warriors. The seniors are starting to see the light of graduation coming quickly on their horizon and I can feel the excitement building toward that big day.

I happened to see a flyer about graduation this week, and noticed that there is a dress code for the graduates. The boys must wear long black pants, long sleeve collared shirts, ties and dress shoes.



It startled me, because I know that most of the boys do not own these items.

For some families, this is a quick trip to Target or maybe Macy's. For others, it creates a serious financial challenge. I pondered that for a whole day, when I began to wonder if

St. Jude's could get involved in supporting our local seniors at graduation.

So, I'm putting it out there for anyone who wants to join me.

Here is my challenge -

Can we (St. Jude's members) come up with:

10 pairs of black pants

in sizes ranging from 30 to 38 waist in any length

(black jeans are okay, or any cargo or dress pants in black – just NO BLUE JEANS)

10 long sleeved collared shirts

(any color) in sizes ranging from Men's medium/large to large/extra large.

10 new or like-new ties

If we hit the sales and clearance racks, and a few of us donate just one item (new or "like new") I think we can help a lot of kids feel very "spiffy" on graduation night; and maybe even provide an "interview outfit" for their first job opportunity as well.

I'll be collecting any clothing donations toward this project on Sunday mornings through Easter. If you can't find me, on Sunday, please give your donation to Cordelia and she'll get it to me.

If you prefer to make a cash donation to purchase items, please make your donation to St. Jude's (not me) and write "Graduation Clothing" on the memo line of the check.

Thank you for your support.

Cindy



TO YOUR GOOD HEALTH

BY RAY HATCH

WHAT CAUSES TYPE 2 DIABETES?

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

=====

I promised in the last newsletter that I would discuss type 2 diabetes (t2d). Here goes!

In t2d your body makes insulin, but it just does not work well.

What is insulin? Insulin is a hormone required for the proper transfer of glucose, a sugar, from the blood to the cell where it is used as the main energy source for the cell. So, in Type 1 diabetes, the insulin producing cells (called beta cells) don't work and insulin must be added to the blood so glucose can be absorbed by the cells. In t2d, insulin is being produced by the body, but it just does not work to help transfer the glucose into the cells and your blood sugar increases.

T2d does not just start one day. Generally, you may have years of what is called pre-diabetes. Looking at your fasting blood sugar (glucose), a normal fasting blood sugar should be under 100 (A1C under 5.7). When the fasting blood sugar gets above 100 mg/dL, you are said to have pre-diabetes (A1C 5.7–6.4). If the fasting blood sugar increases to above 126 mg/dL in two or more tests, you may have type 2 diabetes (A1C 6.5 or higher).

The cause of pre-diabetes has been puzzling for many years. Now the answer seems to be clear.

Researchers have found that insulin acts on the cell in a very complex and multi-stepped process involving several enzymes in addition to insulin. They also found that fat, and mainly **saturated** fats, in the blood, interferes with this process and make the insulin less effective in moving the glucose into the cells. In fact, as the fat level in the blood goes up, insulin is even less effective. So, when you have pre-diabetes, you can have this because the fat in the blood interferes with

See "Good health" continued on page 7

Good health

Continued from page 6

the insulin transport of the glucose into the cell and sugar builds up in the blood. See the video, <http://nutritionfacts.org/video/what-causes-insulin-resistance/>, for more details of this process.

How do you reduce the saturated fat that you eat? *Saturated fat is mainly found in meat, eggs, and dairy products. Stop eating those and you eliminate most saturated fat consumption. It is really that simple.*

If saturated fat is the cause of the insulin resistance and therefore the t2d, can we just stop eating saturated fat and cure t2d? The answer is **maybe**.

Why maybe? Well, there are two sources of saturated fat in your blood. One is from what you eat and the second is from your own body if you are obese.

If you stop eating saturated fat, the saturated fat in your blood will go down and, if you are not getting too much from your body, your insulin will start working better and your blood sugar should drop quickly.

If the fat in your blood is from being overweight, you must lose weight. This can be speeded by switching to a whole-food, plant-based diet with no meat, eggs, dairy, or added oils.

Remember, if you are under doctor's care for any illness; always consult your



doctor before you make radical changes in your diet. People who have changed to plant-based diets without meat or dairy have sometimes found they had to reduce the amounts of medicine they were taking sometimes in a matter of a few days or their blood sugar gets too low.

