



SAINT THOMAS OF CANTERBURY EPISCOPAL CHURCH
a pet-friendly mission of the Episcopal Diocese of San Diego

CANTERBURY TALES

FROM EASTERTIDE TO PENTECOST

VOLUME 36
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 MAY 2016

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Dear People of St. Thomas,

Looking at where we are in the church year, note that we are still in the glorious season of Eastertide. There are seven Sundays of Easter, with the 7th Sunday coinciding with the secular celebration of Mother's Day. We will remember all mothers on that last Sunday of Easter.

Pentecost follows on the 15th of May. Pentecost is special in that it marks the presence of the Holy Spirit among us. At the recent National Conference on Christian Unity I attended, The Reverend Dr. James Forbes, former head pastor of the famous Riverside Church in New York City, reminded us of the importance of being "tuned in" to the Spirit. He comes from the Pentecostal tradition himself and was a superb example of a Christian imbued with the Spirit. Riverside Church is interdenominational and known for its strong social justice emphasis and practice. It is also on the National Register of Historic Places.

Riverside was birthed by the imagination and financial support of John D. Rockefeller, early in the 20th century. St. Thomas has a contrasting history, being birthed by the imagination of the Diocese of San Diego and with financial support to begin a "new creation". This mission is critical to this Diocese and to this region in particular. Please remember to pray for St. Thomas, for all members and visitors, and support the church with your treasure, both financially and with your talent. Every single person matters in the enterprise of fulfilling the mission of St. Thomas: "To share Christ's life-changing love with all people—to invite and welcome them into the membership of the Body of Christ—to equip them for worship, ministry and service."

In the Spirit of love and service,

--- M. Eleanor⁺

A "pet-friendly" church, St. Thomas cares deeply for our beloved pets. Not only do we love, care and pray for them, but we also help senior citizens with food for their pets, support the Animal Friends of the Valleys, bless them for the Feast of Saint Francis of Assisi, and invite our well behaved pets to attend worship with us.

WORSHIP SCHEDULE

Saturday

5:00pm Holy Eucharist

Sunday

8:00am Holy Eucharist

10:15am Holy Eucharist

& Children's Chapel

Wednesday

7:00pm Holy Eucharist

IMPORTANT NEWS & ANNOUNCEMENTS



ANNUAL CHURCH PICNIC

Saturday, May 14, from 11:00am until 4:00pm
The Crawford's Home -- 33140 Monroy Circle, Temecula

Fun & games for all ages!

Bring your swimsuit & towel for pool time!

Delicious food will be provided & prepared by our MoST group!

❖ A sign up sheet is in the Narthex ❖

Please join in for a great day of food and fellowship with friends and family!

Contact:

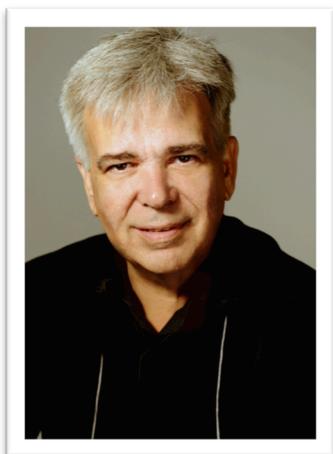
Pete & Jean Hicks or John & Tess Crawford



Mark your calendars . . .
EPISCOPAL NIGHT AT THE PADRES
July 1st, 7:40pm (Petco Park)

Bishop's Committee Members

Welcome to the newest elected members of the Bishop's Committee for St. Thomas:



