

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

☞ LENTEN SEASON ☞

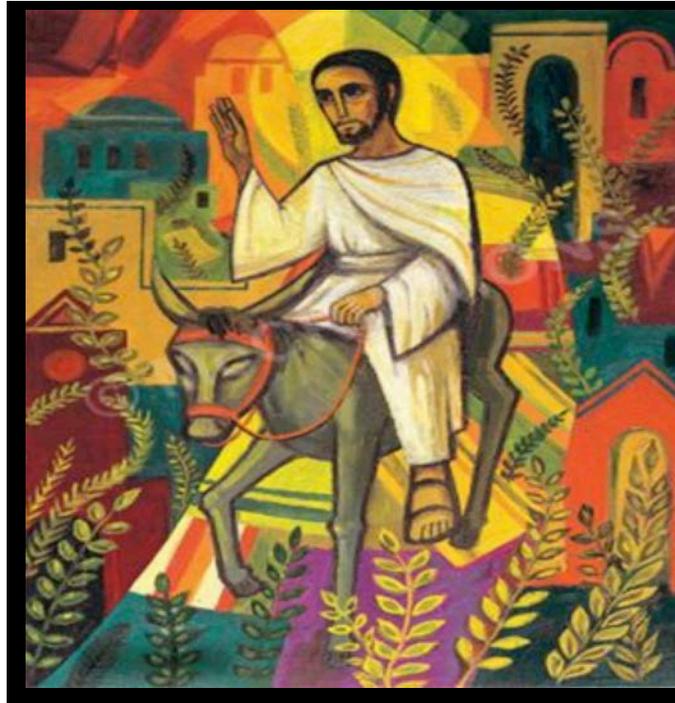
Dear St. Thomas family,

Transition is in the air. We have just learned that Bishop Mathes has accepted a new call at the Virginia Theological Seminary. If you want to read more about his new venture, go to [www.edsd.org](http://www.edsd.org) and read his letter to the diocese. I am sure you join me in wishing him and his wife, Terri, a happy transition and satisfying ministry at VTS. He has accomplished a great deal during his episcopate here in the Diocese of San Diego. He leaves the diocese in a healthy position, ready for the next Bishop to be elected in the next year or so. Our prayers of gratitude for his ministry join others around the diocese.

Here at St. Thomas the transition continues between the former vicar and the vicar yet-to-be called. The diocesan staff and Bishop paid a visit in January to work with the Bishops Committee to move the process along. At this time there is no news to share; however, rest assured that the process of finding a new vicar is in the works. Keep St. Thomas in your prayers as the new vicar calling process proceeds!

Meanwhile we have elected new members of the Bishop's Committee and have been redesigning portfolios of mission for the members of the committee. St. Thomas has excellent leaders and its future is carefully considered in all decisions.

The liturgical transition we are in the midst of experiencing is the one from the season after the Epiphany into Lent. Ash Wednesday is March 1. Shrove Tuesday will provide us the opportunity to celebrate the conclusion of the season after the Epiphany. Mardi Gras (Fat Tuesday) is a great tradition in the church to feast before the long fast of 40 days and 40 nights of Lent when a different hue of spirituality ensues. Open your minds and hearts to the possibilities that the



Lenten season provides.

Look for the calendar of events and services and plan to participate as fully as you possibly can. Being a community which feasts and fasts together is a beautiful thing. We are so very fortunate to have a church home and a vibrant community to share the blessings bestowed upon us by a loving God.

Blessings and peace,

M. Eleanor†

**FEBRUARY 2017**

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*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.*

*Important News*  
**UPCOMING EVENTS**



**CANTERBURY TRAILS HIKERS**

**CAHUILLA MOUNTAIN TRAIL  
 In Anza**

*Saturday, March 18, 8:00am*

Get ready for another beautiful day hiking with our very own Canterbury Trails Hikers. This is a moderately rated hike of 6 miles out/back with a 1404' elevation gain. For more information call Deb Mitchell.

