

CANTERBURY TALES

APRIL 2019

A Contemplative Start to the Easter Season

From My Labyrinth Walks

The Reverend Timothy True

The first time I walked a labyrinth was as a layperson in Texas, recently confirmed and received into the Episcopal Church. This particular labyrinth had been recently painted onto a church basketball court by a Boy Scout completing a requirement for his Eagle Scout award, hardly a professional-looking deal. That, and having spent much of my spiritual life before then in the evangelical tradition, I wasn't really sure what I was getting myself into, nor of what use this spiritual exercise would be. Prayer was mostly private for me, to be done without anybody looking on. Walking a designated path (not a very good one) in a public place, well, people would see me and know that I was trying to be pious. Nevertheless, I gave it a try and . . . "Okay," I said to myself, "now what?"



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Some years passed before I walked another, now a seminarian in Tennessee. The labyrinth before me this time was out in the woods, made of stones thrown atop grasses on the forest floor; and no one was around to see my piety. Much more suited to me; this time, before beginning to walk, I focused on something to say to God, supplications to offer along the way. Health for my aging grandfather. Productivity for my classmates and me in the semester

ahead. Wisdom for the teachers and administration of the seminary and college. And . . . this time it felt much more like I'd entered and exited a sacred space. I was beginning to understand.

I have walked and prayed many a labyrinth since then. Now, whenever I enter a labyrinth, that sense of sacred space is retained; but more often than not I do not come with premeditated words or thoughts, but rather with an expectant mind and heart, waiting to hear what God has to say to me today in this time and place. And . . . each experience is different; yet all are enlightening.

(continued p.2)

I've come a long way on this journey. But I also have a long way yet to go. Won't you walk with me?

Come. Whether you're a first-time beginner, a seasoned expert, or anywhere in between, walk the illuminated Labyrinth with me on Saturday, April 20 at 7:30 p. m. in the St. Thomas courtyard. May God bless you on your journey this Easter season!

2019 HOLY WEEK/EASTER SCHEDULE

PALM "SATURDAY" (<i>APRIL 13</i>):	9:00 AM: MAKING PALM CROSSES 5:00 PM: HOLY EUCHARIST w/ LITURGY OF THE PALMS
PALM SUNDAY (<i>APRIL 14</i>):	8:00 AM: HOLY EUCHARIST w/ LITURGY OF THE PALMS 10:15 AM: HOLY EUCHARIST w/ LITURGY OF THE PALMS
MAUNDY THURSDAY (<i>APRIL 18</i>):	7:00 PM: PROPER LITURGY WITH FOOT WASHING
GOOD FRIDAY (<i>APRIL 19</i>):	7:00 PM: PROPER LITURGY
EASTER EVE (<i>APRIL 20</i>):	7:30 PM: WALK THE LABYRINTH 8:00 PM: THE GREAT VIGIL OF EASTER, RECEPTION FOLLOWING
EASTER DAY (<i>APRIL 21</i>):	8:00 AM: HOLY EUCHARIST 10:15 AM: HOLY EUCHARIST, EASTER EGG HUNT FOLLOWING



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

FRIDAY LENTEN PROGRAM—Continues April 5 and 12 from 6:30-8 PM

See page 6 for details

MEN OF ST. THOMAS (MoST) — Saturday, April 13 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!

MAKING PALM CROSSES — Saturday, April 13 at 9:00 AM

In Julian Hall—One of the great fellowship events of the year!

HOLY WEEK—April 14-21—See full schedule page 2.

MINISTRY OF THE MONTH ---Outreach---Sunday April 14 after the services

See page 5 for details

KNIT W.I.T.S.* (*With Intent to Serve)—Monday, April 15 from 7-9 PM

At Barbara Bundy's home. Email Barbara at bjbundy@verizon.net for details. See p. 12.

BISHOP'S COMMITTEE MEETING—Thursday, April 25 at 6:30 PM

Postponed by a week due to Maundy Thursday. All Congregation members are welcome to the non-executive portion of the meeting. In St. Benedict Conference Room.

WOMEN OF WORTH (WOW)—Saturday, April 27 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).