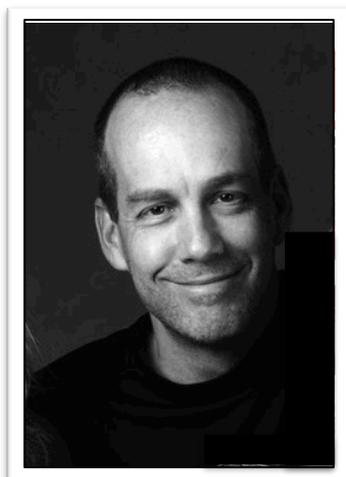
PATRICK GRANNAN, *Fundraising*

Born and raised in Columbus, OH, Patrick attended Catholic school before attending a Quaker College in Philadelphia where he majored in Psychology. He went to New York, graduated from law school in 1984, and moved to Southern California in time for the 1984 Olympics. Pat is widowed and has two adult sons, two daughters-in-law, and three grandchildren. After nearly thirty years as a trial lawyer, Pat is now pursuing his artistic passion as a photographer. He is perhaps best known at St. Thomas for his Border Collies, who regularly attend church services and for instituting the Pets of St. Thomas of Canterbury Calendar. Pat is spear-heading fundraising projects with Stephen Lee and will be calling on you to explore creative ways in which you can get involved to support the church and its ministries. He truly believes that by putting our heart and soul into the church we will receive a return from the church and the community in far greater measure than what we have put in.



STEPHEN LEE, *Fundraising*

Born and raised on the island of Madeira, Steve spent his childhood commuting to a Church of England boarding school in the U.K. At 18 he moved to London and earned a business and marketing degree at Thames Valley University. After graduation, Steve worked in various advertising agencies before moving to San Diego in the late '70s. Steve returned to London in 1986 continuing his advertising career and traveling extensively through Europe. He moved back to California in 2009 and is currently self-employed running his own marketing and content creation company. Steve and Michelle have five children and three dogs! Steve is very happy to connect with the Episcopal Church which builds upon his Anglican Church heritage. He serves on the Bishop's Committee with the responsibility for fundraising together with Pat Grannan. Both Steve and Michelle are delighted to be members of the St. Thomas of Canterbury family and look forward to doing their part in this exciting time of change.



JOHN CRAWFORD, *Evangelism*

Born and raised in Lafayette, LA, John is a Broker with Alliant Insurance. He attended high school at All Saints Episcopal School in Vicksburg, MS, where his exposure to episcopal worship made a deep and lasting impression. After graduation from Louisiana Tech University, John moved to San Diego in 1992. He married Tess at St. Paul's Cathedral in San Diego, and together they have one daughter, Laurel, who is heading off to UC Santa Cruz this fall. They will not be complete empty-nesters, as they share home with 3 rescue pound puppies. With a friendly, outgoing personality, John is thrilled to have the opportunity to take on the Evangelism ministry, where he will help St. Thomas to focus on relationship building with those inside and outside of the church. John started up our Bible Challenge program, which seeks to read the Bible in its entirety in one year. He is also currently in charge of the Greeters and the Connection ministries, serves as an Acolyte, and enjoys his involvement with MoST.

DAUGHTERS OF THE KING QUIET DAY

The Daughters of the King was founded in 1885 and is “a spiritual sisterhood of women dedicated to a life of Prayer, Service and Evangelism.” Members have made a commitment to Jesus as Savior, and follow Him as Lord of their lives. There are chapters in most dioceses of the Episcopal Church and they include members who are Roman Catholic, Lutheran and members of other Anglican Churches.



This year’s program included a keynote presentation by Mother Kate Baird, who powerfully shared her own story of personal encounters with God. Each participant was encouraged to examine her own life, to delve into the memories of meetings with God, and to learn to be receptive to future opportunities.



Time for reflection was incorporated into an art exercise, which focused on coloring in zentangled images. This time for art proved to be very engaging for all participants!

The chapter at St. Thomas is a growing and vibrant group of women who presented their annual “Quiet Day” on April 23. The event’s theme was “A Closer Walk with God.” Open to all, members and guests enjoyed a day of prayer, meditation, and reflection. And, of course, a delicious lunch was provided.



Our very own Pamella Bowen continued with the theme of walking with God, as she led the women on a relaxation exercise, which culminated in a meditative walk around the church property. All enjoyed the beauty of the created world on the beautiful spring day.



