

# CANTERBURY TALES

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∞ MARCH 2019 ∞

## A Lenten Journey Ending with a Labyrinth

*The Rev. Timothy True*

Back in November I wrote a newsletter article highlighting an ancient spiritual tool, labyrinths. These meditative prayer pathways are found all over the world. But they're not anything close to omnipresent. If you or I wanted to walk one at a nearby Episcopal Church, for instance, Idyllwild, Palm Desert, or Borrego Springs might be our closest choice. Do you know of one closer, maybe in the Diocese of L. A.? If so, let me know so I might plan a field trip.

Anyway, my article generated some interest. In the four months since, I've talked with several parishioners about the possibility of bringing a labyrinth to St. Thomas; some have even offered to contribute funding to make it happen. And I'm happy to report that a group of us has come up with a plan for a temporary labyrinth, one night only. I outline that plan below. First, though, I present this year's Lenten program. It should tie in nicely.

The Lenten program begins on Tuesday, March 5, Shrove Tuesday, 2019. What is "Shrove Tuesday"? It's the traditional day of "shroving" the pantry: gathering up all the fatty foods the church traditionally fasted from during Lent—butter, lard, cream, bacon, sausage, sugar, syrup, and so on—in other words, all the foods that go well with pancakes. So, hey, why not make some pancakes to go with it all? Thus, at 6:30 p. m. St. Thomas will host a Shrove Tuesday Pancake Supper. Please plan to join us in Julian Hall.



Next is Ash Wednesday, the first day of Lent (and one of just two days in the year the Prayer Book encourages us to fast—the other day being Good Friday, on the other end of Lent). We will celebrate two services, both include the Imposition of Ashes and the Eucharist, one at noon and the other at 7:00 p. m. Again, please plan to join us for this most sacred time when we remember that we are dust and to dust we shall return.

Third, for six Fridays (March 8, 15, 22, and 29; and April 5 and 12) we will meet in the nave for a prayer service called Stations of the Cross, break bread together (soup supper), and spend time in a kind of prayer and reflection practicum— (continued page 2)

or, for the younger set, hang out with a movie. The Friday program will begin at 6:30 p. m. and end at 8:00. Of special note, the youth will lead us in Stations of the Cross on March 22.

Finally, during Holy Week we will celebrate the *Triduum*, the three-day drama of Maundy Thursday, Good Friday, and the Great Vigil (April 18, 19, and 20). I will focus more specifically on these celebrations in next month's article; but I bring them up because here is when and where our temporary labyrinth comes in.

From our earliest Christian traditions, the Great Vigil was the most important worship gathering of the year, Saturday, Easter Eve, after sunset. This year the sun is planning to set at 7:23 p. m. on April 20; we will begin the Great Vigil in the courtyard with new fire promptly at 8:00. In between, during the twilight (beginning at 7:30), also in the courtyard, we will have the opportunity to take part in a meditative prayer walk in the temporary labyrinth, illuminated with luminaria (paper bags with candles inside).

Should provide nice closure for the season, eh? Come and see the light of Christ—and walk in it!



*A mission of the Episcopal Diocese of San Diego, St. Thomas is a "pet-friendly" church that cares deeply for our beloved pets. We work with local senior citizens to provide food for their pets and support the Animal Friends of the Valleys. We also hold a blessing for the Feast of Saint Francis of Assisi, and welcome well-behaved pets to attend worship with us.*

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# UPCOMING EVENTS

## **BOOK DISCUSSION GROUP—Monday, March 4 Noon-1 PM**

Meets in the St. Benedict Conference room. The group is reading a novel based on extensive interviews of a Holocaust survivor who was *The Tattooist of Auschwitz*. The author is New Zealand writer Heather Morris. Even if you have not been reading the book, please come and share your views and interests. This informal group meets on the first Monday of the month and is open to anyone interested in lively discussions on diverse subjects. Please email Bill Liesman [asiabill@aol.com](mailto:asiabill@aol.com) for more info.

## **THE GOOD BOOK CLUB --- Concludes this last Sunday during Epiphany Season, March 3**

Paul's Letter to the Romans is the focus. In Julian Hall between the services.

## **SHROVE TUESDAY PANCAKE SUPPER—March 5 from 6:30-8 PM**

See page 14. Sign up in the Narthex to assist.

## **ASH WEDNESDAY—March 6**

Eucharist and Imposition of Ashes at 12 Noon and 7 PM.

