

CANTERBURY TALES

✚ JUNE 2019 ✚

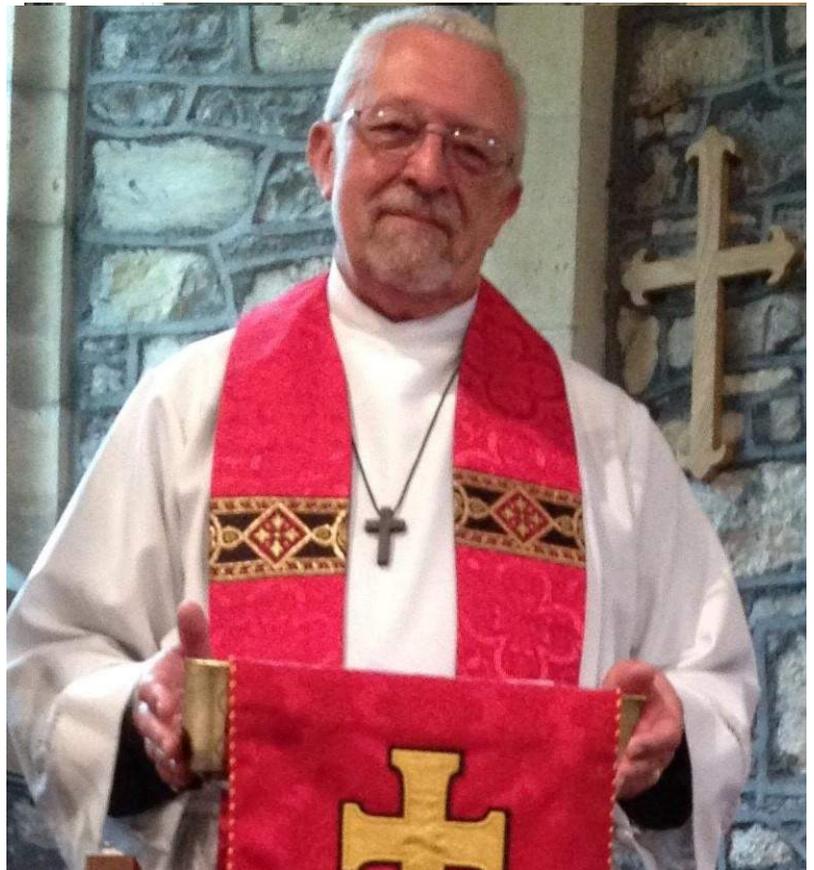
Meet Our New Supply Priest

The Rev. David Jackson

Father David is known to many of us and has already been assisting here at St. Thomas with various worship services and adult forums. We are indeed blessed to have him with us for the near future (Sundays only) as our Supply Priest. We are so thankful to Father David for helping us in transition as we begin the search for a new Vicar. Fr. David helps us get to know him and his wife Yvette better in his own words:

“I have been granted such a wonderful set of life experiences since graduating from Glasgow Medical School in 1970. I entered General Practice in Motherwell, Scotland, and became a lecturer / senior lecturer in Family Medicine at the University of Southampton in 1975. In 1978 I moved into the pharmaceutical industry and remained in that work until 2011, changing companies and in various roles from Medical Director, through President/ CEO, and finally independent consultant.

Yvette and I married in 1968 and moved to the USA in 1981. We have three sons, two daughters-in-law, and two grandchildren. We relocated to California in September 2018 to be closer to the grandkids.



I was ordained Deacon in the Anglican / Episcopal Church in 2009 then, after two years of seminary study at Nashotah House in Wisconsin, was ordained to the Priesthood in 2013. I retired last year after over five years as Rector at All Souls' Episcopal Church in North Fort Myers, Florida. I had always felt the call to ordained ministry and was delighted to be able to pursue that call quite late in life. *(continued, p. 2)*

I enjoy reading, gardening, and watching soccer in the hope that England may one day win the World Cup again! Yvette sings in our church choir, and we love to travel. We enjoy fine wines, good meals, amazing grandkids, and great friends. We are blessed to have found a church home at St. Thomas of Canterbury.”

Calling All Graduates! GRADUATION SUNDAY IS PENTECOST SUNDAY June 9th

If you have a child, grandchild, niece or nephew who's graduating from any grade or institution, *let the church office know by Monday June 3rd* so we may include their name in the church bulletin!



