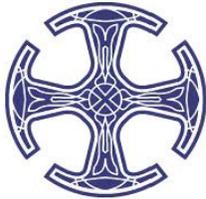


*Saint Thomas of Canterbury Episcopal Church*  
**CANTERBURY TALES**

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~ SEPTEMBER 2021 ~



**A SPECIAL MESSAGE FROM OUR BISHOP'S WARDEN:**

Dear Sisters and Brothers in Christ,

Change is a scary thing. I know. I am a doctor in change. For those of you who may not know, I have a Ph.D. in Organizational Development and Change. As a scholar and practitioner, I have spent most of my entire career helping organizations develop and navigate change. Can I tell you a secret? Change still scares me; more so when I think about changes occurring that impact one of the most important parts of my life: my walk with Christ.

It is fair to say that Saint Thomas of Canterbury has had its fair share of change. Letty and I have worshiped here since 2006. While we left in 2010 due to a job change and came back four years later, this has been our home. And we have seen lots of change. We relocated from a strip mall to this campus, have been served by two vicars and a priest-in-charge, numerous members of the BC have been voted on and termed off, we closed a thrift store, a few directors have served our preschool, and we have seen hundreds of friends who have left for various reasons.

Two things have remained consistent about all this change. The first is that God has been and will always be with us. Two verses come to mind when I think about that. The first is Malachi 3:6, which reads, "I the Lord do not change. So you, the descendants of Jacob, are not destroyed." Our God is faithful and loving. The second verse is Deuteronomy 31:8, "The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged." That verse tugs on my heart. The second thing that has remained true is that we have come through the other side. While it hasn't always been easy, we have come through.

Today we find ourselves starting another change – looking for an interim priest who will then help us find a new vicar. I wanted to take a moment and share with you where we are in this process. As Canon Lynch mentioned in her last visit, we expect this calling process to last close to 18 to 24 months. In the meantime, we are looking for an interim priest. An interim priest will help Saint Thomas enter a calling process of discernment and healing. We have been informed that the diocese has two potential interims for us to review. The Bishop's Committee hopes that in the next few months, we will have an interim priest in place. Several of us, including members of the congregation, will be called to help with the calling process for a permanent vicar once it begins. As we get more updates, we will let you know. One last comment on this: it is a blessing and a Godsend that Father David is with us throughout this process. Amen.

I do have one final thought in *An Everyone Culture*. In *Becoming a Deliberately Developmental Organization* by Robert Kegan and Lisa Laskow Lahey (2016), the authors discuss how organizations grow and navigate change. They put forth a “formula” that I’d like to share with you. It seems relevant. They posit this, “A Better You + A Better Me = A Better Us.” As we go through this transition, you might be asking what does a “Better Me” look like. I’d like to offer these to think about:

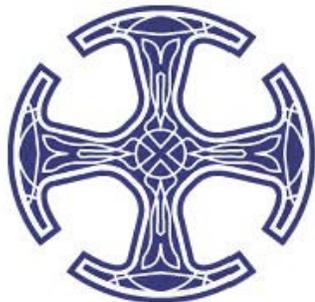
- Are you closer to Christ today than you were yesterday?
- God has uniquely gifted us. What earthly good are we doing with our God-given talents?
- What can we do to help Saint Thomas of Canterbury not only navigate this change but thrive?

On that last point, below is a list of the current Bishop’s Committee Members. They faithfully serve Saint Thomas. You will see that they have been designated as point people in certain areas.

- Frank Rojas – Senior Warden, Administration, and Finances
- Jon Floth – Junior Warden, Facilities
- Warren Rippe – Worship, Music, and Pre-school Liaison
- Kathy Widelski – Liaison to Outside Groups
- Ann Little – Welcoming, Recruitment, Community Liaison
- Allan O’Neil – Outreach
- Cynthia McCormick – Communications
- Vince Walton – Formation and Technology
- Deb Mitchell – Clerk, Stephen Ministries, Pastoral Care, Prayers and Squares.

If you have ideas, suggestions, or feel called to serve, please reach out to the appropriate person. If you have any questions, comments, or concerns, please let me know. My email is: [rojas1012@yahoo.com](mailto:rojas1012@yahoo.com), and my mobile number is: 626.255.0475.

In service to Christ,  
Frank Rojas, Ph.D.



<b>CANTERBURY TALES</b>	
<b>SEP 2021 Vol 42 Issue 9</b>	
Bishop’s Warden’s Letter.....	1-2
Schedule & Announcements...	2-5
Church Events.....	5
Preschool Events & Photos.....	6
Sacred Ground.....	7-8
Health Update.....	9
Thank You & Goodbye.....	10
Poet’s Corner.....	11-12

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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?



