

Saint Thomas of Canterbury Episcopal Church
CANTERBURY TALES



❧ OCTOBER 2021 ❧



A MESSAGE FROM OUR BISHOP'S WARDEN:

Dear Sisters and Brothers in Christ,

Last month I confessed that I don't like change very much. This week I have another confession to make. Growing up, and even now, I never really liked the word obedience. The word obedience takes me back to my childhood. Let's say I wasn't the best-behaved youth. Fortunately, or unfortunately, depending on who you ask, I went to the local Catholic school until high school. That is where I mastered the art of being disobedient. I was even disobedient while being disobedient. Obedience was literally beaten into me by the nuns at Saint Thomas More. They taught me a crucial lesson – when you are disobedient, there are consequences.

Disobedience is being in a state of rebellion. Rebellion is an interesting phenomenon. Rebellion, like obedience, especially when trying to live the Word of God, is black and white. There is no gray area. Obedience means adhering to the letter of the law, a perfection that so many of us grew up with and/or find in our spiritual walk.

The etymology, or origins of the word obedience, is interesting. It has two distinct roots. The first comes to us from circa 1300, obeien, “carry out the commands, submit to, be ruled by,” from Old French obeir “obey, be obedient, do one's duty” (12c.). There is a theme of subservience in the roots of the word obedience.

However, when one looks at the Latin roots of the word obedience, one can observe a similar yet different perspective. From Latin, obedience or obedire, oboedire “obey, be subject, serve.” One critical differentiation between the French and Latin roots is this: in Latin, it can also mean “to pay attention to, give ear,” literally “listen to.” This is from ob “to” (see ob-) + audire “listen, hear” (from PIE root *au- “to perceive”). The addition of the “audire,” or to listen or hear, significantly changes the connotations of the word obedience.

Think about what it takes for us to listen. We have to be in a physical, emotional, and intellectual space to listen. Don't believe me? Have you ever argued with a loved one and either didn't listen or been accused of not listening? I am not sure about you all, but I am not a very good listener, even at my best. Don't believe me? Ask Letty. And it is worse when I am in a state of anxiety or fear. This is common for most of us. I believe it's a human trait. And God knows this.

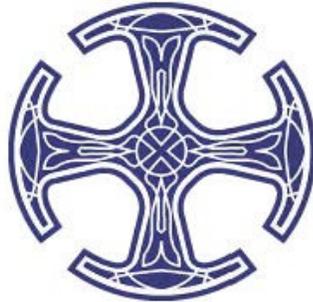
You know there are more than 356 examples of God's encouragement for us not to be afraid in the Holy Bible, depending on your translation. In fact, it is the most common encouragement found in the Bible. Some examples include when the Angel Gabriel spoke to Mary in Luke 1:30; he said, “Mary, do not be afraid. You have found favor with God.” Or in Matthew 28:5, when the stone was rolled away from the tomb, “The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified.”

One can argue that we are living in perhaps the most anxious times in modern history. A global pandemic, political unrest, economic concerns, social justice concerns, ecological changes, etc. Even at Saint Thomas of Canterbury, many can point to lots of reasons to be anxious. We are searching for an interim Vicar, there are changes with our preschool, and we are in a delicate financial situation. Now, more than ever, I think we need to be obedient and be encouraged.

Being obedient and being encouraged means bringing all of ourselves and all of our devotion to God. All of ourselves. That includes all of our doubts, all of our resentments, all of our thoughts, all of who we are. It means that when we trip over our doubts, or thoughts, or fail to treat someone with love, for example, we pick ourselves up and focus our whole selves on God again. It means that we recognize our human imperfections AND devote ourselves to God. Fidelity, loyalty, constancy, devotion, trueness, true-heartedness, dedication, commitment, allegiance, and adherence are the most-used synonyms for faithfulness. Obedience is about faithfulness, not perfection.