**NIGHTWATCH 2017:  
 SAFE HAVEN**

*An overnight journey through Lent using fun, fellowship, and reflection to ponder: what is my safe haven?*

**WHEN:** Saturday, March 4,  
 5:00 p.m. until morning

**WHERE:** St. Paul's Episcopal Cathedral,  
 2728 Sixth Ave.

**WHO:** Everyone ages 11 to 18. That means, you! And bring a friend! (no need to be a church-goer to attend)

**INFO:** [stpaulcathedral.org/nightwatch](http://stpaulcathedral.org/nightwatch)

**RSVP:** Robin Taylor, (858) 342-5227,  
[taylorr@stpaulcathedral.org](mailto:taylorr@stpaulcathedral.org)

• sleep in the cathedral!  
 during fun events throughout the night,  
 explore: what are your safe havens?

• suggested donation: \$10



**LENTEN QUIET DAY**

Open to all women in the Diocese

The Rev. Martha Anderson will lead a retreat on "The Season of Lent: from Fasting to Feasting", on Saturday, March 11, 2017 9am-1:30pm, at St. David's Episcopal Church, 5050 Milton Street,



San Diego, CA 92110. Refreshments at 9:00. Program from 9:30-12:00. Talks by Martha will be interspersed with quiet times for meditation, prayer or walking the labyrinth. Worship Service at 12 with The Rev. Meg Decker, celebrant. Join us for all or part of this special Lenten Retreat. Potluck lunch at 12:45: please bring a salad or dessert to share. RSVP by March 6 to Janet Shaw.

*Saint Thomas of Canterbury Episcopal Church*  
**HOLY WEEK**

*Holy Week consists of the seven days beginning with Sunday, April 9th through Saturday, April 15th.  
We have special liturgies – Proper Liturgies – to commemorate most of those days.*

**PALM SUNDAY – April 9th**

**THE SUNDAY OF THE PASSION** is the Sunday before Easter when we recall Jesus' triumphal entry into Jerusalem and His passion on the cross. The first day of Holy Week, this day is commemorated with three celebrations of the Holy Eucharist: one on Saturday, April 8th at 5:00pm, and two on Sunday, April 9th at 8:00am and 10:15am. All three services include the Liturgy of the Palms, which will begin outside (weather permitting) in the Saint Francis of Assisi Courtyard. The procession with palms and palm crosses will go around the building to the front doors and into the church. Those who would prefer not to be outside may stay inside the church. All will receive palms and palm crosses.

**TENEBRAE WEDNESDAY – April 12th**

Tenebrae (Latin for "shadows" or "darkness") is a moving service that invites us to experience the betrayal, abandonment, and agony of the events leading up to the crucifixion of our Lord. Service begins at 7:00pm.

**MAUNDY THURSDAY – April 13th**

The Thursday in Holy Week and part of the Triduum, or three days before Easter, Maundy comes from the Latin "mandatum novum", meaning new commandment. The ceremony of washing feet is also referred to as "the Maundy." Maundy Thursday commemorates the institution of the Holy Eucharist, foot washing, and stripping of the altar, beginning at 7:00pm.

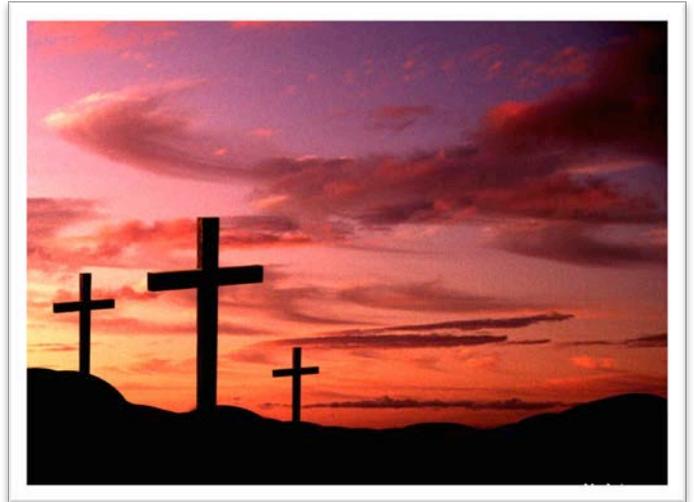
**THE WATCH AT THE ALTAR OF REPOSE**

Following the Maundy Thursday service, we honor Jesus' request that we "stay awake and pray with him for one hour that we do not come into the time of trial." A list of times is posted in the church for people to sign-up for an hour (or longer) to stay and pray at the Altar where the consecrated bread and wine, the body and blood of Christ are, until it is time for the Proper Liturgy Good Friday. There will be a short break at noon for Stations of the Cross.