With the resumption of in-person services and the possibility of two inside services again each Sunday, the Altar Guild needs your help. We are looking for individuals who can help with the 9:30 am service. Training is provided and the time commitment is reasonable and fulfilling. It's interesting to learn about the various items used, their function and names, and how it all comes together! Contact Elena Gimpel: [lonelena@msn.com](mailto:lonelena@msn.com) for more information.



### \*CHURCH ANNOUNCEMENTS\*



#### Prayer Meetings/Bible Studies

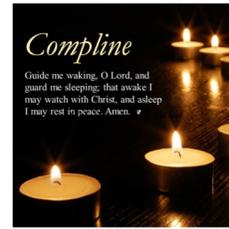


**\*With changing CoVid restrictions, watch for notices regarding hybrid In-person/Zoom meetings.** For Zoom access, use the same Sunday worship link and passcode. Meeting ID: 809 865 440, or participate by Phone +1 669 900 9128. Password: 469008.

**\*“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.



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

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## FLOWER AND CANDLE DEDICATIONS FOR AUTUMN



To make a dedication, please send a note to the church or email **Elena Gimpel (lonelena@msn.com)** 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.*

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## 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. Contact **Virginia Patton. Hilligoss@verizon.net**.



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## 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
- 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: 951-302-4588.

### Are you musically talented?



publicdomainvectors.org

We are looking for those interested in making a joyful noise...Whether you play an instrument, enjoy singing (on your own or in a group), or would love to participate in another musical way, please reach out to **Warren Rippe (travis124@verizon.net)**. Music makes the world a better place!

### 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, September 11.  
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.

## SAINT THOMAS EPISCOPAL PRESCHOOL EVENTS

In August our students enjoyed the last of our Summer Fun Weeks! We ended the summer with the Olympics! Our students were amazing athletes!!!



The teachers have worked extremely hard to get the classrooms cleaned, organized, and ready for the 2021-2022 school year! We had the first day of school on Wednesday, September 3<sup>rd</sup>, and everyone is excited!!!



## **RACISM IN TEMECULA? Why we need to study “Sacred Ground!”**

**By Dr. Deb Mitchell**

Two events recently caught my undivided attention: a Temecula City Council meeting and the home football game between Temecula Valley High School and Moreno Valley’s Valley View High School, Friday night, August 20<sup>th</sup>. Both made national news.

I’ll tackle the football game first. Sadly, the Moreno Valley, Valley View High School Cheer Leaders squad was subjected to racial abuse from TVHS students.

Kenya Williams (squad coach for VVHS) said 18 varsity and junior varsity cheerleaders were invited to the Temecula Valley High sideline by their cheer captains to watch the performance, which is tradition. But as soon as the girls approached the home team’s side, “they were met by boos, loud enough to hear from our side of the field, and it took a while to stop. Most of the cheerleaders present that night were young women of color,” Williams said. Seven are Black. “One of their flag girls called one of my girls a B\*\*\*\* for stepping or almost stepping on her flag,” Williams’ said. (The San Bernadino County SUN, published 8/24/2021, 3:13pm/updated 8/24/21, 7:42pm)

As the Valley View team headed to the snack bar after the halftime show, they passed a section of home-team fans. “A group of students started making monkey noises,” Williams said, “And there were adults in the crowd who either participated, or didn’t make a point to try and stop it.” As the cheerleaders made their way to the crowded snack bar, they were “being pushed” and “blocked” by TVHS students, so they linked arms to try and stay together. While standing in line, Williams said TVHS students made snarky, racially-charged comments towards the team. Several Temecula students tried to grab the cheerleaders’ hands, and one of the Temecula students “even touched a girl’s hair, a complete violation of her space.” “Then they heard comments saying they were ‘on the wrong side,’ that they’re ‘not supposed to be here,’” Williams said. “That was the last straw that they felt unsafe and we had to leave.” After being traumatized, the VVHS squad coach elected to remove her squad during the third quarter. (Ibid)

According to the latest data (school year 2019-21) from the California School Profiles website, the TVHS’s student body is nearly 49 percent white and less than 3% Black, while VVHS is more than 13 percent Black and 9.5 percent white. (<https://www.ed-data.org>. Accessed 8/24/2021)

"It hurts," Tony Kingsberry, a Black man whose 14-year-old daughter attends Temecula Valley High School, told NBC Los Angeles on Monday. "And people just don't understand that pain." (NBC Nightly News, August 23, 2021) According to Friday-night bystanders, the hate language was unprovoked.