Faithfulness includes following the law, but not just the letter of the law, but the spirit of the law. Being faithful gives us more freedom to see each event that happens to us without judgment, to see it just as it is, without the layering of our expectations, of our preferences. There is no judgment attached to it. My prayers are that we continue to move forward, girded in knowing that God loves us. We have a faithful God, an awesome God, and a loving God.

Blessings,
Frank Rojas, PhD
Bishop's Warden



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SERVICE SCHEDULE

The Sanctuary has reopened for in-person worship; however, we ask that everyone attending wear a mask at all times and maintain appropriate social distance.

9:30 a.m. Sunday Service: Hybrid Eucharist (In-person and on Zoom):
Meeting ID: 809 865 440. Passcode: 469008

In-Person Coffee Hour: Please plan to join us for our next in-person coffee hours immediately following our 9:30 a.m. service. Serving of refreshments will be in accordance with ongoing cautionary protocols.

***Communion*:** if you wish to have it delivered to your home, please call the church (951-302-4566) and leave a message with your name, the number of persons receiving, and your telephone number. Also, please let us know if you need gluten-free hosts. Please do not hesitate to ask for Communion to be brought to you. We are eager to share the blessing of the Sacrament!

Interested in Serving as Altar Guild Members?



The Altar Guild needs your help with the 9:30 am service; training is provided! There is a sign-up sheet in the Narthex, and you may contact the church (951-302-4566) for more information.



CHURCH ANNOUNCEMENTS



PRAYER MEETINGS AND BIBLE STUDIES

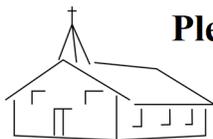
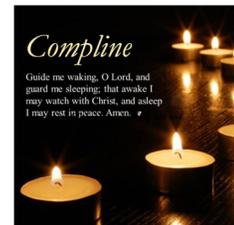


***With changing Covid restrictions, watch for notices regarding hybrid In-person/Zoom meetings.** For Zoom access, use the same Sunday worship link and passcode. Meeting ID: 809 865 440, or participate by Phone +1 669 900 9128. Password: 469008.

***“Hear the Word of God” Bible Study Group with Lani-Karyn Jones: Tuesdays, from 2:00-2:30 p.m.**

Lani introduces, then reads passages of the Bible. This is a time to immerse yourself in the beloved Word to let it wash over you and carry you into a deeper relationship with God and the human family. We are moving through the Gospels of the *New Testament*.

***Compline is at 8:00, Nightly.** Compline is a wonderful way to end the day with time in God's word, with wonderful friends. To join us, use the Zoom worship link.



Pledge Payments can be made through the mail or electronically via the “Give/Pledge Online” button on the Saint Thomas website: www.episcopalchurchtemecula.org. Thank you so much for keeping your pledge current.

FLOWER AND CANDLE DEDICATIONS FOR AUTUMN



To make a dedication, please contact the church (951-302-4566) with the dedication details and your name. The suggested donation for Sunday Flowers, \$45; for a Sanctuary Candle, \$5. Donations can be sent to the church, with “Flowers” or “Candle” written in the “Memo/Subject” line.

You may also sign up for flowers on the sign-up sheet in the Narthex.

JOIN THE COFFEE HOUR TEAM

Hospitality helpers are needed to bring goodies to eat, depending on COVID restrictions, and to help set up and tear down. Procedures are written up and instructions given. **There is a sign-up sheet on the table in the Narthex, or you may contact Virginia Patton: Hilligoss@verizon.net.**



OPPORTUNITIES TO SERVE THE SToC COMMUNITY

As we open back up, there are **so many opportunities** to be of service to the SToC community. Please consider getting involved and helping us show God’s love to one another. Opportunities include:

- Ushers
- Greeters
- Readers
- Altar Servers (Acolytes)
- Office volunteers
- Gardening helpers
- Hospitality/Coffee Team members
- Zoom/AV set-up and support people
- Web developer
- Website “updater”
- Transporter of recycling
- Printer and mailer of monthly newsletter
- Altar Guild members
- Musical participants

If you are interested or would like to learn more about any of these roles, please call the church office: 951-302-4566

ARE YOU MUSICALLY TALENTED?