Prayer and Service for the Spread of Christ's Kingdom



The day was brought to a close with Mother Eleanor accompanying the women on the piano, for the singing of the Doxology. Thank you to all who participated in this uplifting event!

MEMBER SPOTLIGHT

MARY LOU THOMAS

One aspect of this blessed life we share as members of the body of Christ is the opportunity to live out our journeys in the company of others who quietly, and perhaps unknowingly, shape and mold us in ways for which we are forever grateful. Mary Lou Thomas is one of those special souls at St. Thomas.



Have you ever stopped to notice that her smile and helping hand can be found everywhere you look? She serves by:

- ❖ Singing in the Choir
- ❖ Serving on the Altar Guild
- ❖ Being a Member of the Order of the DOK
- ❖ Serving with Wounded Warriors
- ❖ Volunteering in the church office
- ❖ Preparing the Weekly Bulletin
- ❖ Serving on a monthly Coffee Hour team
- ❖ Loving all as a Mother, Grandmother and Friend!

This is a poem by Ted Loder, one of Mary Lou's favorite prayer/poem/psalm writers.

THERE IS SOMETHING

Holy One,

*There is something I wanted to tell you,
but there have been errands to run,
bills to pay,
arrangements to make,
meetings to attend,
friends to entertain,
washing to do...*

*And I forget what it is I wanted to say to you,
and mostly I forget what I'm about or why.
O God,
don't forget me, please,
for the sake of Jesus Christ....*

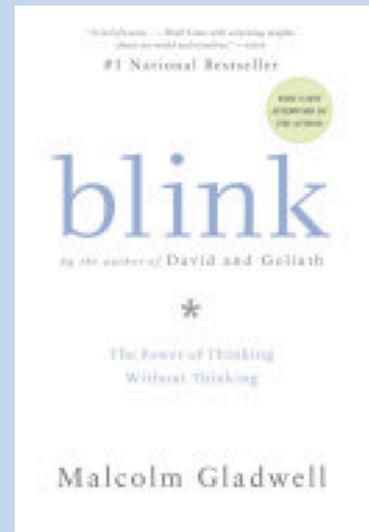
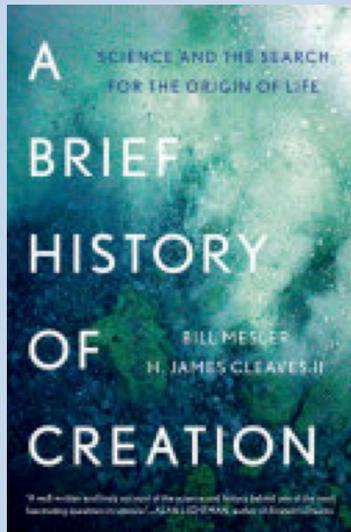
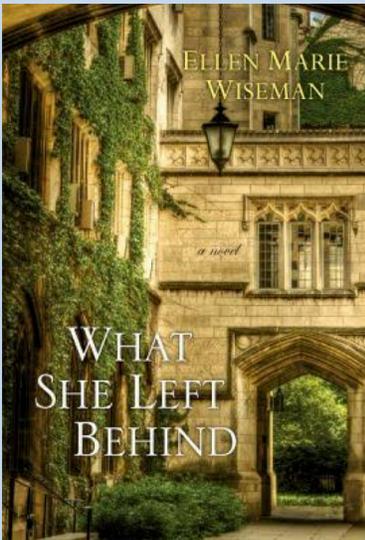
*O Father in Heaven,
perhaps you've already heard
what I wanted to tell you,
what I wanted to ask is,
forgive me, heal me,
increase my courage, please.
Renew in me a little of love and faith,
and a sense of confidence,
and a vision of what it might mean
to live as though you were real,
and I mattered,
and everyone was sister and brother.*

*What I wanted to ask in my blundering way,
is don't give up on me,
don't become too sad about me,
but laugh with me,
and try again with me,
and I will with you, too.*

