



Talk Story



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

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Volume 7 ~ Edition 10
October 2020

Local Schools Partner with St. Jude's



St. Jude's hosts students at the Ka'u Mobile Learning Hub, a temporary distance learning support center for local students.

Ka'u Mobile Learning Hub has come to Ocean View and students are meeting teachers who support on-line learning at St. Jude's. Since internet access isn't available in many Ocean View homes, local school officials have set up four mobile learning hubs in Ka'u to provide internet access, with teachers available to help the students. Ka'u High School, Pahala Elementary and Na'alehu Elementary students are all served with the mobile learning center.

St. Jude's lower parking lot serves as one learning site. Pop-up tents are set up and students practice social distancing while learning. Students are masked and seated at opposite ends of tables. Students access St. Jude's WiFi and also the St. Jude's Computer Lab WiFi for their on-line learning. St. Jude's has hosted as many as eight pop-up tent learning stations during September, and plans to continue to support local schools until there is no longer a need for the mobile learning hub.



OCTOBER FEAST DAYS

BY CORDELIA BURT

October, how can it be this late in the church year? In October we celebrate the feast days of Saint Luke the Evangelist on the 19th, Saint James of Jerusalem, brother of our Lord Jesus Christ on the 23rd and Saint Simon and Saint Jude, Apostles on the 28th.

Jude the apostle was often times confused with Judas Iscariot so Jude was rarely invoked in prayer; interceding through him was seen as a final resort when all else failed. St. Jude is known therefore, as the patron saint of lost causes! St. Simon and St. Jude are joined together on the 28 of October because a church in Rome that had received some of their relics was dedicated to their memory on this day in the seventh century.

When the ground was acquired for the building of our church in Ocean View, many felt that building the church on this rocky lava flow was a lost cause. We have struggled over the years to keep the doors open and to serve the community around us. The pandemic has tried to beat

us down yet again, but we continue to rise to the cause and provide food when needed, telephone calls to check on loved ones and a place of comfort and peace. Keep up the good work that all are doing and keep the motto of the Episcopal Church Women, "Yet We Persist" ever present before you.

Of course the celebration of All Hallows' Eve is coming on the 31st of the month. I remember a time that St. Jude's had a wonderful haunted house made for all of the community to come and participate in the fun. Fr. John and Bob spent hours making life size paper mâché figures to add a scare factor to the church. The makai side boardwalk was turned into a fright tunnel and all who entered for the party came through that way. The pulpit had ghouls hanging out.

The community was encouraged to dress in costume and Fr. John was dressed as Dracula. We happened to be here for a building month and had grandson Matthew with us, he

See "October" continued on page 12



Around the church yard

By Contributing Editor Don Hatch
(Also St. Jude's Bishop's Warden)

Ka'u School Gives out Supplies and Computers: Earlier this year the Ka'u school used St. Jude's facilities to distribute school supplies and computers.

St. Jude's is hosting them again on Wed. Sept. 15th so they can distribute more school supplies and computers.

Ka'u Mobile Learning Hub: Many of the Ka'u students don't have access to the internet; so, the Ka'u High School officials have set up four mobile learning hubs to provide the internet access, with teachers available to help the students.

One Hub is in the Pahala school gym and is limited to 10 students at a time. Another is at the Na'alehu Assembly of God Church and is limited to 12 students at a time. The other two are located in Ocean View. One is at the HOVE community center and is limited to 5 students.

The other one is located in St. Jude's lower parking lot and there is no limit on the number of students. As more students arrive, they set up another table with a student at each end. They can spread out across the entire parking lot. Probably the limiting factor is how many computers can access St. Jude's two wi-fi networks before it gets too slow.

The last time I dropped by to see how they were doing, and to ask if they need any help from St. Jude's, they had five tents set up with a table under each tent. There was also another table set up on the south side of the parking lot. There was one grade school student and a teacher at that table.

School Nurse: As I was writing this newsletter article, Deisha Davis, the Ka'u High School Vice Principal called and asked about having their school



Schools distribute supplies, computers and study materials to students at St. Jude's during the pandemic.

nurse at St. Jude's twice a week for around four hours each day. The only place with enough privacy for a nurse to meet with a student is the computer lab; so, I told her something can be arranged for them to have scheduled access to that room.

St. Jude's continues recording the church service and posting on our Web:

St. Jude's Bishop's Committee has elected to continue recording the church service and post on our web site until the 14-day quarantine is lifted.