This column is based on information provided by Dr. Michael Greger on his website <http://nutritionfacts.org/> and several of the videos on this site: <http://nutritionfacts.org/video/lipotoxicity-how-saturated-fat-raises-blood-sugar/>,

and <http://nutritionfacts.org/video/the-spillover-effect-links-obesity-to-diabetes>.

Another good video that explains diabetes is <https://www.youtube.com/watch?v=jSIEx-vxfC0> put out by a group called the Physicians Committee for Responsible Medicine.

For more information and support for a plant based diet, join our Taft Healthy Eaters Facebook page.

Know your source, be well-informed

Living in a remote area of Hawaii, has many advantages. But communication isn't one of them. Without a local tv or radio station, far too many people are getting their information from unreliable sources such as Facebook, Twitter, Instagram and Snap Chat. While social media might seem to be credible, (if it's on the internet, it must be true, right?) ***it is not your best source for accurate information.***

To be better informed, you can sign up to receive Civil Defense notices. These include, but are not limited to information on volcano activity, severe weather, air quality, road closures, traffic issues and health warnings. To sign up all you have to do is complete a form with [Hawaii County Alerts & Notifications](#)



Recently a panic swept through Hilo when someone made a Facebook post, claiming there was a patient at a hospital in Hilo with the Corona Virus. This was completely untrue, yet CDC and Hawaii County officials

spent hundreds of hours trying to calm the community and assure them it was a hoax.

The Hawaii Department of Health is your best source of information regarding the Coronavirus.

In light of the ongoing COVID-19 outbreak (formerly known as the Novel Coronavirus) the Hawai'i Department of Health (HDOH) has issued the following frequently asked questions (dated February 13) about this virus:

[COVID-19 General FAQs](#)
[FAQs for Healthcare Workers](#)
[FAQs for Managing Employees](#)

For the latest updates and advisories, visit the HDOH website [HERE](#) where FAQs are also available in Chinese, Japanese, Korean and Ilocano. THE HDOH asks the general public to call 211 with any questions regarding COVID-19.

Be smart! Get your information from reliable, official sources!



EXPERIENCING LENT

BY REVEREND MARY JANDA

“Forty days and forty nights” started for us on February 26th, Ash Wednesday—the beginning of Lent. For some people this season may be a most difficult one. For some it is a time of deep reflection and self-examination. When we were *keiki*, it seemed like it lasted for 400 days and 400 nights, right? Each one of us has a unique experience each Lent, but we come together communally to share in the liturgy and the special services that are set aside.

We are not the only religion to recognize this type of season. Our Muslim sisters and brothers have Ramadan that lasts the cycle of a moon. They take on long fasting, only to be broken by a meal after sunset. They are to read

through their holy book, The Qur’an. Our Jewish sisters and brothers have Yom Kippur in which they atone for their sins, their brokenness. They, too, celebrate The Passover from which we follow in Holy Week. Their Seder meal becomes our Agape meal that we share on the evening of Maundy Thursday when the Eucharist appears for the first time in the Gospel of John.

Do we fast? If you were raised Roman Catholic and were part of the Anglo-Catholic part of the Church, you would have refrained from meat on Wednesdays and Fridays during Lent (typically meat was never eaten on Fridays, regardless, except for all the poor fish sticks that were sacrificed!). Fasting from food before

Communion services (used to be at least 12 hours) or during the special days during Holy Week was also encouraged. Today we have left fasting up to individuals. Matthew admonishes us on Ash Wednesday not to show off with our fasting as if we were dying, but to do it simply and quietly. We do or we don’t, but we do not make a fuss.

The big question usually is: do we GIVE UP special treats during Lent or do we TAKE ON special acts of kindness?

Think of this season as a chance to get more personal with God.

The Reverend Mary Janda

Because we are Episcopalians, I can safely say this can be a BOTH/AND act on our part. No one is going to have us sign in or check off a box for what-

ever we do. This is totally up to us. If we are noticed doing extra special acts of kindness—that is all right—as long as we don’t start bragging or complaining that we are too weak to carry on with our actions!!

Think of this season as a chance to get more personal with God. Self-examination is a great way to begin the conversation. We still have the Sacrament of Confession or Reconciliation as it is called now. Yes, we do a group confession each Sunday, but if there is anyone who desires a personal one, please let me know and we can meet.

May our Season of Lent be a very special one for each of us!

