

CANTERBURY TALES

✧ OUR BISHOP'S COMMITTEE WELCOMES OUR NEW VICAR ✧

The St. Thomas of Canterbury Episcopal Church Bishop's Committee, on behalf of the entire congregation, heartily welcomes our new Vicar, Father Tim True, his wife, Holly, and their children, Christiana, Victoria, Hannah, Emily, and Emmett. St. Thomas of Canterbury has been on a long, somewhat rudderless journey without a Vicar for these past 20 months. We have all eagerly looked forward to August 1, 2017, when that journey comes to an end with a fresh beginning. WELCOME FR. TIM! All of us are very pleased and excited that you made the decision to accept our call as our new Vicar, and we look forward to you becoming our spiritual leader, guide, and friend. After Fr. Robert departed in December 2015, our congregation was challenged to learn a lot about itself very quickly, and we had to transfer what we learned into ways to sustain our

church community with our new knowledge. Mostly, what we learned was survival, perseverance, and volunteerism.

Without a permanent Vicar, we learned how to become a church of willing participants, each agreeing to give of their time to ensure that the work of the church continues. We dug deep within ourselves to maintain our church community. We have learned that we, the members, ARE the Church...we ARE the Community. We have learned that the success of the community falls on the shoulders of its members. We have learned that what those members are, the community shall be; and, we

learned that the Community we have built and maintained is a strong one!

Without a Vicar, members have volunteered to lead Evening Prayer each Wednesday evening, instead of having the Eucharist we used to have. We have led Stations of the Cross and held Lenten Soup Suppers, with members providing leadership for the post-devotional discussions. We have held two Car Shows, two church picnics, wine and cheese events, a very successful church-wide rummage sale, a successful silent auction, and numerous other hospitality and fellowship events. We have hosted several

Bishop visitations. We have worked together to raise money for additional furnishings within the church to include beautiful Stations of the Cross and the purchase of a new AED to have in place for potential emergencies. Volunteers have worked in the church office each day to



ensure the office remains open and the work continues to get done. The Nursery is open every Sunday, and our children still have a Sunday School to attend. We have had new volunteers step up to continue to publish the Canterbury Tales, prepare the bulletin, maintain the website, and send out email blasts so that our members stay informed and connected. We continued our outreach to the larger community, providing foster kids at Rancho Damacitas with school supplies and birthday gift cards, preparing breakfast for the Temecula Shelter, donating both human and pet food to those in need, and visiting the Wounded Warriors at Camp

Pendleton. Additionally, our school, under the professional leadership of Darlene Versteegh, has continued to thrive and grow, enhancing our overall position within the community and adding to our financial health.

In fact, maybe we have surprised ourselves at how much we have learned and how much we have accomplished; BUT, we have only maintained. Now comes the time for us to grow and thrive under the leadership of our new Vicar.

The Bishop's Committee, under the dedicated leadership of our Senior Warden, Peter Mandery, has worked hard to maintain the church and continue to move it forward during these challenging times. The Bishop's Committee has organized the church's ministries into portfolios, so that each member has a designated area of responsibility. In the past 20 months, we have concentrated on building these portfolios to carry out the missions of the following ministries: Administration, Christian Education and Formation, The Church in the World Ministries, Communications, Community Engagement and Development, Evangelism and



Incorporation, Fellowship and Hospitality, Pastoral Care, Pet Ministry, Stewardship, Youth Activities, and Worship. Each of these ministries plays an integral role in the health and well-being of St. Thomas and its members.

Each Bishop's Committee Member is looking forward to sharing the inner workings of their specific ministry with Fr. Tim, and we are all anticipating the benefits of his overall guidance on ways to enhance, improve, and expand them. We eagerly anticipate the leadership and spiritual guidance our new Vicar will

bring us. We especially look forward to working together with Fr. Tim to continue to develop St. Thomas of Canterbury into the thriving church community we all want and know it can be. We also look forward to Fr. Tim helping us grow our church and move us toward the realization of our dream: to becoming a Parish in the Diocese of San Diego and to change Fr. Tim's title from "Vicar" to "Rector"!