Come to the **"Town Hall Meeting"** Sunday, June 2nd between services (9:15 to 10:00) in Julian Hall. The purpose is to provide an update on the church and pre-school, the transition between vicars, an open dialogue regarding priorities, and questions and answers. Submit any questions via email to either Jon Floth, Senior Warden (jmf1955@aol.com) or Frank Rojas, Junior Warden (rojas1012@yahoo.com)



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

TOWN HALL MEETING—Sunday, June 2 between the services, 9:15-10 AM

All are encouraged to attend. In Julian Hall. See p. 2 for details

BOOK DISCUSSION GROUP—Monday, June 3, Noon- 1 PM

This is an informal group open to all who like reading and fellowship. The group has chosen to read a recent Book about Audrey Hepburn's early life in the Netherlands entitled *Dutch Girl* by Robert Matzen. Meets in the St Benedict conference room. All are welcome. Email Bill Liesman asiaboill@aol.com for more details.

MEN OF ST. THOMAS (MoST) – Saturday, June 8 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!

CHURCH GOOD BOOK DISCUSSION SERIES—The Book of Acts—Sunday June 9

Between the Services. See Below.

GRADUATION SUNDAY—June 9 (Pentecost) at both services

All graduates and students promoted at any grade or degree level will be recognized. See p. 2

MINISTRY OF THE MONTH ---Men of St. Thomas (MoST)—Sunday June 9 after the services

See page 7 for details

KNIT W.I.T.S.* (*With Intent to Serve)—Monday, June 10 from 7-9 PM

New location! At Andrea Liesman's home. Email ministry leader Irene Eisenhut for details. See p. 13.

BISHOP SUSAN BROWN SNOOK ORDINATION AND CONSECRATION—Saturday, June 15 at 11 AM

Ceremony for the newly elected Bishop of the Diocese of San Diego. At St. Paul's Cathedral.

BISHOP'S COMMITTEE MEETING—Thursday, June 20 at 6:30 PM

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

ANNUAL CHURCH PICNIC—Saturday June 22 from 11 AM-3 PM. See p. 14

WOMEN OF WORTH (WOW)—Saturday, June 22

Participating in the Church Picnic this month. Contact Virginia Patton for details/info (hillgoss@verizon.net).

BIBLE STUDY: THE ACTS OF THE APOSTLES

Concluding Discussion—June 9—Julian Hall 9:15-10 AM

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.



Father David is exploring the idea of using very light incense at the 10:15 service on June 9th, 2019 to celebrate Pentecost. If you attend this service and would be subject to respiratory distress / allergic reaction to the use of incense, please inform us with an email sent to scheduler@episcopalchurchtemecula.org. Your responses will make a difference in determining whether or not incense is used. Please send the message by Friday, May 31, 2019.

Calling those of you who speak two languages! We are looking for teens and adults who would like to read part of the Pentecost gospel in a language other than English (Spanish? French? Tagalog? Japanese? Mandarin? or ????) ASL signers are also welcome. Please email scheduler@episcopalchurchtemecula.org or call the church office if you would like to volunteer. We hope to have bilingual readers (not necessarily the same people) at both services on Pentecost, June 9th.

PLEASE WEAR RED ON PENTECOST! If you can't find anything suitably red in your closet or you run out of time or you just plumb forget, we will have red ribbons and safety pins available.

St. Thomas Bids Adieu to its Vicar

FAREWELL FATHER TIM

At services on Sunday, May 19, congregants heard Fr. Tim True preach his last sermon as Vicar of St. Thomas. Fr. Tim and his family are relocating to Tucson, Arizona where he will be Chaplain of Imago Dei School, a tuition free Episcopal middle school serving low income students and their families.

At a presentation following the 10:15 service, the congregation recognized Fr. Tim's ministry presenting him with a beautiful hand-stitched full-size quilt which included a message of thanks from St. Thomas.

We wish Fr. Tim and his family every success in this next stage of their lives.



St. Thomas Leadership

Meet Your 2019-20 Bishop's Committee



Jon Floth

- Sr Warden
- Facilities
- 2020

Frank Rojas

- Jr Warden
- Administration
- 2021

Deb Mitchell

- Pastoral Care
- Preschool Liaison
- 2020

Tess Crawford

- Welcoming
- Community
- 2020

Virginia Patton

- Communications
- Hospitality
- 2021

Tom Reid

- Spiritual Planning
- Strategy
- 2021

Mary Lou Thomas

- Outreach
- Connections
- 2022

Chantel Blas

- Adult Formation
- Christian Education
- 2022

Ed Rather

- Stewardship
- Medical Liaison
- 2022

Ministry of the Month

Men of St. Thomas (MoST)

From the Canterbury Tales, Upcoming Events Section:

“MoST is an informal fellowship that meets each second Saturday of the month at 08:00 A.M. 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 in the fun.”

This brief overview describes what MoST is as a church group at St. Thomas. We are simply the Men of St. Thomas who gather monthly for fellowship, breaking bread, and doing God’s work as a community within this church. All men within the congregation are invited to join us when available, as are friends and neighbors.

Monthly an invitation is emailed out as a quick reminder to our members. It identifies any known task or assignments and invites the sharing of a specific food to be added to a menu. The menu for the month is then shared to all usually later in the week, no later than Friday. This method of communication has been effective with MoST since 2010. A reminder to invite others to come and join in the fellowship is always included.