2nd ANNUAL ITALIAN DINNER CYG FUNDRAISER—Saturday April 27—See page 13

LOOKING FORWARD TO MAY—Save the Dates

BOOK DISCUSSION GROUP—Monday, May 6, Noon- 1 PM

This is an informal group open to all who like reading and fellowship. The group has chosen to read best-selling author Jan Karon's book *Home to Holly Springs* for friendly discussion at the May meeting. Meets in the St Benedict conference room. All are welcome. Email Bill Liesman asiaboill@aol.com for more details.

WOW Brunch—May 18th

In Fallbrook, limited seating. Contact Virginia Patton for details

CHURCH GOOD BOOK DISCUSSION SERIES—The Book of Acts—Sundays May 5-June 9

Acts of the Apostles tells of the founding of the Christian Church and the spread of its message to the Roman Empire. Acts reveals God's passionate pursuit of his people, beginning with his followers in Jerusalem, expanding to Samaria, then to the rest of the world. By the end of the book we see Paul living in Rome "proclaiming the kingdom of God and teaching about the Lord Jesus Christ with all boldness and without hindrance." The missionaries in Acts proclaim the grace of God, and it is through this grace that people can respond with faith.

We have chosen Acts for the next Church Book Reading. Starting in May, please consider adding the reading of Acts to your weekly schedule. We will break the readings into six weeks. We will also be having a discussion group beginning May 5 and lasting through June 9th. The group will meet between services on Sunday. Please plan on attending to learn and share your thoughts and ideas.

Shrove Tuesday Pancake Supper

Fun for all as we concluded the Epiphany season



“Ministry of the Month” for April

Outreach

Anne DiPardo Informs Us

As we can learn from longtime members, St. Thomas has a long history of community outreach. Over the years, we've run a thrift store, served meals to the homeless, donated to Rancho Damacitas, and collected food for people as well as animal friends in need. More recently, we've undertaken projects such as the Project Touch “reverse Advent calendar” collection drive and the “Knit-W.I.T.S.” hats-for-newborns (and others) project. We also went Christmas caroling at a local assisted living facility and had lots of fun!



But we also express Christ's love in more hidden ways, through our daily activities beyond church walls. This month's narthex display will offer an interactive opportunity to share the ways that we express our faith in the larger community—whether at work, in our neighborhoods, or through volunteerism. We'll have Post-it notes ready to add to an evolving display, and hope you'll add your own contributions. We want to learn from you and be inspired, too!

We'd also like to convene a group to explore future avenues for St. Thomas. As you'll see on this month's display, the Interfaith Council of

Temecula and Murrieta Valley is a great source of information about emerging opportunities and offers rich possibilities for interdenominational collaboration. And perhaps you have ideas, too! If you'd like to join an outreach exploratory group, you can add your name to a sign-up sheet on the narthex display (or contact the St. Thomas office at 951/302-4566).

We're hoping to welcome new friends to St. Thomas on April 20, as we're issuing invitations to our luminaria-lit labyrinth walk and anticipating lots of interfaith participation. Meanwhile, as Father Tim has emphasized in recent sermons, outreach also means venturing out. Please join us in pondering the questions he's raised: How can we more effectively engage, serve, and connect with our neighbors? What are the unmet hungers and needs right here, right now? How to follow Jesus' example in searching out suffering and meeting it with love? We need your good hearts and minds, and hope you'll join us for conversation in the weeks and months to come!



2019 FRIDAY NIGHT LENTEN SERIES

Continues

6:30 P.M. - 8:00 P.M.
FRIDAYS APRIL 5 and 12

- | | |
|------------------|--|
| 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. David Jackson, AHC |

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

“Special Plate” Offering---What’s That?

Many of us dutifully submit our pledges in the envelope provided with the packet we received at the beginning of the year. There is a pledge envelope for each Sunday clearly marked with the date and the church address in case you’d like to mail it.

You may wonder what all those “other” envelopes in the packet are doing in there, starting with the one marked “Initial Offering,” and including various Saints’ names for their designated feast days, “Easter Flowers,” Christian Education, and so on.

Contributions in these envelopes are recorded as “Special Plate” offerings, a line item in our revenue budget that helps offset some of the variable minor expenses the church incurs during the year. For example, the “Initial Offering” envelope encourages a contribution of a few dollars in cash or check to help offset the cost of the envelope packets themselves.