Bishop's Committee Members pictured: Top Row: Jon Floth, Jack Bundy, Steve Lee, Peter Mandery; Front Row: Virginia Patton, Jean Hicks, Irene Eisenhut; Not pictured: John Crawford, Pat Grannan. Deb Mitchell



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.

AUGUST, 2017 VOLUME 37, ISSUE 8

Upcoming Events	3
Member Spotlight.....	4-5
Health Update.....	5
Youth Member Spotlight.....	6
July Milestones.....	7
Stephen Ministry	8
Blessing of the Backpacks..	9
Dinners All Around	10
Members in Action	11-14
Sponsors	15

UPCOMING EVENTS

WELCOME FR. TIM TRUE AND FAMILY—Sunday August 6 after the 10:15 Service

BOOK DISCUSSION GROUP -- Monday, August 7 at Noon

The Book Discussion Group meets in the St. Benedict Conference room from 12 noon to 1 PM. The group is reading *Democracy* by Condoleezza Rice. This is a book of wide ranging observations on democracy in the world today based on the former Secretary of State's life experiences, academic background, and perceptive observations. Even if you have not been reading the book, please come and share your views and interests. This is an informal group that meets on the first Monday of the month and is open to anyone interested in lively discussions on diverse subjects. Please call or email Bill Liesman for more info.

MEN OF ST. THOMAS (MoST) – Saturday, August 12 at 8:00 am

MoST is an informal fellowship that meets each second Saturday of the month at 8:00 am for a potluck breakfast, brief Bible Study, and 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!

BLESSING OF THE BACKPACKS—Saturday August 12 and Sunday August 13 during each Service

For students of all ages as they return to school—a St. Thomas tradition. See page 9.

YOUTH GROUP KICK OFF BBQ—Saturday August 26 from 2:30-5 pm

Youth in 6-12 grades are welcome to the Walton family residence—see page 7 for details

DINNERS ALL AROUND—Saturday, August 26 from 6:30 pm

At Bridge on Third pub in Old Town Temecula—See the details on page 10 of this issue.

LAKE ELSINORE STORM BASEBALL—Sunday August 27 at 5 pm

Plan on attending this always fun outing to the local Class A minor league team of the Padres. St. Thomas members will meet at 4:30 PM in the parking lot of the The Diamond to get tickets together. This is the special Church Bulletin BOGO game. See the sign-up sheet and all other details in the Narthex

Looking Ahead to September

Canterbury Trails Hikers

Our annual New Year's Day hike up Stonewall Peak in Cuyamaca was snowed out...yep, snowed out. Bummer! (We did hike it two years ago but after a snow storm.) We certainly needed the rain which unfortunately played havoc with our hiking schedule again in February. The hike group decided not to go forward with our March hike since I was called back east due to a death in the family. April and May became problematic because of the Easter holidays and previously scheduled church activities falling on Saturdays. We will resume this fall with hikes in September, October, November and December.

How do I join?

Contact Deb Mitchell via text (951-440-1919) to be added to email list.

Where do we meet?

We meet in the church parking lot, 8 AM, on hike day. I will provide maps to our destination and we can also carpool.

What do I need?

The Torrey Pines hike requires only sturdy tennis shoes, sunscreen, 1-2 liters of water, and lunch/healthy snacks (protein bars, fruit, etc.). Hiking boots are strongly recommended for all other hikes as well as a backpack with a hydration /system. I don't recommend hiking in jeans as they can cause severe chaffing. I have CPR training and carry emergency medical supplies; otherwise, Melissa Christiansen is our "resident" nurse practitioner/hiker also carries emergency supplies. I will provide a list of supplies for each hike. Mark your calendars:

September 30th, Saturday: Moderate hike at Torrey Pines State Nature Reserve in La Jolla to start the season. The Torrey Pine is the rarest pine tree in the United States and is an endangered species. You can only see them here and on the Channel Islands. We will hike down Razor Point Trail to the beach, play in tide pools, swim (?) and eat lunch and head back up via Broken Hill Trail to South Fork. Approximate distance is five miles. Great hike for kids.