We have set the exciting goal of having the St. Thomas Choir returning to church by the beginning of Advent! To make this happen, we are looking for individuals to share their



voices with the congregation. The time commitment would be weekly practice sessions, and participation in our Sunday In-Person Eucharist service. You don't need to have previous experience in a choir, just a heart to lift up your voice to the Lord. **We are also seeking a pianist (or two or three) to accompany the choir, and to assist with practice sessions.**

If you are interested in participating, or would like some additional information, please contact Warren via Email: travis124@verizon.net.

Upcoming Outreach Events:



The holidays are fast approaching, and we are excited to announce that once again we will be working with **Community Mission of Hope (CMoH) for Thanksgiving, and Project Touch for Christmas** to provide meals to those in need. Watch for further details soon. We are excited to make these great causes part of our holiday planning!

Delegates Chosen for Upcoming Diocesan Convention

Thank you to everyone for participating in our recent Diocesan Convention Delegate process. We now have our two delegates! Thank you to Bishop Committee Members **Jon Floth** and **Vince Walton**, who will be our primary delegates. **We are still seeking two alternate delegates**, who would attend should one of the two primary delegates be unable to attend. **The convention will take place virtually on November 5 and 6, but delegate registration is due by October 15.** If you are interested in volunteering, please contact Dr. Frank Rojas, Bishop's Warden: 626-255-0475.

Upcoming Church Events

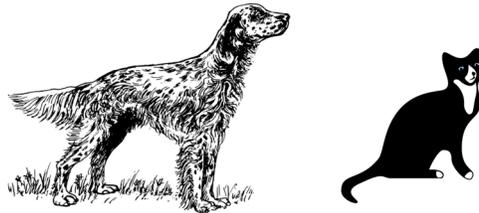
MoST (Men of St. Thomas) meetings are held the second Saturday of each month at 8:00 a.m. at the church. The next meeting will be on Saturday, October 9.

Keep watch for more information online.



The Bishop's Committee meets the fourth Wednesday of every month from 6:30 - 8:00 p.m. We will publish the agenda the week before each meeting. The minutes will also be available, the week following. Anyone wishing to attend the General Session is welcome. Please contact Bishop's Warden, Dr. Frank Rojas, for Zoom login information.

Blessing of the Animals to Honor Saint Francis of Assisi



It's time to collect those cute photos of your pets!

On October 10, during the 9:30 a.m. service, we will celebrate St. Francis' love of animals with a PHOTO-FOCUSED Blessing of the Animals. Please do not bring your actual pets, but photos of them. Think what this means! We can collect photos of our family's and friends' pets and bring them to church for a long-distance blessing. Better yet, invite your family and friends to church with their photos, not their pets, in tow. Of course, those attending via Zoom will be able to have their pets on screen.

“Sacred Ground”

By Dr. Deb Mitchell



With passport, KN95 mask, and Moderna vaccination card in hand, I took my first flight home (Boston) in two years to visit family and friends. I wasn't as much concerned about the Delta variant as I was about unruly passengers, but all flights were uneventful. Since your mask must remain on throughout the flight, I had a good supply of gummy bears, nuts, and popcorn to snack on when breathing my own carbon dioxide became just too much. I had never worn a KN95 mask before and soon discovered the 5 layers of material between me and breathing was problematic. To make matters worse, the mask is large and kept sliding up my face into my eyes and of course fogged up my reading glasses. The straps were tight which made the mask cut into my cheeks leaving bright red marks that could only be described as misplaced lipstick. I was in a window seat with no one next to me so unhooked my mask intermittently from my left ear which was next to the window and made sure I was snacking when the flight attendant went by. So much for the lighter side of this article.