Our monthly Bible Study is usually based upon the readings included in the weekly distributed Synthesis CE. These are the scriptures used in the Sunday services. MoST contributions have paid for St. Thomas’ subscription to this service. The study varies a bit month to month, from reading all the assigned passages, to exploring the Gospel reading alone in detail. Sharing thoughts and ideas through meaningful discussion is always a highlight. The members open up with shared experiences and understanding, strengthen relationships, and seal our bonds as fellows.

Our membership reflects that of our typical Sunday services. We are a mature and experienced group of men. We have evolved from the group responsible for all the maintenance of the church facility, to now one that helps with specific events in the church. If there is a church event coming up, we are usually the group that organizers will reach out to for assistance. We always try to accommodate as we are able in sharing the communication for support and assistance, soliciting volunteers as available to help.

For more information, please send me an email to peterm@southerncontracting.com. We will have a display in the Narthex on June 9th. (Contributed with thanks by Peter Mandery.)

Health Update

Dr. Ed Rather's Cogent Observations as We Enter Summer

1) Summer is coming, May gray and June gloom or not! It is estimated that there will be 100,000 new cases of melanoma diagnosed this year in the United States. Melanoma occurs more commonly in women before the age of 50 and lesions are more likely to be on the torso or legs. As we mature, males develop a tendency for melanoma twice that of females by age 65 and three times that of the ladies by age 80, with the lesions being more commonly on the upper back, arms, and face. Obviously, sunscreens are imperative, need to be applied before going into the sun, and should be used by us all regardless of skin color type. A number 30 sunscreen with a zinc oxide base is always a good choice. Remember that a lesion, whether a mole was present first, that is growing, changing in shape or color, is itching for no reason, or bleeding, needs to be checked by a dermatologist. I am not tooting my own horn, but a trained dermatologist will diagnose a melanoma 30 to 50% of the time greater than your family dog, PA, or nurse practitioner. These are recent statistics that are extremely important.



2) A new study published in the British Journal of Sports Medicine evaluated men and women ages 55 to 80, was done at the University of Western Australia's heart and diabetes institute. It showed definite positive results for those who exercise in the morning and then take short three-minute walking breaks of light intensity during the day as opposed to extended sitting. Decision making and short-term memory both showed improvement! So, another study that suggests for us not be sedentary!

3) Now, here is one from the World Health Organization about brain exercise. There is very good evidence that doing crossword puzzles, working with numbers such as sudoku, avoiding tobacco, and regularly doing jigsaw puzzles individually or together all decrease potential dementia and will increase memory capability. So, I guess we should do these things inside while sitting, and then get up and walk for three minutes around the house!

4) Do you like to take diet supplements and "natural" products? This has always been a big issue with me as I recall telling patients, who were bragging about the natural product they were using, that poison ivy and poison oak were natural! Many of these are untested, are gimmicks, and take advantage of us. However, a very good study of nearly half a million people taking glucosamine supplement for arthritis for at least five years revealed a remarkable 15% decrease in cardiovascular disease. This included deaths from stroke, hypertension, and heart attacks. It was published in the British Medical Journal. I still suggest that we should be wary of what we put into our body until we find good supportive evidence in a reputable medical study.

5) One of our parishioners, whom I very much respect, recently asked me about a product he heard about which benefited people in psycho Dermatology. I asked him how much this was, and what was that used for exactly? I did say that stress can certainly create skin problems, particularly causing itching and hives. I have seen this, and it compares to stress causing headaches, migraines, etc. I believe that I would stick with antihistamines and aspirin and focus on reducing the sources of stress!

6) Finally, did you know that last year the United States' birth rate fell to the lowest number of babies born in the last 32 years? That would be 1986. Perhaps fake news is involved here, or, perhaps, Americans are just watching too much television!

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

St. Thomas Family on the Move **AU REVOIR BUNDY'S**



Sunday, May 5, St. Thomas bid farewell to Jack and Barbara Bundy, who are relocating to Green Valley, Arizona after five years as very active members of our congregation. As a Bishop's Committee member, Jack took a key leadership role at St. Thomas in addition to revitalizing the hospitality ministry of the church.

Barbara was a volunteer Administrative Assistant and served as Clerk of the Bishop's Committee for several years. She also started a new ministry – Knit Wits (With Intent to Serve) – combining fellowship around knitting items for various charities.

While irreplaceable, their legacy will live on in ministry and their warm sendoff reflected the fondness the congregation has for them.



Get to Know Your Church

What's an Ambry?