--- Ted Loder

BOOK DISCUSSION GROUP

St. Thomas hosts a lively and informal book lovers group that meets every first Monday of the month, from 12-1pm in the St. Benedict conference room. May's meeting will be Monday, May 2. The group has started to read different titles that are suggested by participants and the discussion is like a review of the books. In April the group started to read: *What She Left Behind*, by Ellen Marie Wiseman, *A Brief History of Creation*, by Mesler and Cleaves, and/or *Blink*, by Malcom Gladwell. All are welcome even if you have not read or completed the books. For more info please contact Bill Liesman at 951-333-3544 or email asiabill@aol.com.



COMMUNICATIONS PROTOCOL

Please note the following due dates for submission of material for St. Thomas:

Canterbury Tails – Due the 15th of the month prior

Weekly Bulletin – Information in to the office by Tuesday

E-blast – Will now be sent out on Wednesdays. If you would like information included, let Ruby know one week ahead of time.

Website/Social Media – Need at least ONE WEEK lead time as to when you would like it posted.

As always, if you have items early that is GREAT! If you have a schedule and have planned out events/items ahead of time, please let me know. The longer the lead-time, the better!

Contact person: Please send any items you would like in Canterbury Tales, the weekly bulletin, e-blast, social media, website, etc. to Ruby Arellano and let her know which communication channels you would like the information sent to. Please do not send items directly to Tess, Judy, or Mary Lou as we are trying to streamline the process and make sure everyone has the correct information.

Thank you very much for your cooperation and understanding. Please contact Ruby if you have any questions.

ST. THOMAS PRESCHOOL & KINDERGARTEN

We are pleased to acquaint you with the St. Thomas Episcopal Preschool (S.T.E.P.) Established in 2006, the preschool (and now including Kindergarten) is an important ministry of the church, as it provides a joyful structured program of Christian education for the young children in the community. Lovingly referred to as "the Little School with the Big Heart", S.T.E.P. cares for children between the ages of 2-6 years of age. Year round education is offered during the traditional school year as well as during the summer, from 7:00am to 6:30pm.



learning. Auditory and visual discrimination, listening skills, cooperation, socialization, moral development, problem solving, independent thinking, responsibility, and concern for others are part of each day.

As an Episcopal Church school, the children partake in a structured curriculum that introduces them to God by hearing daily Bible stories in class, saying prayers before meals, and attending chapel in the church on Wednesdays and Thursdays.



Three optional programs are offered in the afternoons, and include Dance, Tumbling, and Amazing Athletes. A Parent-Night-Out program was recently initiated which includes movies, popcorn, dinner, and a recital by the dance students.



The curriculum is structured to cultivate the children's emerging skills and abilities, strengthen their self-confidence, and instill a natural love of



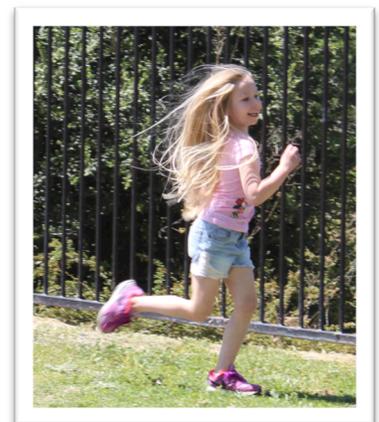
Darlene Karnes-Versteegh serves as School Director and we are grateful for her leadership and dedication. She brings to the school more than 40 years of experience in childhood education. Passionate about teaching, Darlene enjoys working with families to help make their child's school experience a positive faith filled journey. A Director Mentor with the California Mentor Program, part of the California Department of Education, she helps other directors who need assistance with teachers, curriculum, time management, and classroom management.