TVHS Principal Allen Williams sent a letter Saturday night to the Golden Bears community that stated, "Our school district embraces diversity and strongly condemns hate speech and offensive, hateful language or racial intolerance of any kind on the sports fields, in school buildings, or anywhere on or off school premises. We will hold anyone found to have used such language while representing any of our schools accountable for their words and actions." (Temecula Patch, 8/23/2021)

In the wake of the incident, Moreno Valley Unified School District Superintendent Martinrex Kedziora issued a statement branding the abuse "unacceptable" and confirming an investigation would take place. "We are working closely with the Temecula Valley Unified School District to conduct an investigation regarding this unfortunate incident to ensure this situation is addressed appropriately and in a timely manner," Kedziora said. (The SUN, published 8/24/2021, 3:13pm/updated 8/24/21, 7:42pm)

A representative for the CIF Southern Section, the governing body of high school sports in most of Southern California, said Tuesday his office is aware of Friday's incident and is waiting for the districts to make their findings. (NBC Nightly News, August 24, 2021)

On Monday, a small group of Temecula Valley High School students gathered outside their main campus to protest against the actions of those at the game. According to Patch.com, around 50 students attended the rally, holding signs bearing messages of support like "I Stand With The Valley View Cheer Team," "All Students Deserve To Feel Safe" and "Hate Has No Home Here." (Enrollment is approximately 2,900 students.)

Social justice group Temecula Unity raised more than \$1,600 for Valley View High's cheer program, and plans to deliver pizza to the team Wednesday, Aug. 25. Several Temecula Valley High student clubs have written letters and cards of support, Unity members said. Coach Kenya Williams said she was "blown away by the support." "It tells me that there are people out here who see a problem, and are willing to help make this better," she said. "These girls were traumatized by what happened ... But they are excited, resilient, and will not let this define their season — they will rise above this." (San Bernadino County SUN, Ibid)

The second event occurred in a contentious, **7-hour**, community debate at the April 27 livestreamed Temecula City Council meeting regarding the commission on race and diversity. The REDI Commission – Racism, Equity, Diversity and Inclusion acts as a watchdog for racial incidents such as occurred at TVHS. That decision for the debate came after many city residents spoke at council meetings, calling for the panel's dismantling and to say they don't believe racism exists in their city. The renewed debate stemmed from recent controversy around newly-elected Councilmember Jessica Alexander, who became the subject of public backlash after her comments at the April 13, 2021, council meeting. Alexander said she "cannot" and "will not" wear a mask during the coronavirus pandemic, and compared her fight against wearing masks to the struggle of civil rights activist Rosa Parks. Alexander made local and national headlines, including a segment that mocked her on "The Late Show with Stephen Colbert." (<https://temeculaca.gov>)

Created in summer 2020, the Race, Equity, Diversity and Inclusion Commission consists of seven appointed residents who discuss these topics in the city. The panel, which began meeting in January, was blasted by many who spoke at the April 27 meeting, that the commission is a waste of resources, and argued the city already is diverse, equal and inclusive. "Do away with the expense of the commission and eliminate it," resident Denise Taylor said. "The citizens of Temecula do not want this and did not vote for the commission." But others at the meeting, and in the community, defend the commission, calling it an opportunity to have more voices at the table.

While I don't expect you to watch this 7-hour debate in its entirety (I admit I did and was appalled and sickened though I am not blind to racism in our community), I do suggest you visit the city council website and listen to some comments. Cynthia McCormick and I will be leading another session of Sacred Ground on Zoom this fall (To Be Announced). We hope that you will prayerfully consider joining us.



## **HEALTH UPDATE**

**By Dr. Ed Rather**

Hi there. Well, I'm back it. Hope all is well with you! This month, I wanted to go over a few things which I hope tweak your interest.

A little historical information to start: I wonder how many of us have heard of and appreciate the Blackwell sisters? If you are a stamp collector you might remember a U.S. stamp issued some years ago to honor Elizabeth Blackwell, M.D. She was born two hundred years ago and became the first female physician graduate in the United States, attending Geneva Medical College in New York. Her sister, Emily Blackwell, M.D., was six years younger and attended Rush Medical College in Chicago and completed her studies at Cleveland Medical College, which is now Western Reserve. Dr. Emily became a very fine surgeon and has not received the recognition that her sister, Dr. Elizabeth, has, although Dr. Emily may have been the more gracious and well-trained doctor of the two.