In our prayers...

Thanksgiving:

We offer thanksgiving for the many answered prayers we have received at St. Jude's.

This month we pray for:

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

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

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

Church yard, continued from page 3

2020 Special Events and Fund Raisers

Schedule: The first piece of business for the new Bishops Committee was to firm up the plans for Special Events and Fund Raisers for 2020. As soon as we finalize the details and dates for all of the events, we will post the schedule on the church bulletin board, on our web site, and on Facebook.

Education for Ministry (EMF) class is being held every Tuesday morning at St. Jude's. It is being led by Cynnie Salley and Teri Martindale.

Lenten Study: We are continuing a practice we started a couple years back, by having a Lenten study. We will use Verna J. Dozier's book "The Dream of God – A Call to Return" as a study guide. When I checked out this book on Amazon, I was pleasantly surprised to learn that the Kindle version of the book is free on Amazon Prime.

This will start at 1:00 pm on Feb 27th and will run through thru Apr. 2nd. It is being led by Cynnie Salley and Teri Martindale.

March Dates To Remember

- 1 Bishop's Committee
- 7 Lemonade Party
- 21 Giving Tree
- 31 Food Pantry Distribution

Beach Mass: We started an annual Beach Mass at The Whittington Beach Park in 2012, but when the air got bad from the active volcano in 2018, they shut the beach down and we missed our Beach Mass. Then in 2019, the water was so rough that they shut the beach down again and we missed we missed our Beach Mass again.

This year we have scheduled it for Sunday, August 16th, at 10:00 am.

We have moved the location from The Whittington Beach to Cynnie and Ray Salley's beach house, which is south of Ho'okena Beach Park.

The road to the beach requires an off-road vehicle, so, most of us will park on Cynnie's property which is near the 101-mile marker. We will park near the highway, and will be transported to the beach. More details will be provided later.

Fund Raiser: Our February fundraiser **Mardi Gras Dinner** Friday, February 28st.

Dinner: Jambalaya, Red Beans and Rice, Cornbread, Drink, and Dessert.



The Episcopal Church
welcomes you on Ash
Wednesday!

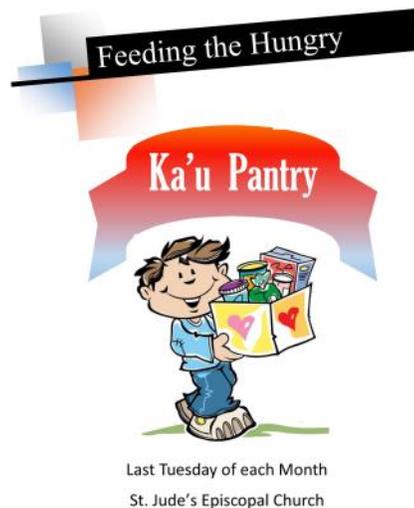
Ka'u Food Pantry Distribution March 31st

Ka'u Food Pantry, Inc.: next distribution is TUESDAY, March 31, 2020 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 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 Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per



13

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).



St. Jude's Lenten Study Series

Starting February 27th
St. Jude's Lenten Study
at the church
Thursday afternoons
1 p.m. to 3 p.m.

We will be reading "The Dream of God"
by Verna Dozier.
See Cynnie Salley to get your book



THE GIVING TREE

BY BARBARA BRESKIN

Aloha Ocean View... BIG ISLAND GIVING TREE a will be back this month with our big booth...lots of goodies...clothing, shoes, linens, household items.. lots of children's clothing, mostly girls...We will Have Dog & Cat food provided by the HIHS. This month we will not have toiletries or cleaning products.. these items will be provided next month in April... Our new hours are 9-12 3rd Saturday of each month.



Barbara & Lu distributed fresh picked fruit at St. Jude's at Senior Nutrition Program.

Odds months we will have our big booth with lots of goodies, and animal food. Even months we will Dog & Cat food, Toiletries, and cleaning products..

We have been getting more and more people wanting us to pick fruit. So I bought me a picker and Lu & I go picking. This month we picked Grapefruit, tangerines, Cara Cara oranges, Tahitian limes and we got donated some Kau oranges. We were able to distribute these on our Sat BIGT February 15.

We picked so much fruit we were able to donate a bunch to the Senior Lunch.. We also had brand new socks, Dog & Cat food.. Everyone at the Luncheon was so excited we decided to do this once a month for the seniors..