The 20th anniversary of 9/11 occurred while I was home and the displays of patriotism and remembrance were everywhere in New England: in the media, on the baseball fields with the Yankees, Mets, and Red Sox; flags, signs, and even banners naming individuals lost in the tragedy of that horrific day hung from highway overpasses, and every town held some ceremony. Thousands commemorated the day, the victims, the survivors, and families throughout the US and the world. My memory took me back to October, 2001, when we flew to Boston about a month after the attack for a family wedding. The plane was nearly empty as was our hotel. Such an eerie and somber quiet in a usually bustling city was very unnerving. It did not feel right to be celebrating such a happy occasion when so many were in mourning.

During the 20th anniversary weekend, television replayed events of the day over and over and interviewed survivors and families who had lost loved ones. NBC scheduled a two-hour special on the eve of September 10th, *America Remembers*, which we watched through tears. The following Tuesday, a record number of young people, survivors of the lost rescuers, took the oath to serve NYC as firefighters and police. They were just children when their fathers ran toward the twin towers on Sept. 11, 2001. They grew up revering parents who were killed that day or died years later from the toxic dust. When I awoke on Saturday morning, the 20th anniversary, the sky seemed just as brilliant and cloudless blue as it was described on the newscasts that fateful day.

It is hard for us in California, 3000 miles away, to fully visualize the magnitude of this disaster. I was taking my usual morning walk along the peninsula in Long Beach before I left for the university. As I walked along the boardwalk, I passed a home with open windows and a large TV and glimpsed a plane crash into a building and explode. I thought it was a movie. When I walked in the apartment, the phone was ringing. It was my cousin telling me what had happened and to turn on the TV. I did so just as the second plane hit the towers. Classes were cancelled and no one knew what to do. I joined several faculty members at a local restaurant/bar to watch the news in silence on a giant screen TV. We later learned one of our beloved faculty members (internationally recognized pianist, Althea Waites) was on tour in New England and scheduled to take United Flight 175 from Boston to LAX but decided to stay longer and cancelled at the last minute.

NBC and other stations played Samuel Barber's *Adagio for Strings* as a memorial to 9/11 throughout their broadcasts for days. It is truly the saddest music ever written, enrapturing listeners with its lyric beauty as few laments have. It has become America's secular hymn when grieving for our dead. Written in 1936, by Barber at age 26, as the slow movement of his string quartet, the *Adagio* premiered as an orchestral work two years later under the baton of Arturo Toscanini. It has been featured in a number of movies including *Platoon*, and some of us older folks may remember it played at funerals and memorials following the deaths of Presidents Roosevelt and Kennedy. I have played this work a number of times and find the emotional tension leaves my feelings raw. You can listen/view performances on YouTube and/or read Thomas Larsen's book, *The Saddest Music Ever Written*.

The critically acclaimed film, *United 93*, (Netflix) directed by Paul Greengrass, premiered on April 26, 2006, at the Tribeca Film Festival in New York City. It was the first Hollywood feature to draw its narrative directly from the September attacks and features the actual air traffic controllers from the disaster including a young friend of mine, a military air traffic controller at the time. The roles of one of the flight attendants, the two pilots, and many other airline personnel were filled by actual airline employees. The dialogue, which was mostly improvised during rehearsals held with the cast, was based on face-to-face interviews between actors and the relatives of those they portrayed. Almost none of the passengers in the film are referred to by their names. Their identities remain anonymous, emphasizing the co-operation between the passengers rather than any individual heroics (as well as recognizing the fact that strangers on an airplane would not know each other's names). (Wikipedia, accessed 9/27/2021)

Sadly, the death of 2,753 lives lost at the World Trade Center seems eclipsed by deaths from exposure to toxic pollutants in the air that remained for weeks and months after the attack. Cancer, respiratory conditions, and other ailments continue to emerge. By some estimates, more than 400,000 people in Lower Manhattan, including those who lived, worked, and studied there, were exposed to toxic materials. According to officials at the CDC, 4,610 responders and survivors enrolled in the World Trade Center Health Program have died during the last 20 years and the number is in fact probably higher given that many who died were not enrolled in that program or did not know their illness was related to 9/11. (New York Times, September 11/12, 2021. Accessed 9/25/2021.)