Members Spotlight

CHURCH OFFICE VOLUNTEERS

Meet the Dedicated Women Who Help Make Our Church Office a Daily Community Resource



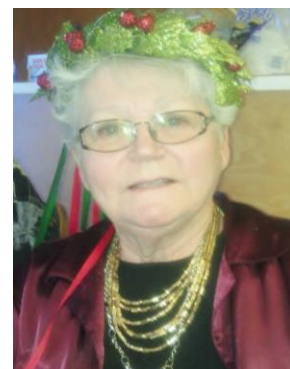
Liz Barclay is our Monday volunteer. She says "Until recently, my only volunteering experience was teaching Sunday school when my boys were small. Lately, I've begun volunteering in many areas I had never considered before. I find that participation, whether in formal or casual settings, has widened my perspective, inspired my own personal and spiritual growth, and hopefully made an impact on my church community. Each new task I've attempted was usually prompted by a friend's recommendation, since I lacked the self-confidence to try it on my own. I would encourage anyone contemplating volunteering at St. Thomas to pursue it; you will be joining an enthusiastic and welcoming family."

Lani-Karyn Jones more than capably occupies the desk on Tuesdays. She is a valuable resource in part because she has regularly attended all three services during her years at St. Thomas and knows well, and is well known by, the congregation. Her unique combination of humor and empathy make her an ideal outreach contact to those that call or visit the church office. She is active in many other church ministries, including Altar Guild, and is a Lay Eucharistic Visitor, bringing communion to those in our community who are unable to attend church.



Jackie Klippert, our Wednesday volunteer, states "I have worked in the office each Wednesday for the last four years. I decided to volunteer in the office so that I could give back, in some small way, to my church family. My main responsibility is to coordinate and maintain the church events calendar. Each week I also call parishioners who are scheduled to serve at the weekend services to give them a reminder. When someone is unavailable, then Judy Pellam or I attempt to find a substitute. Making these calls has given me the opportunity to meet and greet people from other services, as well as my own. I find it rewarding that when someone needs assistance, I can direct them to the right person or help them myself. If you are in the area on Wednesday, please feel free to drop by and say hello. I am very proud of our church and as I have talked to more and more members of the St. Thomas community, I have come to realize what a truly special congregation we have."

Thursday's volunteer is the bright and knowledgeable Coral Bergman. Here is her unique perspective: "I was raised a Methodist in Montgomery, Alabama, but years in Southern California distanced me from the church. In the early 1980s, teaching at San Diego State, I discovered that, although I had grown chronologically, socially, and emotionally in the last 20+ years, I had not grown spiritually. And that was when my spiritual quest began anew. When we lived on Palomar Mountain, I helped to start a community church which is still going today. As we worked to hammer out our Statement of Faith, I became aware that those things which unite us as Christians are more, and more important, than those things which divide us as Christians. I spent over 40 years in the classroom, teaching everything from 6th grade to University graduate courses... with time out along the way to acquire a doctorate in linguistics from UCSD.



When we moved from Palomar to the ranch in Oak Grove, I started teaching at Linfield and was there for 15 years. Driving from the ranch to Temecula every day to a Christian school, I hadn't the inclination or the energy to seek a church home. When I retired from Linfield, I decided it was time to look for my church home and family. On my first visit to St. Thomas, in the last store front church on Jefferson, one of the greeters was Fran McKown. When I said I was from Warner Springs, also from there, she wanted to know where and why. Her friendship was God's gift to me,

and I eventually became confirmed as a member of St. Thomas. As I looked at my life in retirement, I knew that I needed a "service", but I don't like to drive Highway 79 at night. When I inquired about opportunities for service, Judy Pelham immediately assigned me to Thursday mornings in the office! And there I am on most Thursday mornings. I will take a break in August and September for other obligations, but St. Thomas has become my church home and beloved family, and I appreciate the chance to serve, even in the smallest of ways."