**GOOD FRIDAY – April 14th**

The Friday of Holy week is the day on which the church commemorates the crucifixion of Jesus. It is a day of fasting and special acts of discipline and self-denial. The Liturgy includes Matthew's account of the Passion Gospel,

a solemn form of intercession known as the solemn collects, and the veneration of the cross. The Eucharist is not celebrated on Good Friday, but Holy Communion is administered from the reserved sacrament. Stations of the Cross will be held at noon and the Proper Liturgy at 7:00pm.



**SATURDAY – April 15th**

This is the Saturday after Good Friday, which recalls the day when the crucified Christ visited among the dead while his body lay in the tomb of Joseph of Arimathea. There is no celebration of the Eucharist on this day. We will commemorate this day with the Proper Liturgy at 10:00am.

**EASTER EVE – April 15th**

This is the Saturday evening before Easter Day. The Great Vigil of Easter is intended as the first celebration of Easter. The service begins in darkness and consists of four parts: The Service of Light (kindling of new fire, lighting of the Paschal candle, and the singing of the Exsultet); The Service of Lessons (the reading from the Hebrew Scriptures interspersed with psalms, canticles, and prayers); Christian Initiation/the Renewal of Baptismal Vows; and the Eucharist. The occasion is commemorated with the Great Vigil of Easter at 7:00pm (There will not be a 5:00pm service this day.)

**EASTER SUNDAY – April 16th**

We celebrate the resurrection of our Savior on Easter Sunday with services held at 8:00am and 10:15am.

*Preparing for Easter*  
LENTEN FRIDAYS

St. Thomas welcomes all to attend our Lenten Friday programs. The evening begins with the Stations of the Cross. A time of fellowship follows with a shared meal of Soup and Bread. After the supper, there will be a discussion using the booklet, *Living Well Through Lent 2017: Listening With All Your Heart, Soul, Strength, and Mind*. As we journey through Lent toward Easter, the weekly discussions will help us focus on developing a deeper connection between our faith and our capacity to listen.



Stations of the Cross ~ 6:30pm  
Soup & Bread Supper ~ 7:00pm  
Lenten Discussion ~ 7:30pm  
*The topics are as follows:*

- Friday, March 3: Listening in the Wilderness
- Friday, March 10: Listening as Being Fully Present
- Friday, March 17: Cultivating the Discipline of Listening  
*(To Be Led by our Youth)*
- Friday, March 24: Listening to the Whispers
- Friday, March 31: The Healing Power of Listening
- Friday, April 7: Listening for and to God's Voice

All using the Lenten Booklet *Living Well Through Lent 2017:  
Listening With All Your Soul, Strength and Mind*  
(available in the Narthex)

THE SIGN-UP SHEET TO BRING SOUP OR BREAD FOR THE SOUP SUPPER IS LOCATED IN THE NARTHEX.

# LENTEN ACTIVITIES

## **SHROVE TUESDAY PANCAKE SUPPER and BURNING OF THE PALMS – February 28th**

In preparation for Lent, we will gather on **Shrove Tuesday** for a pancake supper at **Corner Bakery**, located at 32435 Temecula Parkway, Temecula. A room is reserved for St. Thomas from 5:00pm – 6:45pm. A menu of pancake options and sign-up sheet is located in the Narthex.

## **ASH WEDNESDAY – March 1st**

Ash Wednesday is the first day of Lent, the season of preparation for the resurrection of Jesus Christ on Easter Sunday. Services for Ash Wednesday will be held at 12:00 noon and 7:00pm on Wednesday, March 1st. Ashes will be distributed at both services.

## **ADULT FORUMS**

During Lent St. Thomas is pleased to present an Adult Forum series:

### ***"What Wondrous Love: Holy Week in Word and Art"***

The five-week program begins Sunday, March 5th and will conclude on Sunday, April 2nd. The program will include video commentaries by Candler School of Theology at Emory University paired with the art of Los Angeles artist, John Swanson. Adult Forum meets in Julian Hall at 9:00.