Their reasoning was, with the quarantine in place any arriving priest would be quarantined in McKinney Place, our vicarage, for two weeks before they could lead a service at St. Jude's, and

See "Church yard" continued on page 6

Quinn's Almost By The Sea

Groovin' with the Grazing Girlz

By Karen Pucci

A delightful re find: QUINNS ALMOST BY THE SEA. This is a venerable institution across the street from the King Kam Hotel. A friend set us up for lunch, promising a safe experience. We had not been there since my aunt popped over a few years ago. We have enjoyed the food but it was always mobbed and parking was a pain. The day we arrived, the county was tearing up that section of Palani, right in front of the restaurant but they had wisely left the drive-ways accessible. I am warning readers of this as this looks like a long project based on the deep trenching they are doing.

We did snag a spot right in front on the property. This is the blessing of the lack of tourists: we could find parking and get in without waiting. The seating is out back on the covered lanai. Tables were well spaced out and lots of fresh air. Staff stayed masked up. The menu was fairly substantial compared many we have seen. Alas, we are also learning that just because it is on the menu, does not mean it is available. Two of my dining companions wanted some version of crab dishes. Sorry, no crab today. So one settled for a French Dip (\$14.50), the other accepted tuna for the crab avocado salad (\$9) as a substitute. I found an item I have not had in probably 20 years: a true Monte Cristo sandwich (\$12). Other places have offered it but it not done

correctly. Quinn's promised an egg dipped, deep fried ham and cheese sandwich and man, did they deliver! Yes, that was the sound of my arteries slamming shut but OMG, it was swoon worthy divine. Everyone had a taste or more. They all loved it too. We sent a cash tip to the cook, we liked it so much. The French Dip was very good too. It came with cheese. Good thin slices of beef on torpedo roll. Tuna salad was quite suitable but I am sure, it is better with the absent crab. We split a slice of carrot cake (\$5). A little different experience for me. Very dark spice cake and not a lot of frosting but whip cream was added. It was pretty decent and not overly sweet. One beer (\$7), one ice tea (\$3). Bill was \$53 pre tip. Quinn's bar room is open too. They put in plexi glass screens, enough room for two but most were one seaters. It was more like going to a bank than a bar. Smart idea, none the less. ***Girls say Go Graze.***

QUINN'S BY THE SEA. Closed Sundays. Open 11a-9p. Outside seating for food, reservations accepted (and recommended during peak hours) 808 329-3822 Credit cards accepted.

Ch-ch-changes: Pat's Pie's has been replaced by a new pizza joint, Black Rock Pizza. It is not yet open apparently but we intend to drop by when it is for a to go pizza.

In our prayers...

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Thanksgiving:

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

This month we pray for:

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

Health protection, in the midst of the COVID-19 pandemic: for our kupuna, our loved ones, our leaders, our medical personnel, ourselves.

Healing: Dan, Maxine, Brittnee, Doug, Jen, Pat, Kepi, Bob, Steve, Lorraine, Pynne, Richard, Carol, Cade, Joe, Brian, Ginger, Bill, Elaine, Angie, Charlotte.

Strength, peace and comfort for care-givers or families of those who are ill or who suffer loss.

Healing and restoration of broken hearts, families and relationships.

Safety for all who are traveling; peace for those who unable to travel.

Safety, wisdom and courage for front liners: 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, cashiers, truck drivers, postal employees, and all essential workers).

For all who are navigating a new school year and a new learning style. Pat, Stephanie, Justin, Halley, Corbett, Lindsey, Regina, Jessica, Andy, Mark, Ryan.

For protection from COVID-19, natural disasters, violence and tragedy: we pray for restoration of lives, financial loss and displacement of families forever impacted; We especially pray for those impacted by wildfire and hurricane forces.

For the re-opening of our church and all her ministries, in a safe environment of warmth, music, Holy Communion and divine connection.

For our shower clients: that they will continue to feel our love, in the midst of crisis.

Blessings, wisdom, energy, enthusiasm, discernment and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church operating; and for local, national and international world leaders, help us to work together.

Lord, hear our prayer.

Church yard

Continued from page 3

since our next several priests are scheduled for only one month each, it simply wouldn't work for them.

The priests scheduled to be here in person are working with our staff to record their sermons from their home or church.

The Bishop's Committee used emails to conduct most of the church business. They also use Zoom.

Since half of the Bishops Committee is usually on our Sunday Aloha Hour Zoom meeting, we sometimes use that time to discuss church business. That works well because we have always had open committee meetings and invite our congregation and priests to attend.