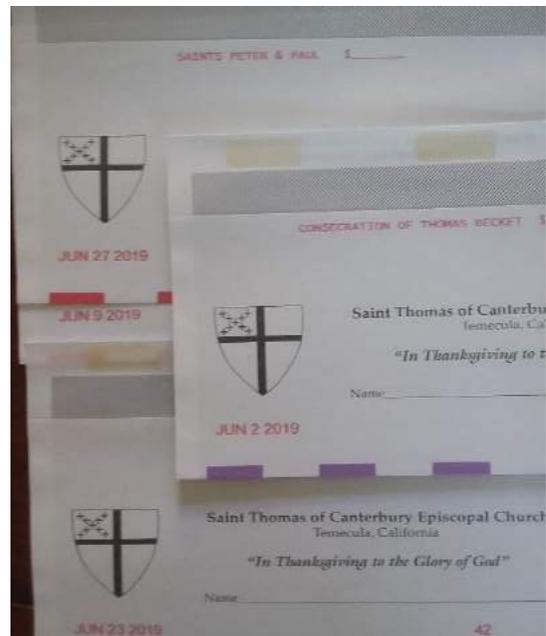


The dictionary tells us that the ambry (sometimes spelled aumbry, almetry, or aumbrie) is “a recess in a church wall (as for holding sacramental vessels).” It is a 14th century English word from the same Latin root as *armoire*, meaning a cupboard. The photo shows our ambry at St. Thomas, which is attached to the wall on the left of the sanctuary. It holds “reserved sacrament”—already consecrated communion elements that can be administered by Lay Eucharistic Visitors to those unable to attend services, or to supplement consecrated elements at services. The lighted sanctuary candle is symbolic of the Light of Christ and proclaims His presence in the ambry.

Special Plate

Envelopes for June

As explained in previous issues of *Canterbury Tales*, those “extra” envelopes in the pledge packets have a purpose. As a line item in our budget, contributions from special plate envelopes help defray unexpected church expenses. Any amount put into the envelopes helps with this, and by using them you will receive recorded credit for total contribution purposes to St. Thomas.



Fun and Fellowship in an Inspiring Setting **WOW BRUNCH**



Saturday, May 18 the St. Thomas' Women of Worth (WOW) group met for brunch at the Veranda Restaurant at Grand Tradition Estate and Gardens in Fallbrook. This awe-inspiring venue with 18 acres of thematic gardens, seven waterfalls, and a heart-shaped lake provided the perfect setting for a leisurely brunch and great fellowship.





June 2019 News and Notes

From the Desk of our Preschool Director, sent to our Preschool parents

Happy is the person who honors the Lord, who takes pleasure in obeying his commands. Psalms 112

We are moving forward towards the summer. If you haven't turned in your summer form please do so right away. Feel free to come and talk to me if you have questions.

We will no longer be having an all school graduation; instead we will be holding graduation for the Super Stars on Wednesday June 5th at 10am who will be leaving preschool and starting kindergarten.

Dads, please join us for Dads and Donuts on Wednesday June 12th from 7:30 to 9:30 a.m. in celebration of Fathers Day. We will have a table set up so you and your child can start your day celebrating you.

Please help us spread the word that we will be having another **Open House** event on June 1st from 9:30 to 12:30. This is for new families to see our school and enroll in our program. Please feel free to stop by with your friends to show them our amazing school and teachers.

Parents, starting Monday June 3rd we will be discontinuing the weekly parent information sheets. (Daily dot sheets.)

Please take a minute to read the updated information on the **parent board** and the optional programs board. We want you to stay informed! On June 9th graduates will be recognized at Sunday services in the church.

Church Connection: (See ST Thomas Fellowship Board for more information).

Thanks,
Sandra Guajardo

Join the

Canterbury KNIT W.I.T.S.*

(***With Intent to Serve**)

Knit & Crochet Items for Local Charities & Organizations

Monday, June 10th

7:00 – 9:00 pm

At Andrea Liesman'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 Irene Eisenhut at

ipeisenhut@gmail.com

Welcome to St. Thomas of Canterbury's

Picnic in Wine Country

Saturday, June 22

11 a.m.-3 p.m.

All are invited to the home of Joel and Virginia Patton in beautiful wine country for the annual St Thomas Summer Picnic.

Hot dogs, hamburgers, and fixings, along with water and soft drinks will all be supplied.

Please bring a picnic side dish to share, as well as any of your favorite not-so-soft drinks which might enhance your picnic experience .

There will be games for the children and swimming and/or jacuzzi for all.

See the Patton's art collection, antique cars, vegetable garden, persimmon and avocado tree, and not forgetting their two friendly dogs!

Sign up in the Narthex

Address and parking instructions provided later.



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but a crushed spirit dries up the bones."*

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St. Thomas of Canterbury

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WORSHIP SCHEDULE

Sunday

8:00am Holy Eucharist

10:15am Holy Eucharist

10:15am Children's
Chapel/Sunday School

Wednesday

7:00pm Evening Prayer