## EASTER FLOWERS



### **Its time to make our contributions & dedications**

There are two different envelopes that you may use: 1) In each chair in the church there is an envelope marked "EASTER FLOWERS"; 2) An envelope in your packet of Offering Envelopes for Easter Flowers dated March 26. Please complete the information on the outside of the envelope, place your check in the envelope, and put it in the Collection Plate or mail it to the Church Office. You may make any size contribution that you would like. All dedications received by **April 9th** will be listed in the Easter Bulletin.

## LET'S MAKE PALM CROSSES

On Saturday morning, **APRIL 8th**, from 10:00 till noon, everyone is welcome to meet in Julian Hall to help make Palm Crosses. If you've done it before, you know this is great fun! We need lots and lots of help to strip the palm branches and to fold the branches into crosses. If this will be your first time, you're in for a real treat.

### **BRINGING PALM BRANCHES**

Of course, we also need palm branches. Please bring any and all types of palm fronds to the church on Saturday, **APRIL 8th**. We'll use the Mexican Fan Palms to make the crosses, and all other types to decorate. If possible, please wash the branches with water to remove pollen, dust, and "critters".



*Member Spotlight*  
**BISHOP'S COMMITTEE**

Introducing one of the new members of the St. Thomas' Bishop's Committee . . .

**DEB MITCHELL**  
PASTORAL CARE



I grew up in a small town south of Boston moving to California in 1970 to marry my college sweetheart and pursue a career as a teacher and professional violinist. I developed public school music programs at the elementary through high school levels in Virginia, New Hampshire, and California before completing a PhD at USC and entering higher education. Following twenty-five years serving at the university level including UCLA and the University of Massachusetts, I retired as Director of Music Education at the Cole Conservatory, California State University Long Beach in August 2016.

My career as a teacher, musician, and arts advocate has afforded me the opportunity to become involved in arts education reform at the state and national level. Currently I share my home in Temecula with my beautiful daughter, Christina, and two grandchildren, Collin and Callie. Raised an Episcopalian, I returned to the Anglican Church 10 years ago after being a communicant in both the Roman Catholic and Lutheran churches.

I have found two ministries at St. Thomas that speak to my "time and talent:" **Prayers and Squares** and **Canterbury Trails Hikers**. As I begin my service on the Bishop's Committee, my area will be Pastoral Care. I look forward to assisting our membership in their personal needs and re-introducing Stephen Ministries.

**BEAUTIFUL QUILT RAFFLE**

Would you love to own this beautiful quilt?  
Raffle proceeds will go towards the purchase  
of the defibrillator for the church and  
preschool.

Tickets are being sold for:  
1 ticket=\$5    6 tickets=\$20

Raffle drawing will be on March 5th.  
Please see Deb Mitchell or Virginia Patton  
to purchase tickets after church services.



# *Health Update*

## RESOLUTIONS FOR HEALTH



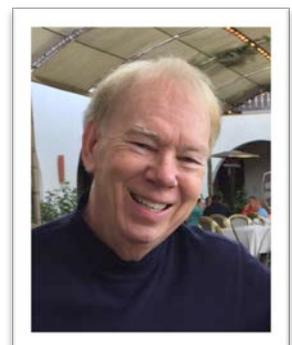
The start of a brand new year is the typical time when we try to make some meaningful Resolutions that will be beneficial to all of us. Now that it is February, I would like to share with you some thoughts from the President of the American Medical Association, who came up with a list of eight goals for improving our health in general.