## **FRIDAY LENTEN PROGRAM—March 8, 15, 22, 29 from 6:30-8 PM**

See page 9 for details

## **MEN OF ST. THOMAS (MoST) – Saturday, March 9 at 8:00 AM**

MoST is an informal fellowship that meets each second Saturday of the month at 8:00 am in Julian Hall for a potluck breakfast, brief Bible Study, and sometimes assisting afterwards with maintenance and property projects at the church. All are welcome, including friends and neighbors. The emphasis is on fellowship. Come join the fun!

## **NIGHT WATCH AT ST. PAUL'S CATHEDRAL—Saturday-Sunday March 9-10**

Diocesan event for youth. All CYG members invited.

## **MINISTRY OF THE MONTH ---Lay Eucharistic Visitors---Sunday March 10 after the services**

See page 8 for details

## **KNIT W.I.T.S.\* (\*With Intent to Serve)—Monday, March 18 from 7-9 PM**

At Barbara Bundy's home. Email Barbara at [bjbundy@verizon.net](mailto:bjbundy@verizon.net) for details.

## **BISHOP'S COMMITTEE MEETING—Thursday, March 21 at 6:30 PM**

All Congregation members are welcome to the non-executive portion of the meeting. In St. Benedict Conference Room.

## **WOMEN OF WORTH (WOW)---Saturday, March 23 at 8:30 AM**

Informal breakfast meeting open to all women of St. Thomas meets each fourth Saturday of the month in Julian Hall. Contact Virginia Patton for details/info ([hillgoss@verizon.net](mailto:hillgoss@verizon.net)).

## **LOOKING FORWARD TO APRIL—Save the Dates**

### **FRIDAY LENTEN PROGRAM—Continues April 5, 12**

### **TEMECULA MASTER CHORALE---Saturday April 13—at St. Thomas**

### **HOLY WEEK ---Palm Sunday April 14---Easter Sunday April 21**

See Fr. Tim's message on page 1-2. Full details in our next issue.

### **2<sup>nd</sup> ANNUAL ITALIAN DINNER CYG FUNDRAISER---Saturday April 27—See page 13**

# Members Spotlight

## Meet Our New Bishop's Committee Members

Chantel Blas, in Her Words:

*"I moved to Temecula in May of 2015. I grew up in the Bay Area, about thirty minutes south of San Francisco. I was raised in a close family with lots of cousins and aunts and uncles. I was raised in the Catholic faith, but I ended up leaving the Catholic Church when I was a young adult. I loved my faith, but I couldn't bring myself to commit to a church that was not accepting of me as a person. This was a struggle for me because I missed my faith and the*



*Chantel Blas and Mary Lou Thomas with Fr. Tim as their election is announced on January 27*

*practice that went with it. I remained spiritual, and often thought about returning to church but didn't know where. When I moved to Temecula with my wife (Catie) and son (Benton) we found Saint Thomas Episcopal Church and we immediately felt comfortable, accepted, and at peace. I have enjoyed getting to know the members and getting involved in the various events. I am looking forward to my time on the Bishop's Committee. I hope to bring ideas to life through team work, while representing all the individuals that make Saint Thomas a whole community. When I look at Saint Thomas I don't just see one face or one group. I see many different faces from many different backgrounds and paths of life. It is all of us that make one community, and I am lucky to call myself, and my family, members of such an amazing group and community."*

### Mary Lou Thomas

*Mary Lou has been a member of St. Thomas since 2010 and is visible in many ministries. She has been a faithful office volunteer, assisted with production of communications, lends her beautiful voice to the choir, and is a member of the Altar Guild. She attends almost every church meeting and fellowship function*

*and always seems to see the positive in everyone. Her election is a calling. As she says: "I accepted a suggestion to stand for election to the Bishop's Committee, because I want to do whatever God allows me to in support of the Saint Thomas of Canterbury Episcopal Church family and its ministries."*

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## Our New "Remote" Stephen Minister



*Deb Mitchell tells Canterbury Tales: "While visiting with Jean and Pete Hicks in February, I had the pleasure of presenting him with his certificate of completion in Stephen Ministry. Much to his surprise, his new church, The Episcopal Church of the Epiphany in Flagstaff, also provides Stephen Ministers. We are sorry to lose Pete in our ministry but know he will be a gracious and loving minister in service at Epiphany." Here are Deb and traveling companion Melissa Christiansen with Pete as he receives his well-earned certificate.*

# St. Thomas' Biggest Fundraiser

# SWEETHEART CAR SHOW



St. Thomas hosted its seventh annual Sweetheart Car Show on Saturday, Feb. 16 with more than 90 cars on display. Thankfully, the weather was kind and the high turnout and bright sunlight resulted in the best car show ever. A new addition to the show this year was the Kid Zone, set up in a different section of the parking lot. This included bouncy castles and face painting.