Perhaps the most familiar office volunteer is one of our longest serving members. Judy Pellam is at the desk on Fridays. As she tells it, "I have been attending St. Thomas since 1980. I usually go to either the Saturday 5:00 pm or the Sunday 8:00 am service. I served as Clerk of the Vestry/Bishop's Committee for 25 years and have been an office volunteer for about 15 years. I provide the server schedules and print the bulletins. I also serve as a Liturgical Minister, a Lay Eucharistic Visitor, and have helped coordinate the Adopt-A-Family for Christmas programs the last few years. Over the years, I have been involved in many outreach and fund raising events and have always enjoyed serving St. Thomas."

Health Update

Dr. Ed Rather

This month, let's consider general healthy living which will help prevent Cardiovascular disease, meaning both Hypertension and Heart Attacks, as well as avoiding Type 2 Diabetes. I particularly want to emphasize this in those of us, including our family members, who are basically healthy and do not have any risk factors. Much of this information comes from the AMA and AARP.

Certainly, we know that unhealthful dietary patterns, lower levels of physical activity, smoking, elevated blood pressure, obesity, and a higher sedentary time all increase the risk of heart disease. And, we also know that cardiovascular disease, which we don't like to talk about much, is the leading cause of death in the United States.... more than accidents, more than cancer, more than immune disorders, etc. Nevertheless, cardiovascular disease can occur in people with no symptoms, no history, and no previous risk factors. **So, what to do???**

We have found medically that proper counseling from your physician is invaluable, including in depth advice/education concerning regular exercise and information on a heart healthy diet. Diets rich in vegetables, fruits, fiber, nuts, and whole grains and low in salt, red and processed meats (more fish is better), avoiding saturated fats, colas, and excess alcohol; exercising for a total of 2.5 hours a week, and keeping a diary about all of this seems to work the best. Keeping a record which we can look at assists us in maintaining our goals. Also, discussing this with your doctor more than once appears to give us better results.

As we get started, it is good to share what we are doing with family or close friends. Walking together is a great time to visit, but it is not just for fun. Studies show that people in walking groups have generally a lower blood pressure, reduced cholesterol, lower resting heart rate, and we seem to be able to be more effective in losing weight together. We can also reduce memory problems, depression, insomnia, digestion difficulties and anxiety with this simple life effort!

So, good eating and good walking (or other exercising) until next time.

Your friendly, but retired, Dermatologist.
Ed

Youth Member Spotlight

Felix Sipra Goes to Washington

In His Own Words



I have been attending St Thomas since 2005 and began to truly serve the Church by being an acolyte around age 10 in 2010. I was the first youth member at St Thomas to engage in Diocesan youth activities such as “lock ins” at the San Diego Cathedral. On a grander scale, I have gone with a Diocesan led youth team to help build homes for those in need in Tijuana in the summers of 2015 and 2016.

Being involved so heavily in Diocesan activities must have inspired Mother Eleanor, who was our interim priest at St Thomas for 14 months, to suggest that I apply to a summer program in Washington D.C. for which she felt I was well suited. The program is St. Albans School of Public Service, which is a four-week long stay in the capital,

hearing from various politicians, journalists, lawyers, and other individuals involved in the government and the country in general.

Only 35-40 rising high school seniors from all over the country are accepted to attend from hundreds of applicants. I was the only individual from the Episcopal Diocese of San Diego to go, while two from the Episcopal Diocese of Los Angeles and one from the Catholic Diocese of Los Angeles attended. The program is not affiliated with a specific church denomination. It is simply held at St Albans, which is an Episcopal School for boys in grades 4-12 during the school year. I was chosen to be a part of the program because of a combination of my academics and community service to people in need, such as building the homes in Mexico.

I made some close friendships quite quickly. Within the first week of the program we had done a mock Supreme Court case, heard from Acting Solicitor General Jeffrey Wall, Australian Ambassador to the US Joe Hockey, as well as Supreme Court Justice Elena Kagan. The second week we heard from a journalist for The New York Times and former US Ambassador to Jamaica Sue Cobb. The third week we listened to a journalist for The Washington Post, US Senator Sheldon Whitehouse for Rhode Island, and a federal judge. The fourth week we met a journalist for the online publication *Politico*, the German Ambassador, and Congressional Candidate Lindsey Davis Stover.