One of the main subjects of their emails is how to open up when we do open. We mapped out the church and if we maintain proper social distancing, we would have ten locations to gather inside the church. If we open the side doors we could have six more locations.

Another consideration is to have the service in our lower parking lot. We can transmit the service so it can be heard over the car radios.

When we do open up for live services, we will still record it and post on the internet, because some of our congregation will still stay at home.

Computer Lab: The Computer lab is in a small room with the computers 1-2 feet apart. There is no way to socially distance and sterilizing the computer, table, and chair between users will be almost impossible; so, we closed the lab on Saturday, March 14th and it will be closed until further notice.

Free Saturday Soup Kitchen:

St. Jude's started serving free meals in Sept. 2013 and they have served meals every Saturday since then.

In March 2020, we started serving lunches with social distancing.

The only people inside the church were the workers serving the food. Everyone in the church wore a mask and disposable gloves.

Each week the number of people coming by for food dropped. On Saturday, August 8th, only 13 people came by for food. This was better than the two previous Saturdays, of 9 people and 7 people.

There were more people working on keeping the soup kitchen going than there were receiving meals; so, effective August 15th St. Jude's shut down their Saturday Soup Kitchen, until further notice.

St. Jude's hosts Free Hot Showers:

In April we shut down the free hot shower community support program indefinitely. When this shutdown is over, we will open it back up to the public.

Education for Ministry (EFM) class

The EfM class has resumed fall session using Zoom. They meet Tuesdays at 9 a.m. Cynn timer Salley and Teri Martindale are mentors for the program.

Aloha Hour using Zoom:

After our Sunday service, St. Jude's always has an Aloha Hour with a potluck lunch. Many of the church members miss setting around discussing what was going on in our friend's lives; so Cynn timer Salley began hosting a Zoom aloha hour each Sunday. The time has changed from 11 a.m. to now being 10 a.m. Check your email for the Zoom link.

Women's Bible Study using Zoom:

Many of our ladies miss the weekly Women's Bible study gatherings; so, they have started hosting the weekly meeting using Zoom.



CHRONICLES OF THE COMMONPLACE

BY CYNNIE SALLEY

When my Mom was nearing ninety, her forgetfulness was becoming noticeable. She was down from Honolulu, staying with us for awhile and we went out to dinner one night. My entrée was topped with some of the largest capers I had ever seen...so I said to Mom..."Where do capers come from?"

She thought for a few seconds then said, "Humm...well dear, they come from what they're cooked with."

I thought of this response for a bit and then thought...what a wonderful metaphor for life...it comes from what it's cooked with.

So, during this pandemic, Ray and I have taken up binge watching TV programs. We started with Ozark and worked our way through three seasons of good guys and bad guys and some in between guys and are anxiously awaiting season four. Then we went to Bosch, where the good guys and the bad guys are clearly defined and we are also anxiously awaiting the seventh and last season of that series.

As we were watching Bosch, towards the end of the series, I pushed back in my chair and the Roku (our gateway to

Netflix and Prime) remote control fell into my glass of sparkling water. Fished it out right away, dried it off, took out the batteries and dried them off, put it back together, tried pushing the buttons...dead as a doornail.

Pushing more buttons didn't help. I texted Dave the WIFI man with an SOS...he had extra remotes in his truck which had just been towed to the garage and he didn't know when it would be available. Luckily the program was on and going, but there was no way to pause and no way to get back in, if we went out of Prime. Eventually we turned it off as we didn't want to stay up all night watching it.

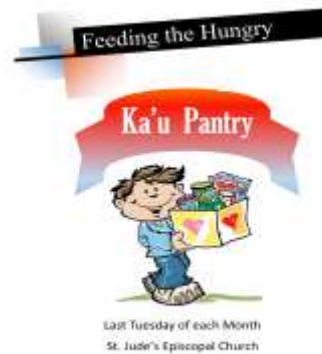
The next morning, I tried it again and voila...it worked...whew! So, we got back in and finished the series. Next on the list was Jack Ryan. That's pretty exciting as well... lots of clandestine and covert operations. During one of the very exciting times, the WIFI stopped working...oops...immediately texted Dave the WIFI man, who fixed it from Arizona! Now we have started Longmire, but it will have to compete with football.

And herein lies the commonplace...it comes from what it's cooked with.

It comes from what it's cooked with.