The stunning array of cars made judging even more challenging this year, but after much deliberation consensus was reached and the awards announced. Best in Show 2019 went to Walt Lewis for his immaculate 1958 Chevy Impala 2-door hardtop. Congratulations to Walt and all the other winners.



A very big thank you to all entrants, visitors, and volunteers who made the show such a success. A special thank you also to co-chairs Aaron Hill and Steve Lee, who will be retiring from the car show this year, and to Rick Barclay and Brian Hopley for their invaluable administration work.

Save the date for the Eighth Sweetheart Car Show: Saturday February 15, 2020!



# **Mark Your Calendar for Lent**



## **Shrove Tuesday, March 5**

### **Shrove Tuesday/Mardi Gras Pancake Supper!**

Join us at St. Thomas of Canterbury Episcopal Church at 6:30 p.m. for a Fat Tuesday Supper Celebration! Want to get in on the action?

**To attend, bring food and/or help with set up or tear down please RSVP on the form in the Narthex.**

## **Ash Wednesday, March 6**

Services at 12:00 noon and 7:00 p.m. with imposition of ashes.

### **Friday Night Lenten Program!**

**Fridays, March 8 – April 12**

**6:30 p.m. – 8:00 p.m.**

6:30 – 6:50 p.m. Stations of the Cross

6:50 – 7:15 p.m. Soup Supper in Julian Hall

7:15 – 8:00 p.m. Contemplating Prayer with the Rev. Tim True and Rev. Dr. David Jackson, AHC

**Sign-up sheets for the Soup Supper are available in the Narthex.**

# *“Ministry of the Month” for March*

## *Lay Eucharistic Visitors*

The Episcopal Diocese of San Diego defines the role played by Eucharistic Visitors as those who “... carry the sacraments to those who are ill and homebound as invited by the clergy and according to diocesan canons. Eucharistic Visitors are present as the bearer of the bread and wine on behalf of the faith community. In receiving the sacraments, people who are ill and/or homebound are nurtured, strengthened and comforted.”

Here, at St. Thomas of Canterbury Episcopal Church, this privilege is carried out by a team of individuals throughout the year. It involves trips to homes, assisted living facilities, rehabilitation sites, and hospitals. It involves making phone calls to current as well as prospective participants. The ministry also reaches out to family members and friends of those who surround the one being called upon. Visits can be a single event, last a month or two, or extend over many years.



Anyone who wishes to become a Eucharistic Visitor must be approved by the Vicar or Rector, complete both diocesan and parish/mission-level training and complete the Safeguarding God’s People training course.

If you or someone in your family would like a Eucharistic Visitor to make a visit, please call the church office, talk to Father Tim or contact a Eucharistic Visitor. Currently, our Eucharistic Visitors are Kay Bemis, Kathy Foxen, Lani Jones and Diane Swarts. We also rely upon our faith community to make us aware of those to whom we may need to reach out.

If you would like more information about serving as a Eucharistic Visitor, please contact Father Tim or a current Eucharistic Visitor, and stop by and talk to our LEV’s on Sunday March 10 after the services in the Narthex. We are pleased to announce, too, that St. Thomas will host a LEV Workshop for the entire Diocese on Saturday, May 11th from 9:30-3:30pm. This is open to anyone who wishes to attend.

# Navajo Nation Revisited: Deb Mitchell Reports

This February, Melissa Christiansen and I returned to the Navajo Reservation in Arizona to tutor at Dzil LiBei Elementary School. This is the first of two articles I will write for Canterbury Tales. The topic: Navajo Lifestyle and the Beatitudes. This may seem an unusual topic; however, Fr. Tim's sermon on the Beatitudes (Feb. 17) helped me understand that for the Navajo, where they live is more important than how they live and indeed, they may be the poorest yet richest among us.