Hearing from all these different speakers, as well as others, I began to see how much common ground individuals in Washington have with each other, even if they might not admit it or act like it. We also did case studies on hot button issues, such as ethical investigative journalism, the pros and cons of donations being used to build up developing countries, the morality issues of enhanced interrogation techniques, and the ethical use of drones. It is safe to say the four weeks were quite intense when it comes to having a “difference of opinion.” In my spare time, which I surprisingly had, I would go with my friends to buy overpriced, but amazing food in the Georgetown area. *Cafe Deluxe* was a clear winner to me for the best milkshakes. Going to religious services was optional, and I chose to go to Washington National Cathedral every Sunday, which was absolutely stunning. Attending service there impacted and was important to me because the cathedral is the seat of the Episcopal Diocese of Washington. Seeing so many young people from the DC area attending service there was such a heartwarming thing to witness. By the last day, I was so homesick, but could not bear to leave all the people I had met in such an amazing city. I will never forget my trip to D.C. and I would like to thank Mother Eleanor, my teachers, and my mother, Brigitte Sipra, who pushed me to do this and do well. I am a better person because of it.





July Milestones at St. Thomas



Blas Baptism July 23

St Thomas welcomed its newest member, Benton David Blas, at the 10:15 service on Sunday, July 23. Proud parents Chantel and Catie presented him to the congregation.

Farewell Father Steve July 30

The congregation gave Fr. Steve Schuneman a hearty thank you for his service as supply priest for most of the past three months. Here he is pictured with his beloved cat Luca, known to the many who have heard Fr. Steve's sermons!



Stephen Ministry Is Coming Back to St. Thomas

Bishop's Committee Member Deb Mitchell Reports on Her Training in Dallas



Attending the Stephen Ministry Leaders Training in Dallas was an inspirational experience assuring me that revitalizing this ministry at St. Thomas will be an important component of caregiving for our church in the future. The seven-day training event, hosted by the St. Louis-based Stephen Ministry begun in 1975 by clinical psychologist and pastor Kenneth C. Hauck, drew participants from across the U.S., Canada (provinces of Alberta and Ontario), and Japan. One hundred eighty-eight congregations of varying denominations were represented by the 284 participants including 38 pastors. Thirty-three of the congregations attended the training for the first time.

The Stephen Ministry gives St. Thomas an effective way to train and organize members to provide one-to-one Christian care to individuals struggling with

a crisis such as grief, divorce, loneliness, relocation, hospitalization, a terminal illness, or unemployment. The need for this type of care greatly exceeds what Father Tim, or any provider of pastoral care, alone can provide. All Christians are called by Christ to care for and love one another – it's not just the priest's job. By equipping laypeople, we can help them fulfill their calling as Christians *and* expand the amount of caring ministry available through our church.

I am proud to be among the 284 participants trained and dedicated as Stephen Leaders at this event. My next steps will be to work with Father Tim developing our vision and action plan to recruit, select, and train members of St. Thomas to become Stephen Ministers who will provide the one-to-one care. Stephen ministers (care givers) will then be matched with individuals (care receivers) in need of care. Father Tim and I will support our Stephen Ministers by providing them with ongoing supervision and continuing education.

Since its inception in 1975, more than 72,000 clergy and lay leaders have attended a Leader's Training Course. Participants have come from 12,540 congregations (927 enrolled congregations in California), representing 177 denominations in all 50 states, 10 Canadian provinces, and 29 countries. These Stephen Leaders in turn have trained more than 600,000 church members as Stephen Ministers. More than one-and-a-half million people have received the formal care of a Stephen Minister, and millions more have been touched in an informal way.

Watch the Stephen Ministry bulletin board on the easel in the narthex for continuing information.