There is no set amount, so whatever you contribute in those envelopes throughout the year will help defray those little extra expenses. **Thanks for your help!**

St.Thomas of Canterbury Episcopal Church

Labyrinth Walk

April 20 7:30 p.m.

St.Thomas of Canterbury Episcopal Church welcomes all to join our Labyrinth Walk on April 20 at 7:30 p.m.

Fathers Tim and David will lead us in a walking meditation, followed by the Easter Vigil at 8 p.m.

Refreshments will be served after the Easter Vigil. All are welcome to this free event.

**For more information call
951-302-4566 9 a.m. - 2 p.m.**

**St.Thomas of Canterbury
Episcopal Church
44651 Avenida de Missiones
Temecula, CA 92592
episcopalchurchtemecula.org**



Know Your Church—Our New Banner

Anne DiPardo describes her handiwork, and a first contribution to
“Designing a Welcoming Space”

A congregation member approached me about making a new banner some time ago, and as we were caught up on Prayers and Squares during the winter holidays, I started experimenting with materials and designs. Sometimes I get hyper-focused on projects that mean a lot to me, and this was one of those! I'd had

more elaborate ideas along the way, but in the end, I decided that simplicity seemed best. I used the version of the Canterbury cross from our church letterhead, as I like the negative space around it a lot. The cross is made of hand-dyed fabrics that are hand-appliqued in layers, then hand-quilted over a thicker batting for depth and dimension. The background is a commercial sapphire-blue batik, and the wine border is a batik that I matched to the color of our chairs. On the bottom edge I appliqued a grape border (to reflect our region as well as the centrality of communion in our services), and the gold cord and tassels are made of hand-dyed fibers from a business in the UK called "Oliver Twists" (a little something from the UK just seemed right!).

Canterbury cross designs often incorporate trinity crosses (Triquetra is the proper name), and so I worked those into the central applique and lower border. From a distance, you can't tell that the background is quilted--it is, but I used a very thin batting so that it wouldn't look too quilt-y. I used an informal quilting design that I think of as wonky diamonds, made by crisscrossing wavy lines on the diagonal. I figure we're all at once wonky and precious, so it seemed to fit!

Having fretted over the lack of a formal permission process for the new banner, I brought the finished piece to the Bishop's Committee for their approval. I also presented a proposal (which they approved) for what we're calling a "Designing a Welcoming Space" task force (so far comprised of Deb Mitchell, Tess Crawford, and me). We'll put our heads together and seek ideas and input for future projects, perhaps including additional banners for each liturgical season, community art, congregational photos, and that kind of thing. Our intention is to create a sense of both identity and welcome in our spaces, and to look to our history as well as our evolving future.



What do I say when tragedy strikes?

Stephen Leader, JoAnn Dreyfus, provides some guidance

Something terrible has happened that changes life for someone you know. Perhaps a person's husband or wife has passed away suddenly. A mother has just been told that her child has a chronic and incurable illness. Someone has lost his or her closest friend, or his or her ability to see, to hear, or to walk. What should you say?

First, show those who may be suffering your kindness and caring. Tell them you're sorry about their circumstances, that you care, and would like to help in some way that seems reasonable.

It's always appropriate to say, "I'm sorry for your loss." But don't make it all about you by saying, "I know exactly how you feel," and then reciting some similar event from your own life. It's better to let them tell you some of what they are experiencing and feeling. Be present, be calm, be loving. If a person needs to cry, offer your shoulder and be patient as they struggle through their grief. Remember, no perfect words exist to console someone who has suffered immense loss or is in crisis. Your caring presence is all that is needed.

Try to understand whatever feelings they express. Do this calmly and without judgment. Ask what you can do that would be helpful for them. Try and make sure they are getting some time for themselves by offering to pick up the kids after school, get groceries or just have coffee out. Ask when it would be convenient for you to visit and just **be** with them. Don't offer platitudes or advice. Just be pleasant, positive and available. Send notes or cards. Ask if it would be OK to make a brief telephone call every now and then to ask how they're doing.