Cynn timer Salley

Ka'u Food Pantry Distribution October 26th



Ka'u Food Pantry, Inc.: *next distribution is scheduled for **TUESDAY, October 26, 2020** at the upper Kahuku Park parking lot. This is a drive through event with the food pre packaged provided by the Food Basket. Check the Food Basket website for the time. It has been around 10:00 a.m. but things can change right now in a nano second. Please wear a mask and no more than 2 families per car load.

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 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.

*Check with Allan as the virus issues may alter or cancel this event date.

For a one time emergency food delivery, call or text Barbara Breskin (Big Island Giving Tree)
951 367 4248



October Saints Days

- | | |
|--------|-------------------------------------------------------------------------------------|
| 19 | Saint Luke the Evangelist |
| 23 | Saint James of Jerusalem, Brother of Our Lord Jesus Christ |
| 28 | Saint Simon and Saint Jude Apostles –
St. Jude is the patron saint of our church |
| Nov. 1 | All Souls/All the Faithfully Departed |

TURNING PAGES

WITH ANNA TOWNER

The Secret, Book & Scone Society #1

How could I resist secrets, books and scones? Simple, I couldn't. Maybe it's because magical realism (defined end of review) which I encountered in a Spanish class enchanted and mesmerized me from the very beginning.

Ellery Adams begins the book and each chapter with a quotation. "Books are everywhere; and always the same sense of adventure fills us. Second-hand books are wild books, homeless books; they have come together in vast flocks of variegated feather, and have a charm which the domesticated volumes of the library lack...who will, with luck, turn into the best friend we have in the world." Virginia Woolf The question is, how does it apply to the book and chapter?

Being neither a Virginia Woolf nor Franz Kafka fan (read him in German and English) chapter one opens with a Kafka quotation that resounds in me. "A book must be an ice-axe to break the seas frozen inside our soul."

I believe Kafka's sentence applies to the main character, Nora Pennington, a physically and emotionally scarred owner of Miracle Books and a "bibliotherapist" who manages to "read" her customers and

gather the books they need to read in order to heal or improve themselves. Just like the protagonist in Joanne Harris' *Chocolate*, Nora knows better than her clientele what they need to feel better and do better in the world around them even if she can't yet heal herself.

Nora has acquaintances in the beginning, but no real friends. She often recommends that her customers go to Hester's Gingerbread House for a scone. Hester, like Nora, can usually diagnose what her customer needs after a brief conversation. The scone's aroma alone can evoke childhood memories; it provides the strength and energy to cope with whatever the issue is. Eating them reinforces, strengthens that feeling or realization. That doesn't mean the solution is easy or pleasant. Like the books from Nora's store, customers must apply what they have learned or remembered.

Estelle runs a beauty salon where people pour their hearts out to her. Since she is gorgeous, most assume she is brainless and the whatever they share will be soon forgotten or misunderstood. She is more or less invisible to those she serves.

See "Books" continued on page 13



Flavor of the Month

Serving St. Jude's October 14th through the 25th is The Reverend Ramona Scarpace.

We don't know much about her yet, but we are very grateful for her support, despite the travel restrictions of COVID-19 mandates.

Unfortunately, COVID-19 travel restrictions mean that Reverend Ramona will be preaching from her home in Minnesota and not residing in McKinney Place.

St. Jude's is humbled and grateful for the unselfish service our visiting priests provide to our congregation during the pandemic crisis.



The Reverend Ramona Scarpace

Serving our congregation remotely, with none of the perks at McKinney Place is a remarkable gift.

Thank you Reverend Ramona, for your support during the pandemic.



Covid-19 Testing

The sixth round of Covid19 testing in Ocean View was on Thursday, Sept. 17th, in the Kahuku Park upper parking lot, across the street from St. Jude's lower parking lot.

All of the previous testing was done in St. Jude's lower parking lot, but that parking lot is currently being used Monday through Thursday, by Ka'u schools to provide internet access to Ocean View students.

October Dates to Remember

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October Birthdays

- 6 Rev. Cathy McDonald
- 8 Rev. Tom Eklo
- 23 LaNora Holcombe
- 25 Carmen Bornzin
- 28 Ray Salley

October Anniversaries

- 18 Rev. Judy Hoover & Ray Jorgensen
- 21 Frank & Conny Santana
- 23 John & Tina Fowler

Sunday services on-line

Until further notice, St. Jude's will not be holding Sunday morning services at the church. All of St. Jude's in-person gatherings, study groups, events, meetings, etc. are being held on-line.