The Friday before our Giving Tree Booth we will stop by senior lunch and distribute Dog & Cat food. We will do this monthly.

Even months we will deliver cleaning products and toiletries if we receive any. Most of our items we get from donors are from the top of the island.

We are all Volunteers.. BIGT is a 501c3. We accept cash, checks and clean items. if you send a check to the main office, please tell them it's for KAU BIGT, and she will forward the money to buy supplies.

Thank you so much for providing us a space to help distribute items to those who need.

Love, Barbara, David, Lu and all our volunteers.



WHAT'S COOKIN' AT ST. JUDE'S?

For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. Matthew 25:35

Ingredients

Cake

- 1 1/3 cups granulated sugar
- 3/4 cup butter, softened
- 3 tablespoons fresh lilikoi juice (strain seeds)
- 3 eggs
- 1 1/2 cups all-purpose flour
- 2 tablespoons lemon zest
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sour cream

Glaze

- 1/2 cup powdered sugar
- 3 teaspoons fresh lilikoi juice

Lilikoi Pound Cake



Directions

Heat oven to 350°F. Grease with shortening 9x5-inch loaf pan; lightly flour.

In large bowl, cream granulated sugar and softened butter with mixer on until light and fluffy. Add lilikoi juice and the eggs; beat until well mixed. Beat in remaining cake ingredients until well mixed. Pour into loaf pan.

Bake 1 hour to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Turn upside down onto cooling rack.

In small bowl, mix powdered sugar and lilikoi juice, adding 1 teaspoon at a time, until thin enough to drizzle. Drizzle over cake after it has completely cooled. Serve with whipped coconut milk.

St. Jude's 2020 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

Teri Martindale

Diane Nelson

Cynn timer Salley

Karen Pucci

Thank You!

March Birthdays

- 1 Sandra Ashley
- 3 Teri Martindale
- 9 Nolene Weaver
- 11 Marvelle Rau
- 13 Karen Pucci
- 17 Steve Arguello



March Anniversaries

- 20 Jerry & Cindy Cutts
- 25 Nolene & Tony Weaver



***A gentle reminder ...
Colds and flu
Are highly contagious***

If you are sick, Please stay home



If you are sick, please stay home from church. Many of our congregation have fragile health and your sniffles could manifest into a major health crisis for one of our own.

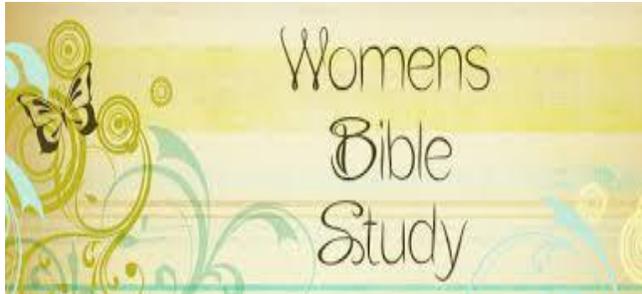
If you have a fever, you are not well. Something is still active in your body and your body is fighting it. Stay home and rest so you get better and your illness doesn't spread.

If you have a cough, you are not well. Your lungs are irritated and trying to expel some irritant. With each cough, you are sending germs out of your body. Stay home. Rest is best.

If you cough into your hand – great. That's keeping your germs at bay...until you use that hand in a handshake or passing the Peace or saying the Lord's Prayer.

Better idea – cough into your elbow. And if you do cough in your hand, please wash your hands in the restroom before grabbing the hand of another.





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



March 21st



Lemonade Party

March 7, 9 a.m. to 11 a.m.

Monthly Church Clean up
Followed by lemonade & hot dogs.

Talk Story

A monthly news magazine published by St. Jude's Episcopal Church
in Ocean View, Hawaii.

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

Email : StJudeHawaii@bak.rr.com

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

Publisher: St. Jude's Episcopal Church **Production Manager:** Richard Burt

Editor-in-chief: Cindy Cutts ~ **Contributing Editor** Don Hatch

Photographer: Don Hatch, Cindy Cutts

Columnists & Contributors: Don Hatch, Teri Martindale, Barbara Breskin

Rev. Mary Janda, Cindy Cutts, Karen Pucci

Proofreader & Fact Checker: Beverly Nelson, Cordelia Burt, Cynn timer Salley

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.

Authors retain copyrights to their submissions

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