What it's OK to say: I'm sorry for your loss. Your husband (or wife) was such a wonderful person. I'll always remember the time when.... (something that happened that showed the charm, wit or good nature of the person). I'd like to bring some supper by, when would be convenient? I'd love to take the kids to (the movies, Chuck E Cheese, a special event in town). What can I do that would be helpful for you? Don't be offended if they say they're just not in the right place to accept your kind offer just now.

Don't say: I know exactly how you're feeling. You're young you'll find someone new. You really need to pull yourself together and let the past be the past. You can have other children. It was just.... a dog. It's all for the best.... Don't say anything that starts with the phrase, "at least...."

If you live a long distance away, send a condolence card with a personal note. Of course, a phone call is appropriate but sometimes those grieving are unable to talk. Today, Email is an oft-preferred means of immediate communication. Better yet, sit down and hand write a note. It can be brief but sincere. **Do not text.** It trivializes what is a serious life event. Some people think texting a bereaved person is fine. It's quick and it's easy but that's kind of the point. It's a little too easy. Take an extra step. Go the extra mile. That extra effort will be so meaningful for someone who is struggling or in pain over a loss. Be a blessing in the life of someone who is struggling, and you will also be blessed.

Don't Sing Songs to a Heavy Heart, How to Relate to Those Who Are Suffering, Stephen Ministry founder Kenneth C. Hauck, PhD

Based on his own experiences during and after the death of his wife who lost her battle with ovarian cancer, the book draws on extensive research with more than 4,200 people who have experienced various kinds of suffering in their lives, offering key insights and suggestions of what to say and do—and what not to say or do—when people are hurting. With its biblical foundation, compassionate approach, and concrete ideas, **Don't Sing Songs to a Heavy Heart** will help you bring God's loving presence to hurting people when they need it most. This book is available on the Stephen Ministry website or you may borrow a copy from our Stephen Ministry library. Contact Stephen Leaders Deb Mitchell or JoAnn Dreyfus.

Health Update

Dr. Ed Rather's April Appraisals

This month, I once again have a variety of things to discuss:

- 1) As they say, April showers bring May flowers but with us February and March rain has brought a super bloom which is truly beautiful. Unfortunately, along with 15 to 20 inches of rain, which we have had at my house, allergies are certainly going to be on the upswing. Treat proactively by using antihistamines, particularly the ones that are non-drowsy producing such as Tavist or its generic, and be aware of itchy eyes, skin rashes, etc.; there are several good eyedrops which will relieve discomfort, and OTC hydrocortisone cream plus menthol lotions will help the skin rashes. Don't confuse allergies with a true upper respiratory infection.
- 2) And, while speaking of rain, have you heard of Coccidioidomycosis? This fungal disease is commonly seen throughout the southwestern United States and is found in the soil. It is estimated that over 100,000 cases a year are found in the US. Approximately 40% of these will produce a short term cold or flu like syndrome, and the more serious ones develop into what is called "Valley Fever," named for the San Joaquin Valley of California. This can last for 1 - 2 months and causes afternoon fever and fatigue. Less than 1% of the cases can disseminate into the body and would then become extremely serious.
- 3) Did you know how disastrous distracted driving or driving without full attention has become? Approximately half a million accidents are caused involving a distracted driver every year, with 20 to 25% of these involving cell phones. The three main factors involved are taking your eyes off the road, taking your hands off the steering wheel, and not being fully focused on the task of driving. This includes eating, drinking, talking to passengers, text messaging, and, of course, fussing at the children or pets! Think about the things you are doing or should not be doing while driving.
- 4) Did you know that TV viewing and the time involved watching each day can affect our brains and our verbal memory? A recent study published in the British journal Scientific Reports showed that in a six year period semi-permanent changes occurred in those who watched more than four hours of TV daily. It appears that language and verbal skills deteriorated with the more TV watched. We should encourage each other to engage in more family focused conversations as well as social involvement. The type of programs watched was not discussed but may be a factor.
- 5) Have you heard that people who Vape might increase their odds of suffering a stroke, heart attacks and increasing possible heart disease. A study at the University of Kansas school of medicine revealed incredible statistics comparing non-users with people using e-cigarettes. Users showed increases of 40 to 70% for stroke, heart attack, angina, and heart disease. It may not be the nicotine but other chemicals which are found in electronic cigarettes. This would mean that the vapor produced could also be harmful.
- 6) Did you know that almost 1,000,000 cases of squamous cell carcinoma of the skin are diagnosed in our country every year. Fortunately, with early treatment there is a 95% cure rate. 15,000 deaths occur from this type of skin cancer in the US each year. Watch for the nonhealing, scaly lesion or the crusty wart like growth that might bleed. Get it checked. I hope that we can have another skin cancer check sometime later this year. Don't forget your sunscreen! Apply it before you go out, not afterwards!