While we must never forget that fateful day, the aftermath, and those charged with the destruction, we must continue to pray for all effected by this attack. And we must not condemn a race/religion for the acts of a few. As Afghan refugees arrive in the US, a small town in Virginia has already exposed different versions of America: one welcoming the evacuees with donations and compassion; the other apprehensive and suspicious, flooding the town with unfounded rumors about the residents' safety. Almost 6,000 men, women, and children have been temporarily evacuated to Fort Pickett on the outskirts of Blackstone, Virginia. There are now more refugees than Blackstone residents. The timing of their arrival around the 20th anniversary of 9/11 was unfortunate, but necessary. (Washington Post, 9/25/2021. Accessed 9/25/2021).

HEALTH UPDATE

By Dr. Ed Rather

Happy October everyone. I hope this month finds you safe and well.

1) I was thinking recently about my visit in a rehab center, where I met the nicest man. His wife at age 62 had had a stroke. It reminded me of the mnemonic FAST, which is used for stroke awareness. I think it's good to remind us all about it:

F indicates unevenness of the FACE.

A is for one ARM drifting down, usually without control.

S is for change or slurring of SPEECH.

T is for TIME, which means if these signs are present, we should call 911 and get immediate attention, since early use of clot-breaking drugs can stop the stroke.

2) We are hearing daily about COVID-19 vaccinations and whether people will be getting them or not, for some unknown reason, since 97% of the doctors in the United States have been vaccinated by now. But, flu season is coming whether we like it or not, and we should definitely be getting our influenza vaccine this year. Last year was amazingly low with cases of flu, and the reason obviously was social distancing and the wearing of masks. This probably will not be as prevalent this year, although we should think about mask-wearing when we are in groups, particularly inside. I always try to make October 1 my and Kay's date of getting our flu shot.

3) By the way, diagnosis of Covid illness has been so difficult with swabs up your nose, which feel like they're going through the skull, or using the gold standard of PCR, which takes 24 hours, that there is a group of researchers at Harvard in their Institute of Biologic Engineering who appear to have found a great technique using saliva only and gene editing to diagnose Covid. It is user-friendly and can diagnose Covid and the variants of COVID-19 in approximately one hour. In an article in the "Journal of the American Medical Association," September 14, 2021, p. 901, it states that this new technique is at least 95% accurate.

4) For people who suffer migraines, I think this is helpful information: a recent study in the "British Medical Journal," July 1, 2021, p. 374, states that a diet rich in Omega-3 fatty acids seems to reduce the frequency and severity of migraines. Oftentimes, our diets contain more Omega-6 fatty acids instead of Omega-3's. These both are lipid mediators, but industrialized foods contain more Omega-6 fatty acids instead of Omega-3's. The Omega-3 by-products assist in reducing pain, whereas Omega-6's are associated with increased pain. Look up Omega-3 food types. Medications which are taken during the prodrome, or early signs of migraine headaches, are still the treatment of choice.

Until next month, take care and get your flu vaccine.

Your friendly, but retired dermatologist, Ed

PRESCHOOL NEWS:

In September, the students at Saint Thomas Episcopal Preschool (STEP) were busy with apple tasting, playing with Magna tiles, learning math skills, and developing fine motor skills through painting.



**Coming up: please join us on Friday, October 29 at 10:00 a.m.
for our annual costume parade!
Join in the fun by decorating your car and dressing in costume!**

***FYI: We are still collecting recycling to benefit the preschool.
Please bring your cans and plastic bottles!**

HAPPY AUTUMN, EVERYONE!



*For submissions (poetry and otherwise) contact:
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