Sunday morning worship service will be held on-line via our church website on the worship page.

Go to the church website www.stjudeshawaii.org. Click on the worship page.

You **do not need** a Facebook account to participate. Just click on the link that will be emailed to you, review the page to see where the lessons and prayers are located, then click on the arrow of the video.

Aloha Hour on Zoom

Sundays at 10 a.m. (note new time!)

Check your email for Zoom links



Women's Bible study continues to meet via Zoom on Mondays at 10 a.m. Despite all that we miss from

our traditional Bible study – sitting around Bev's dining room table, sipping refreshments or holding hands as we pray together in Phyl's living room – there are new joys and unforeseen gifts with studying on-line.

Thanks to the magic of Zoom technology, the Bible study has morphed from an Ocean View group to a national group of women. The study group has welcomed new members who have joined us from Florida, Georgia, North Carolina (Yeah Rev. Constance!), Montana, Washington, Oregon and Utah.

Zoom will never replace the warmth of a traditional social gathering; but in the meantime it's working. Most of the members would agree that it's not too hard to find joy, love and good study discussions on our screens. We are blessed to make new friends and to support one another as we walk through the Book of Acts. To share the privilege of Bible studying, sharing our praises and prayers together and just the social interaction has been a blessing for St. Jude's Bible Study.

P.S.

One of our new members is Judy Leavell, who authors a travel blog, www.losingsightshore.blogspot.com. Judy and her husband sold their home and all their belongs and now travel extensively. They welcome readers to share in their travel stories.

October

Continued from page 2

was maybe 3. Matthew dressed as a dinosaur and had the time of his life. This was the year he discovered the large carrots at the market and would insist on the largest carrot he could find and would crunch on that carrot most of the day.

I do need to remind you also, that All Saint's Day will be Sunday, Nov. 1st. We have celebrated that day with the reading of the names of those family/friends members we wish to remember and the lighting of flickering (electric) candles. We will continue this memorial ceremony this year so I need all of you to send your list of names to be remembered to me by the 20th of Oct. so that I can get the list to Steve and Dan for the service on the 1st. Use email, snail mail or a telephone call - just get those names to me.

Blessings to all those who are working so very hard to keep St. Jude's serving our community. Blessings to our faithful priests and their families who continue to serve. Blessings to Cindy who puts in hours of tech work to get the service ready to view and the newsletter and website up and ready and blessings to Jerry for his patience. Blessings to all of you who make calls, write articles, read lessons and so many things that are known only to God.

Blessings, Blessings.

Books Continued from page 9

June too is "hidden", an uniformed employee at Miracle Springs Thermal Pools. She soothes peoples' spirits with the warmth of the spring and the scents appropriate to their needs.

"There is no greater agony than bearing an untold story inside you." (Chapter 3 heading, Maya Angelou) All these ladies have secrets. Secrets that prevent them from being whole and healthy while ironically healing those who come to them. These four ladies come together, eventually becoming friends and sharing their secrets with each other. This sharing of secrets makes them potentially more vulnerable but it definitely makes them stronger individually and as a group. Sharing their secrets, i.e., burdens begins their own healing. In other words, " You've got to jump off cliffs and build your wings on the way down." (Chapter 17, Ray Bradbury)

Book Note

Something popped up when looking for something for me and am sure you readers and Little Ones would appreciate these free tidbits. These came up on my Nook, but am sure you could find some of them on a Kindle.

5 Minute Bedtime Stories
Oliver and Jumpy Cat, a series
Adventures of Christopher Web toe

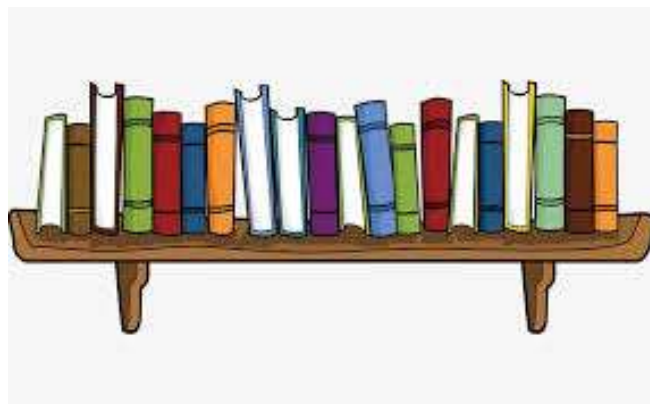
For older folk

Stories of Adventure, volumes 1 and 2 (things like Last of the Mohicans, Three Musketeers

In the afterword Ellery shares a Maya Angelou thought, "As soon as the healing takes place, go out and heal somebody else." And the ladies do. A young waif has hidden herself in The Miracle Bookstore and works her own magic in the store. Nora and her friends continue their own healing but also look to help the hideaway. New miracles are on their way.