*Deb Mitchell and Melissa Christiansen among the other visiting tutors*

**The Navajo Nation** (the “PC” name) is larger than the state of West Virginia, covers approximately 17,554,500 acres, 27,413 square miles and is referred to as the “Rez” by its roughly 357,000 residents. While driving through the reservation, one sees manufactured homes, traditional hogans (both old and new), trailers, and homes that defy description. One also wonders how the Navajo survive in homes we might consider “unlivable,” many without running water and electricity let alone satellite or cable service and “out in the middle of nowhere.” The idea of a “starter home” as a precursor to nicer homes in more prestigious areas throughout one’s life is foreign to Navajo culture. (One of my students was preparing for reading comprehension on the state ELA test and

asked me what a palace was!) Buying name brand items, owning the latest technology, building a home with “over-the-top” appliances/features are another culture’s ideas of success. Some homes do have satellite dishes and flat screen TVs. We (11 tutors) were fortunate to again have a traditional dinner (Navajo Tacos) at a Navajo home (manufactured) in Tuba City with Zina and her family. Her comfortable home featured a tiny kitchen with a pub table, a small living room rearranged with an outdoor picnic table for more seating, many family pictures and Navajo artifacts, one bathroom and three small bedrooms. After dinner, Zina and her daughter shared Navajo traditions, culture, and ceremonies with their guests.

**Traditional Navajo life is inseparable from religion**, seeking to maintain balance between individuals and the universe and to live in harmony with nature. Each Navajo family shares their home site with a number of family members (particularly grandparents) and views their site as sacred. If one is forced to move away from his or her land, he or she is denied access to sacred places, and therefore cannot practice religion freely. Without being able to perform ceremonies on their homeland, for example, a family cannot protect their ancestors and will lose all familial and historical ties. The United States government’s forcible removal and relocation of Native Americans from their homelands had profound religious implications for the Navajo people. Relocated Navajos were unable to fulfill their duties as caretakers of the land and the earth, thus disrupting the order of the universe, balance and the process of life. (I’ve moved from the east to west coasts twice and other states in between. My “homeland” is Massachusetts and I visit frequently; however, I practice my religious/spiritual beliefs anywhere.)

Navajo people view the earth as spiritual mother with family comprising a network of Holy people and livestock as well as human relatives. Navajo religion is defined by relationships to specific geographical places such as sacred sites of special religious events. A Navajo’s relationship to the land where he/she is born begins at birth through the burial of the umbilical cord on the land and the placenta beneath a young tree. This ensures the child will be nurtured by a spiritual mother for the rest of his/her life. Ceremonial offerings continue as the child grows, strengthening community ties as well as ties to family and the land.

“Our way of life is our religion and our teaching. If we are relocated by force, we will die slowly. The people would not be in balance with Mother Earth and Father Sky and the spiritual people. In every way, here we are connected to the land. We belong here.” *Mary T. Begay, Navajo elder*

**The Reality of Reservation Housing:** Reservation houses seem to exist everywhere and anywhere; however Navajo families may not build just anywhere. Permission for home site leases is difficult to secure. Leases? How can that be? The Federal Government GAVE them the land. Wrong! The Federal Government holds the land in trust. Not only does an individual have to get family and tribal government permission, the local “Chapter” must approve those persons seeking to reside within that community, especially if they are enrolled in a different Chapter. The Navajo Nation is divided into political entities called “Chapters” (currently 110) which serve the same purpose as counties or parishes and are a forum for solving community issues/problems. To secure a land lease, the family must first provide \$1500 (first year lease payment), determine whether the land is grazing or ancestral land through an archeologist review, provide a GPS position from the Chapter Home Site Official, and finally, meet with the Chapter House Leader with the above documents/dollars and apply for a permit. If approved, the family will receive a 67 year lease but can never sell the land or the home/out buildings they have installed on the property. After the initial \$1500 payment, the yearly lease is approximately \$75. Since this is a time-consuming process, often taking 4-6 months or more, and is further disregarded by the Navajo due to lack of money and education, many Navajo instead become “squatters” since the Tribal Council doesn’t enforce the permit process. Very limited “high density” housing has been provided by the Navajo Housing Authority, but is perceived as a direct attack on the traditional Navajo lifestyle of “family communities” as it breaks families apart and leaves the elderly alone.

Though Navajo families experience high unemployment, arts and crafts can significantly supplement incomes as well as grandparents’ social security support. Navajos take great pride in their arts and are very talented. The cost of living on the reservation is relatively low and the larger four-corner towns have supermarkets. Per the Treaty of 1868, the United States Government provides health care at no expense. The population continues to disproportionately struggle with drugs, alcoholism, general health problems, and the effects of past uranium mining. (Water at the elementary school is not potable because of uranium; therefore, drinking water is brought in.)



Are the Navajo therefore missing out on the American Dream of home ownership and all that goes with it? The Navajo suggest not. While we may see them living in poverty (which by our standards they are), on the Beatitude spectrum, those that we have encountered believe their traditional lives are very rich and fulfilling. And as Father Tim suggested, love and caring for all people bring both sides of the spectrum together.