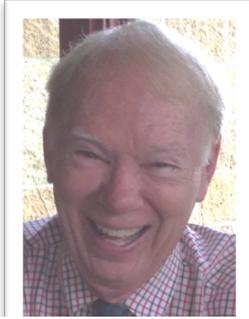
Darlene is quick to praise the quality teachers at the school. Currently S.T.E.P. offers one pre-K class (Little Ladybugs), two preschool classes (Busy Bees), and one kindergarten class (Super Stars). Classrooms are conveniently located within the church building and have access to two well-equipped and expansive outdoor play areas as well as the church sanctuary.

As a service to those in our community, discounted rates are made available for parishioners, military families, first responder families, and employees of the Temecula Valley Hospital.

For more information, please contact Darlene (951) 302-8498, view the webpage at www.Steptemecula.org, or check us out on facebook www.facebook.com/saintthomaspreschool.



HEALTH UPDATE – SINUS ISSUES



This month, I have decided to talk a little about sinus problems, which can be quite miserable. When I was an Intern a “few” years ago in San Antonio, it was a very humid June. I was working eighty-hour weeks, with 36-hour shifts and 12 hours off. So, when I felt not quite well, I figured it was the life that Kay and I were leading. Luckily I had a friend rotating through ENT who suggested that I might have a sinus problem. He was right -- I had an infected “antral” cyst, was in pain, had to have my left maxillary sinus drained and irrigated, and needed antibiotics and the whole works—and boy did that hurt! So, dear friends, I really respect sinus problems!

Sinuses are basically air filled cavities in our skull to help clean and moisturize the air we are constantly breathing. There are four on each side with the frontals in the low forehead, the maxillary below the eyes, and the ethmoid and sphenoids, which are behind the nose, further back and below the brain and eyes. The problems of SINUSITIS start, as with most things, with inflammation, allergy, irritation, obstruction, or infection, and there can be a progression from one to the other. This can be associated with poor breathing, sleeping problems, pain, and what we called in Tennessee...the “miseries”! There can be stuffy congestion, thick drainage, pressure discomfort in the facial areas, and reduced smell or taste, particularly if this becomes a chronic problem. Interestingly, there is more local pain involved and not truly a “sinus headache”, which is fairly rare, and this pain actually is more likely a migraine or tension headache problem.



Sinusitis is diagnosed by its symptoms, with the proper examination (using endoscopy when necessary, this latter being where the doctor looks up into the nasal cavity), and even, when all else has failed, performing a sinus CT scan that reveals the obstructed area. Treatment can be and often is chronic care; this can be difficult. It involves steroids to stop the inflammation and swelling by using sprays, drops, and with internal medication or injections if need be. Also, saline rinses, antibiotics, and decongestants can be of great help. Sometimes therapy is on- going for many days or weeks. Afrin is a great long-term decongestant, but care must be taken not to use for more than a few days, as it is very addictive.

So, as I have said many times, the body is amazing. These mucus membrane lined cavities are very important to us, things can go wrong, but we are fortunate in being able to keep us out of harms way most of the time!

Until next time, your friendly (but retired) Dermatologist,

-- Ed

PET SPOTLIGHT...GINGER



WOOF! WOOF! HELLO!

My name is Ginger Richie. I was born on May 4, 2015 and am so excited to celebrate soon my first birthday! I hope to have chicken and mashed potatoes—my favorites!

My canine dad and mom are show dogs and my grandfather is an agility champion. But I am most grateful for Chris and Michele Richie, my human Dad and Mom, who adopted me when I was 5 months old. I was so far away in Arizona they had to meet someone in 29 Palms who was nice enough to bring me to my new family. I have two human sisters, Hannah and Kate, who tell me every day they love me so much. They call me their fur baby, Sissy, and My Little Pony (because I am a little bit big for a Sheltie!)

My favorite activities are running and playing ball with my family at the park and in my backyard. Recently I broke my leg when I fell off a grooming table. I did NOT like wearing a cast, but at least it was my favorite color! After seven long weeks the Vet FINALLY removed the cast yesterday. I was so happy that I was jumping in circles!



I love coming to church at St. Thomas because I can see my furry friends, my human friends, and receive a blessing. Hope to see you at Church next Sunday!