Quite a few of us have heard of Metformin hydrochloride which is a common medication used in treating Type 2 diabetes mellitus, or T2DM. It is an oral drug instead of insulin, which is used in treating type one and sometimes type two diabetes. Now don't go running to Mexico to buy Metformin, but there are some good studies indicating that metformin may actually aid in lowering the risk of certain cancers such as breast, colon, and pancreatic, and it now is being studied with different types of skin cancer. Metformin does have anti-tumor properties which may prove to be beneficial, so more on this later.

I want to emphasize the importance of studying medications and their potential side effects and not "jumping the gun" on deciding to do something yourself without understanding the potential dangers when we are not careful. This happened last year with bleach exposure or taking Hydroxychloroquine in trying to protect us from Covid-19. Now, instead of respecting and following the scientific method, certain people have decided that they know more, think doctors have some other objective than caring for us, don't believe that the vaccines are incredibly safe, and then decided to take Ivermectin, a drug most used to treat parasitic worms in horses and cattle. It can be used in parasitic disease in humans, but definitely can do us in, if not monitored and taken in a carefully prescribed dose. Also, once again, there is no evidence at this time that it benefits Covid-19 infection at all. And, by the way, more than 95 percent of all doctors in the country are vaccinated!

Speaking of Coronavirus-19, as it is mutating now to Delta and Lambda variants, we may not be as well protected as we were before. Of course, we all know that this has happened because of the non-vaccinated, who are spreading Covid and causing variants to have an opportunity to grow. Some of us can experience breakthrough infection, so we still must be careful with social distancing and masking, particularly inside and in crowded areas. Please be aware, so we can protect each other and get through this. Just be ready for the third shot as a booster!

Lastly, in FDR's final speech in 1945, which was not given, President Roosevelt had written, "The only limit to our realization of tomorrow will be our own doubts of today." I think we can easily apply this in our own lives in appreciating and believing in each other and knowing we can differ and still be friends.

Happy September from your friendly and retired Dermatologist, Ed

**GOODBYE AND THANK YOU  
TO OUR PRESCHOOL DIRECTOR CHANTEL AND FAMILY**

Come celebrate our beloved Chantel as she and her wife Catie and their family head up to Northern California to start the next chapter of their lives. In addition to being a long-time member of STOC, Chantel has been a STEP pre-school teacher, and more recently the Director. Chantel and Catie have also been very generous with their time, volunteering many hours to STOC community outreach events.

We will be gathering at AKASH Winery on Saturday, September 11, at 5:30 p.m. AKASH is one of the valley's newer wineries, serving both beer and wine. They have a food truck every Saturday, as well. AKASH will be open until 8:00 p.m.

Please let us know if you are able to attend. All are welcome!

**To RSVP or if you should have any questions, please email Cynthia: [cs McCormick@gmail.com](mailto:cs McCormick@gmail.com)**

AKASH is located at: 39730 Calle Contento, Temecula  
951-888-1393



## **POET'S CORNER**



Upon Visiting Ground Zero  
Manhattan Island (NYC), January 4, 2002  
By Arija Mortlock Applegate

No amount of souvenirs,  
Nor time spent viewing  
The church's wall of tears,  
Could ever erase the pain,  
Or turn back the clock  
To avoid the reign  
    Of terror,  
Or the rain of soot and ash  
Which fell that day,  
Please take back the events of September 11, 2001, we pray...

Because we struggle to comprehend,  
We wait in line around the bend  
Of Church Street.  
It seems almost shameful  
To buy and sell souvenirs,  
Photos taken of past and present years.  
I told myself before we went  
I would not minimize this horrid event  
By snapping photos or having money spent.

Though somehow when we reached Ground Zero,  
And gaped in awe upon the resting place of heroes,  
I did not know what else to do,  
But to say some prayers  
For all those souls who  
    Perished,  
Never to go home again.  
I somehow felt I had to bring home with me  
Some evidence, some memory,  
Of who and what once was  
And never again will be.

But, to this place, I brought love and prayers  
Of family and friends who could not travel with us here,  
For love, above all, conquers fear.  
We fused this positive energy  
With the lost spirits, in elegy;  
Thus, forged the circle together again,  
That which had been broken--life's fragile chain.

It seems fitting, too,  
To see the end of society's innocence,  
Then to begin this year anew;  
More aware, more grateful,  
To have the opportunity of going home,  
-hopefully, less hateful.

This city I have always loved,  
It has held my roots for 100 years.  
To this place, I've come again.  
Like many others, I stood and stared;  
I shook my head,  
To see if this tragedy was real,  
Then, let fall my

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**In honor of those lost 20 years ago  
in NY, PA, and DC**



*For submissions (poetry and otherwise) contact:  
Arija (Aria) Applegate, Editor. [akmapplegate@yahoo.com](mailto:akmapplegate@yahoo.com)*