Melissa and I encourage you to visit the Navajo Nation and can recommend travel and history books. Initially recognizing we were the only white women in a venue quickly faded as we met and interacted with people throughout the reservation.

(To Be Continued in April)

# Health Update

## *Dr. Ed Rather's Illuminations for March*

1) Have you ever heard of a new test called Eyebox? This should be of great benefit in evaluating possible brain injuries such as concussions. It involves a non-invasive examination which has been FDA approved in patients from age five to 67. The patient with a head injury watches a four-minute video while a computer measures certain eye movements. Abnormal movements prove that there has been a concussion, or the patient has elevated intracranial pressure from an injury. This test will be extremely helpful in the emergency room and sports medicine areas.



2) Have you ever heard of bacteriophage therapy? Bacteriophages are known viruses which feed on certain bacteria. Because of the many drug resistant bacterial infections that have appeared in recent years, intense studies at the UCSD school of medicine in San Diego have been conducted. The most important bacteriophage therapy being evaluated at UCSD presently involves resistant infections of staph bacteria with patients who have ventricular assist devices. The bacteriophages are given intravenously.

3) Have you ever heard of the Miris infrared system which analyzes human milk for breast-feeding? It uses spectroscopy to evaluate human milk samples to quantitate fat, protein, and total carbohydrate levels as well as testing for total solids and energy content. This presently is being used mainly in hospitals to assess the nutrient needs of babies who are not growing as expected and are failing to thrive. The FDA approved this very important device after 112 human milk samples were examined independently and showed similar results to the Miris analyzer. It was noted that if the mother is on certain medications, this could interfere with the accuracy of the test.

4) Have you ever heard of post-operative delirium? This condition is quite common following cardiac surgery. A new Harvard study in the Journal of the American Medical Association used a placebo controlled, randomized trial of 120 patients 60 years or older who were undergoing coronary artery bypass with or without valve replacement. Intravenous acetaminophen, IV propofol anesthetic, and/or IV dexmedetomidine (A different type of sedative) within certain time intervals was given post op. This was able to significantly reduce post-operative delirium in these patients. More to come on this, I am sure.

5) Have you ever thought or been told that you were allergic to penicillin? This becomes more and more important with certain infections needing penicillin treatment. When penicillin was given by injection early on, the medicine was mixed with procaine and patients were often allergic to that instead of penicillin. There are ways to test an unverified penicillin allergy which includes obtaining a very careful history and then using skin testing with a scratch/prick test and, if negative, following this with an intradermal skin test. Then a monitored oral dose of penicillin is given under clinician observation. If all of this is negative, penicillin most likely is totally safe. The only problem that I see here is that someone might become allergic to penicillin later.

6) And finally, have you heard that heart attacks seem to be affecting younger adults and especially women? A recent study presented at the American Heart Association's annual meeting showed that although there has been a decrease in older patients, in a multi-state study, 28,000 patients hospitalized for heart attacks between 1995 and 2014, 30% of these patients were ages 35 to 54 and this number seems to be increasing with the more recent data. Women saw a bigger jump than men as the number went from 21 to 31% in that time and had a lower probability of treatment. Symptoms of nausea, back pain, sweating, etc. are different for women and should not be ignored.

As always, your friendly, but retired, dermatologist.

Ed

# EDSD Youth Colabrative

Reality Check  
Epiphany Retreat

Camp Stevens



## CYG - 2019

What a wonderful retreat at Camp Stevens. It was great to get our priorities in order and to work on the Kitchen Garden for the Camp. Lots of fun was had maneuvering the challenging ropes course.

## 2019 Mission Delegates

August 2019



Mission to Imperial Beach  
Elizabeth Sipra

Mission to Western Mexico -  
Lauren Walton, Franky &  
Vivian Rojas

Congratulations to the youth from St. Thomas who were selected to participate in the EDSD Mission Trips. Please help us support these youth as they fundraise money to offset the cost of this wonderful opportunity.

Save the Date:  
Italian Nights April 27, 2019

St Thomas of Canterbury Episcopal Church Presents

# Shrove Tuesday Pancake Supper

**Tuesday, March 5 6:30 – 8 pm**

**Come celebrate  
Shrove Tuesday/  
Mardi Gras and  
enjoy a wonderful  
pancake supper in  
Julian Hall.**

**Bring the  
whole family  
and enjoy the  
fellowship and  
hospitality.**



**Sign up sheet in the narthex**



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### **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 Evening Prayer