WOOF!

WAYS TO PREPARE FOR A DISASTER

At the 42nd Convention of the Diocese of San Diego a resolution was passed instructing all congregations, diocesan institutions, and offices within the Diocese of San Diego to: (1) appoint a disaster preparedness leader, and (2) complete the Asset Map survey found at www.sd.episcopalassetmap.org. In keeping with that resolution Keen Haynes was appointed the disaster preparedness leader for St. Thomas. As part of that role, Keen has been speaking with people in the congregation about the need to form a Disaster Preparedness Committee at St. Thomas. During these conversations the need for us as individuals to prepare for disasters has been mentioned several times. So let's talk about some steps that you and your family can take to help prepare for a disaster.

1. Fill a fireproof box with items such as identification and other important cards, financial records, family photos, and emergency cash in small bills.
2. Make a list of emergency phone numbers such as 911, the local fire department, poison control and rescue and ambulance services. Keep the list in a place where you can find it fast, like on the refrigerator door.
3. Create a go-kit which you can keep in an easy to carry container, such as a backpack or small roller suitcase. Keep your kit in an accessible place.
4. Know how to shut off your gas, oil, water, and electricity. Put tags on these valves so you can quickly find them. If the situation ever arises where you need to turn them off, you should have a professional turn them back on.
5. Store three days' worth of food and water for each member of the family. Select nonperishable foods – for example can goods, peanut butter and energy bars. Store a gallon of water for each individual for each day. You should periodically check the expiration date on the food and water. Don't forget the can opener or about your pets.
6. Finally make sure you have a plan! It should include points of contact and where to meet family members in case of an emergency. Make sure all family members know the plan and phone numbers to call.

We hope this article will get you thinking about how your family can prepare for any potential disaster. If you are interested in working with the Disaster Preparedness Committee or have suggestions on how the committee can support the congregation, please reach out to Keen Haynes or Ed Rather.



CHRISTIAN EDUCATION OPPORTUNITIES

SUNDAY MORNING (YEAR ROUND)

Children and Youth – The Christian Education offerings on Sunday morning provide something for everyone, from birth through high school. Parents are encouraged to help determine which Sunday morning activity would be best for their children. Adults who are interested in helping with this important ministry are encouraged to contact **Rebecca Haynes**.

Nursery Care (10:00am-11:30am) – Staffed nursery care is available for our youngest children in the Saint Matthew Classroom. Children are cared for within a nurturing environment that helps even our youngest members to feel God’s love.

Children’s Chapel (10:00am) – This worshipful experience is offered to children and youth who enjoy learning about worship through prayer, singing, and listening to bible stories. It takes place in the Saint Scholastica “Chapel”.

SAINT THOMAS BIBLE CHALLENGE: 2ND SUNDAY EACH MONTH, 9:30am

This new group study is facilitated using an easy-to-follow way to read through the entire Bible in one year. Lively discussions are guaranteed at each monthly meeting. Daily Bible reading is a great habit to develop for life! All ages are welcome. See **John Crawford** for more information.



ANGLICAN STUDIES: 2ND SUNDAY OF THE MONTH, OCTOBER-JUNE, 9:15am

This program meets in the St. Benedict Conference Room and consists of discussions about Anglicanism. Topics include the Book of Common Prayer, the Hymnal, worship style, and what it means to be an Anglican. This is great preparation for adult baptism/confirmation AND makes a great refresher program. Anglican Studies is a great opportunity for enriching discussions.

EDUCATION FOR MINISTRY (EFM): SATURDAY (SEPTEMBER-MAY 10:00am-12:30pm

Every baptized person is called to ministry. The EFM program provides people with the education to carry out that ministry. During the Service of Confirmation we ask God to “Renew in these your servants the covenant you made with them at their Baptism. Send them forth in the power of that Spirit to perform the service you set before them...” EFM offers an opportunity to discover how to respond to the call to Christian service. For more information about EFM, contact Linda Nelson lnelsonfawn@yahoo.com.