Ellery Adams has three in this series and a Book Retreat Series in addition to others. Unfortunately she also has a cookbook that I will have to check out.

Magical Realism: a genre in which realistic and naturalistic technique are combined with surreal elements of dream or fantasy. Movie examples: Pan's Labyrinth, The Shape of Water, Chocolate, The Story of Pi, House of the Spirits. The last 3 are excellent books as well.



	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		Women's Bible Study @ Bev's 10:00 AM					Hula Practice		NA			
Tuesday		Ka'u Food Pantry <small>(Setup & Dishes food)</small>			Food Pantry <small>Monthly Last Thu.</small>								Celebrate Recovery	
		Ka'u High Summer School												
Wednesday													NA	
Thursday													Al-Anon	
Friday														
Saturday														
Sunday														

Indicates this is a St. Jude's Function

NA = Narcotics Anonymous

Marshallese First Assembly of God Church

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



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

Salmon in a Couscous Crust ✓

I was watching Tayler Florence on a cooking show and this is the recipe he made. As I watched I couldn't imagine what it would taste like and you have to taste this to believe it. The flavors are very Moroccan with the combination of sweet, sour, and savory flavors in the same dish and often in the same bite.

Serves: 2

Ingredients

2		6 oz		Salmon Filets - skinned
	1/4	cup	chopped	Parsley (Flat Leaf)
	1/4	cup	chopped	Golden Raisins
	1/4	cup	dried	Cranberries
3		Tbsp.	chopped	Green Olives
2		Tbsp.	chopped	Capers
3		Tbsp.	toasted	Pine Nuts
	1/4	cup		Olive Oil
				- Plus a little to drizzle on top
1			juice	Lemon
1		tsp.		Lemon Zest
1		small	chopped	Preserved Lemon (optional)
1	1/2	cups		Couscous
2		cups		Chicken Broth
1		tsp.		Salt, Cayenne, & Black Pepper



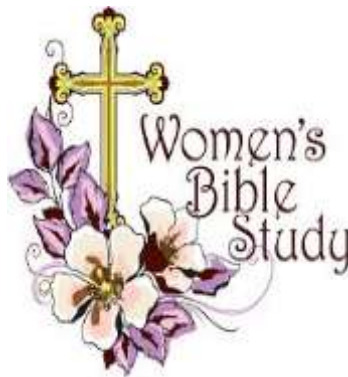
Combine the parsley, raisins, cranberries, olives, and capers – Chop into varying sized pieces. Toast the pine nuts in a dry pan and add to the other ingredients. Put the chopped ingredients into a large bowl and stir in the olive oil and lemon juice. Stir in the couscous, salt, cayenne, lemon zest, and pepper. Add enough broth to just moisten completely, but not too wet.

Butter a baking dish and distribute the salmon in a single layer so they do not touch one another. Sprinkle with salt, pepper, cayenne, and drizzle with a little olive oil. Now spoon the couscous mixture over the top of the fish so that it completely covers the fish and fills in the whole dish at the same time. Add the remaining broth and drizzle a little olive oil over the top.

Put the dish in the oven and bake 25-40 minutes at 375° F.

Use a large spoon to serve the salmon and the couscous.

Variations: I often double the amount of Salmon in this recipe without changing the Couscous. A common ingredient for Moroccan recipes is preserved lemon. It tastes very different than fresh lemon and adds another complex flavor to the dish. The preserved lemons are pickled in salt and lemon juice for at least three weeks before using.



Mondays¹⁶
10 a.m.
Via
ZOOM

Tuesdays @ 9 a.m. on Zoom
See Cynnie or Teri
For information on registration

Check email for
Zoom links



Lemonade Party

Temporarily Suspended
Monthly Church Clean up

Talk Story

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

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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

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Proofreader & Fact Checker: Beverly Nelson, Cordelia Burt, Cynnie 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

Deadline for newsletter submissions is the 20th of each month.
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Mistakes happen ... If you find a typo or tiny error in this publication, please do not report it. *We don't want to know.*