1. It is best to avoid sugary drinks by drinking water, coffee, unsweetened tea or other calorie free drinks. The best sugar-containing liquids are milk or natural fruit juice. Those which are not sweetened reduce over 120 calories every time you avoid the sugary ones.
2. Know your personal risk for type 2 Diabetes. Unfortunately, one in three of us has Pre-diabetes, with a third of these progressing within five years to true diabetes. This is NOT inevitable and with healthy eating, exercising regularly, and losing 5 to 7 percent of one's body weight, we can prevent this progression.
3. Move more! We all should try for at least 30 minutes of solid aerobic exercise five days a week. Walking briskly is the easiest way to do this, and jogging, running, swimming, cycling, dancing, hiking, singles tennis, as well as other activities which get the heart rate up and maintains it is what is important. This reduces heart problems by a whopping 35%, and recent studies show that even two days on the weekend for a little longer is very helpful.
4. Decreasing our Sodium intake in processed foods is important; check the food label and see the percentages of this for the average daily desirable amount. A less confusing route is go for fresh fruits and vegetables and try to season your own food which totally controls this. Maybe, try other herbs and spices instead of salt.
5. Eliminate tobacco, and e-cigarettes are not the answer. They can also contain carcinogens/toxicants.
6. Make your home, environs, and car smoke-free. This eliminates your—and your loved ones—exposure from second hand smoke, which is vital for us all. All the information concerning cancer, heart disease, chronic coughs, etc. is still being investigated. This also may help a friend or relative to quit as well.
7. Use alcohol in moderation. One or two drinks is enough for each of us and do not forget the alcohol content can very considerable in different drinks. Alcohol abuse leads to liver, pancreas and other gastrointestinal problems, not to mention the neurological effects.
8. Manage stress. The good news here is that diet, daily exercise, and other things mentioned above all help us to do this. Deep breathing at the intersection when stopped is an amazing relaxant for our psyche! Saying "NO" to extra things in one's life is not easy but very important. And, it is never a sign of weakness to ask for help from friends, family, the Clergy, or a mental health professional.

All of us are here for each other; we are not alone in trying to help ourselves, and when we do this, we are actually helping everyone around us. So, keep up the good work St. Thomas friends and family. We can and will accomplish a huge amount this year. It is exciting to think about!

Your friendly and happily retired Dermatologist,

-- Ed



# 5th Annual SWEETHEART CAR SHOW

Saturday,  
Feb. 11, 2017

TEMECULA'S 5<sup>TH</sup>  
SWEETHEART CAR SHOW

10 a.m. - 2 p.m.  
Registration  
from 7:30 a.m.

*Sweetheart Car Show*



*Presented by:*  
**St. Thomas of Canterbury Episcopal Church**  
44651 Avenida de Misiones, Temecula

**\*Awards \* Event T-shirts \* Food \* Prizes  
\* Music by Sounds Divine**

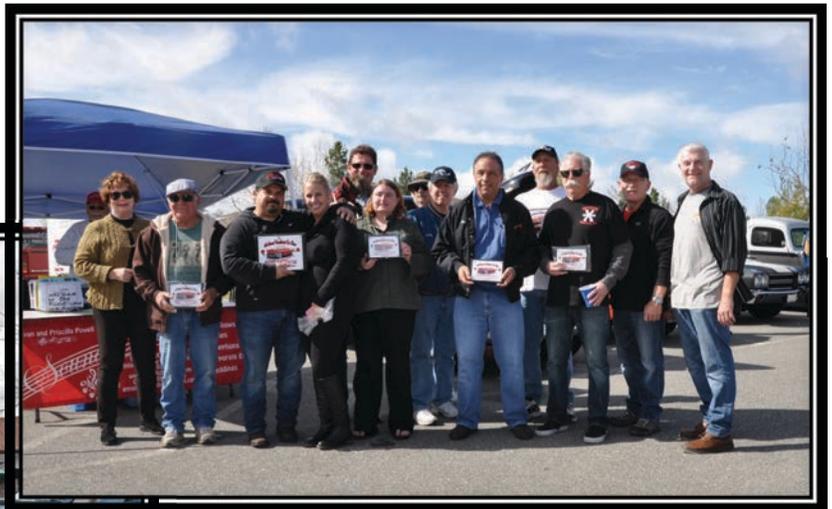
Pre-registration: \$20 (by Feb. 8, 2017)  
Day of show registration: \$25 (no T-shirt)