St. Thomas of Canterbury
Episcopal Church

The Blessing of School Backpacks

**Aug. 12 and Aug. 13
during each service**

Students of all ages, including preschoolers, are invited to bring their school backpacks to church for a blessing as the new school year begins. We encourage you to bring your children, your children's friends and your grandchildren and their backpacks so that the children see and understand the importance their faith community places on education.

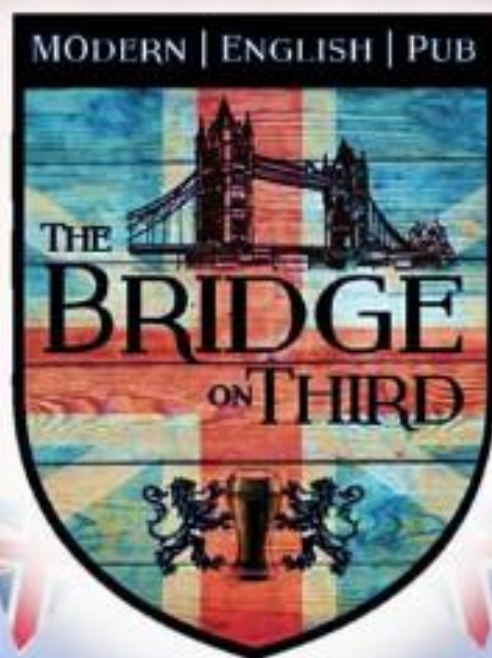
The children and their backpacks will be called forward from the congregation when the time for the blessing arrives. The blessing will take place after the children return from Sunday school.



Dinners All Around Productions invites you to

MEET DOWN THE PUB

Aug. 26



6:30 p.m

41915 Third Street in Old Town

Temecula's very own authentic English pub has more than 30 beers to choose from, both draught and in bottles. Take a butchers at their menu and enjoy a bit of what you fancy – classic English pub food.

Seating will be on the front patio with separate checks.

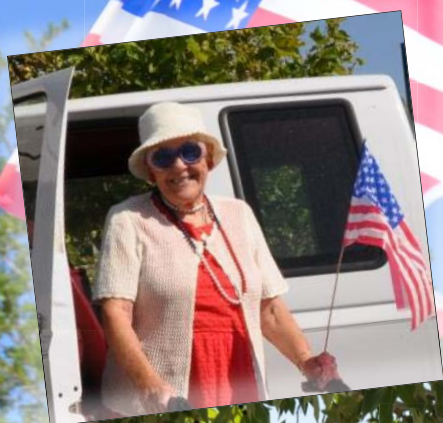
Park at the free City Hall parking lot across the street from the pub.



Alright mate! Just sign up in the narthex.

Service, Fellowship and Fun Keeps Our Church Family Busy

CELEBRATING JULY 4





Celebrating milestones in our Church family

COL. CHRIS RICHIE'S CHANGE OF COMMAND

Our Men of St. Thomas group (MoST) and their wives showed up en masse to support our MoST brother Col. Chris Richie's Change of Command at Marine Corps Air Station Miramar June 22.

It was a wonderful ceremony impeccably carried out by hundreds of Marines together with the Third Marine Aircraft Wing Band with not a single step out of place.

Chris will take up a new position at Camp Pendleton, so we will have the joy of the Richie family's presence at St. Thomas for at least one more year.

Congratulations, Chris on this wonderful milestone from your Church family.



Fun and Fellowship in Temecula Wine Country

DINNERS ALL AROUND CHEZ PATTON



July 22, Joel and Virginia Patton graciously opened up their house overlooking Temecula's beautiful Wine Country to host July's Dinners All Around.

Tri-tip and chicken, expertly grilled by Joel was complimented by an array of sides and an even larger spread of desserts that ensured everybody not only ate well but no doubt gained a pound or two!



Joel's collection of vintage cars, including a '56 Bel Air, were on display and a visit to Virginia's library provided a fascinating insight into a treasure trove of artifacts and printed material. The property also boasted a vegetable garden, avocado and persimmon trees.



It was the perfect setting and a great evening of fun and fellowship. Our sincere thanks to Joel and Virginia for opening up their house and being such wonderful hosts.



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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