Until next time, your friendly, but retired, dermatologist,
Ed





ACT NOW

INTERESTED IN REGISTERING YOUR CHILD FOR SUMMER OR FALL? Registration for summer and the 2019-2020 school year is now in progress and open to the public. Don't delay... Registration is on a first come, first enrolled basis. For more details see the school newsletter on the church website or call Interim Director Sandra Guajardo at 951-302-8498

Congratulations and Welcome Our New Bishop's Committee Members!

At the last Bishop's Committee Meeting and retreat, two new members were added to complete the committee of nine.

Tess Crawford was appointed to the vacant one-year term.
Dr. Ed Rather was appointed for a full three-year term.

In addition, current member Deb Mitchell has agreed to be Clerk of the Bishop's Committee.

Join the

Canterbury KNIT W.I.T.S.*

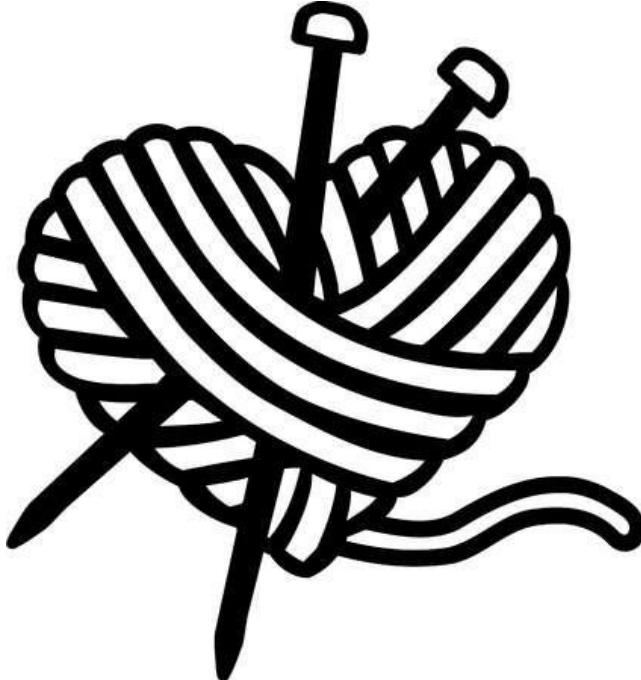
(*With Intent to Serve)

Knit & Crochet Items for Local Charities &
Organizations

Monday, April 15th

7:00 – 9:00 pm

Barbara Bundy's home



**Knitters & crocheters of all ages, genders, and skill
levels are welcome!**

**Materials and instruction are provided for new
knitters.**

*For directions and more information, contact
Barbara at bjbundy@verizon.net*

Easter Egg Hunt

Easter Day
April 21



at St. Thomas of Canterbury
Episcopal Church, Temecula.



All are welcome to join us for the 10:15 a.m. Easter service.
Easter Egg Hunt will be at 11:30 a.m. following the service.

For more information call the church office between 9 a.m. and
noon at 951-302-4566
episcopalchurchtemecula.org



Please bring your own Easter Egg basket if possible.

St.Thomas of Canterbury Youth Group Presents

2nd Annual

Italian Night

Sat.April 27 6-8 pm

Help support sending our youth
to attend EDSD youth
collaborative activities and enjoy
a sumptuous Italian dinner at
St.Thomas in the narthex.

**Tickets: \$15 per person
Children 10 and under no
charge. Free childcare in
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Walton at 318-512-0712 to
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*Proverbs 17:22 "A joyful heart is good medicine
but a crushed spirit dries up the bones."*



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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