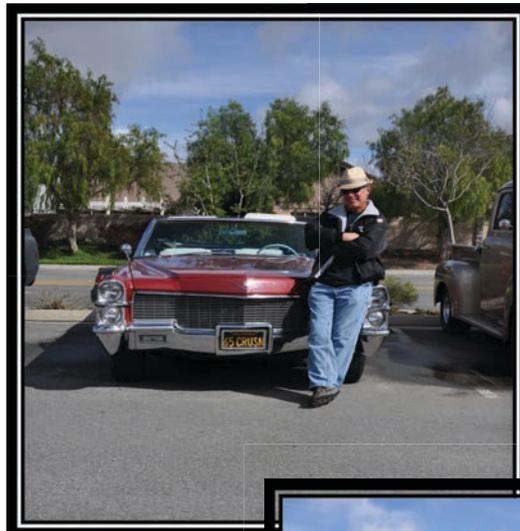
**Register online at:**  
[episcopalchurchtemecula.org](http://episcopalchurchtemecula.org)

For more information phone 724-766-1835 or 714-267-1235  
This is a pet friendly event

The rain could not dampen the enthusiasm for the 5th Annual Sweetheart Car Show. The event was a great success, with 55 cars on display. A special thank you to **Aaron Hill** for serving as chairperson and for all the volunteers who so graciously helped out. Our volunteers make wonderful events like this possible!









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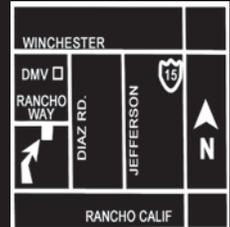
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# St. Thomas of Canterbury

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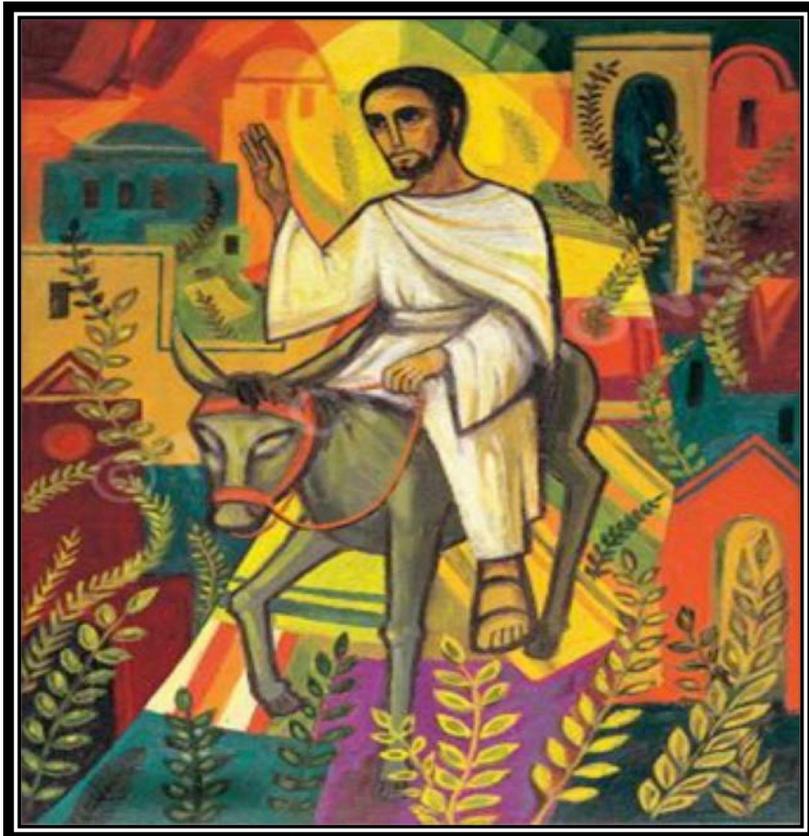
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### WORSHIP SCHEDULE

#### Saturday

5:00pm Holy Eucharist

#### Sunday

8:00am Holy Eucharist

10:15am Holy Eucharist

10:15am Children's  
Chapel/Sunday School

#### Wednesday

7:00pm Holy Eucharist

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*Canterbury Tales* is a monthly publication of Saint Thomas of Canterbury Episcopal Church, 44651 Avenida de Misiones, Temecula, CA 92592. Deadline for submission of articles and announcements is the 15<sup>th</sup> of each month. To submit information for publication please contact Tess Crawford -- [tess.crawford@icloud.com](mailto:tess.crawford@icloud.com)