WEEKDAY CELEBRATIONS OF THE HOLY EUCHARIST

The Holy Eucharist is celebrated on Wednesdays at 7:00pm. The Laying on of Hands and Anointing with Oil for Healing is generally available at each service. The special commemorations for the Wednesday services for this month include:

1st Wednesday, May 4 Monnica, Mother of Augustine

4th Wednesday, May 25 Bede the Venerable

SPECIAL OFFERING ENVELOPES FOR MAY

May 5 – ASCENSION DAY

May 9 – JULIAN OF NORWICH

May 31 – THE VISITATION

The envelopes are located with the other Offering Envelopes arranged in date order.

Many thanks for your spirit of generosity!

TEMECULA FOOD PANTRY

Temecula Food Pantry Ministry is seeking more volunteers to help us provide breakfasts on the 1st and 3rd Monday of each month. It is easy to participate. We put your email address on our list and, as we coordinate the next breakfast, you receive an email asking what you might be able to bring -- maybe a breakfast dish, or just some fruit, a bottle of juice, some bagels, whatever you can.

Please contact Barbara Pugh, 951-264-9980 or barbpugh45@att.net if you are willing to help!

PRAYERS & SQUARES

Prayers & Squares is an interfaith outreach ministry combining the gift of a hand-tied quilt with the gift of prayer for someone in need. The essence of this ministry is the prayers offered for the recipient – not about the quilts. No experience with quilting needed. We're happy to teach you. Other tasks include ironing & cutting fabric, tying quilts, organizing fabric, etc. Please join us on Friday mornings, 9:30am to noon for a spiritually fulfilling gift of your time. If you would like to support this ministry but cannot physically help, donations (fabric, batting, thread, sewing machine, or monetary) are welcome!

Contact Deb Mitchell (951) 440-1919

DAUGHTERS OF THE KING

DOK is a group of women who meet once a month on the second Tuesday at 6:00pm in the St. Benedict Conference Room to share an hour of prayer, Bible study and most inspiring discussion. Our order is devoted to prayer, study, and action "for His sake." God has blessed us with new spirit and excitement, and our membership is rapidly growing. We are excited!! *Come join us!*

REQUESTING HOLY COMMUNION BROUGHT TO YOUR HOME

One of our Eucharistic Visitors, trained to bring Communion to parishioners who are unable to get to church due to illness or injury, would be happy to bring Holy Communion to you. If you would like to receive Holy Communion from our Eucharistic Visitor, please call the Church Office.

HOLY COMMUNION INSTRUCTION

Whether or not your children partake in Holy Communion, if you'd like them to have instruction about receiving Holy Communion, please contact our Interim Priest, The Reverend Eleanor Ellsworth.

CANTERBURY TRAILS HIKERS

The Canterbury Trails Hikers meet up at church at 8:00am on a scheduled Saturday of each month. Please contact Deb Mitchell (951-440-1919 phone/text) for more information.

ST. THOMAS OF CANTERBURY EPISCOPAL CHURCH & PRESCHOOL

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Editor: Tess Crawford



WORSHIP SCHEDULE

Saturday

5:00pm Holy Eucharist

Sunday

8:00am Holy Eucharist

10:15am Holy Eucharist

10:15am Children's
Chapel/Sunday School

Wednesday

7:00pm Holy Eucharist

A "**pet-friendly**" church, St. Thomas cares deeply for our beloved pets. Not only do we love, care and pray for them, but we also help senior citizens with food for their pets, support the Animal Friends of the Valleys, bless them for the Feast of Saint Francis of Assisi, and invite our well behaved pets to attend worship with us.

Canterbury Tails is a monthly publication of Saint Thomas of Canterbury Episcopal Church, 44651 Avenida de Misiones, Temecula, CA 92592. Deadline for submission of articles and announcements is the 15th of each month. To submit information for publication please contact Ruby Arellano – siriusarellano@gmail.com