

CANTERBURY TALES

❧ NOVEMBER'S MESSAGE FROM OUR VICAR, THE REV. TIM TRUE ❧

Announcing: Victuals with the Vicar



In last month's *Canterbury Tales*, I mentioned that my immediate agenda as Vicar is to establish and build relationships with the people of St. Thomas. This month I'm happy to tell you about one way I see this happening: "*Victuals with the Vicar.*"

Throughout the scriptures people interact with one another at tables, breaking bread and drinking wine together, discussing events,

telling stories, laughing, sometimes crying, and otherwise fellowshiping. And now I find myself living and working in Temecula, a town that knows a thing or two about hospitality! St. Paul says when in Rome do as the Romans; so, for us, it only stands to reason, when in Temecula . . .

Thus, for the next year or so, here's what I'm envisioning: monthly fellowship dinners in various homes around the greater community of the Temecula Valley. We meet in the home of a host for a few hours of conversation and fellowship around a meal with a target size of 12-14 people. This size group will not be too overwhelming for hosts and should promise an intimate enough gathering to get beyond the small talk. The rationale behind "monthly" and "for the next year or so" is so that, in time, everyone who wants to participate will be able to. (And if it takes more than a year, so be it.)

So, a few logistics:

First, I am looking for hosts. If you are willing to host a dinner in your home on a Friday or Saturday evening for twelve to fourteen people (including host(s), Holly, and me), please let me know and we can nail down a date and start planning. (*Continued page 2*)

Second, rather than always posting sign-up sheets in the narthex and collecting a group of interested people on a first-come-first-serve basis, I'd love to see some fellowship dinners formed around common interests. For instance, one could focus on the youth of the church; another could be for young families (maybe something like a backyard picnic or barbeque, towards summer, so that the kids could have space to run); another could focus on a discussion topic (like the author C. S. Lewis); and so on. Let me know your ideas.

Third, space is limited. Thus, please sign up for only one dinner and only if you are sure you will be able to make it. This is a courtesy both to the hosts, who will plan and prepare the meal, and to those who are not able to attend because of space limitations.

The first *Victuals with the Vicar* is planned for Saturday, November 18th, at 6:30pm (so that we have time to get there following the five o'clock Eucharist), hosted by John and Tess Crawford (thank you!). Despite what I just said, there will in fact be a sign-up sheet for this one. Look for it in the narthex on Nov. 1.

Let's get to know each other!
Peace,
Father Tim



Don't forget your pledges. In gathering will be November 18th and 19th at each service. "Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corinthians 9:8



A mission of the Episcopal Diocese of San Diego, St. Thomas is a "pet-friendly" church that cares deeply for our beloved pets. We work with local senior citizens to provide food for their pets and support the Animal Friends of the Valleys. We also hold a blessing for the Feast of Saint Francis of Assisi, and welcome well-behaved pets to attend worship with us.

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VOLUME 37, ISSUE 11

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UPCOMING EVENTS

INSTALLATION OF FR. TIM TRUE—Wednesday, November 1 at 7 pm

GERMAN FEST—Saturday, November 4 at 1 PM

BOOK DISCUSSION GROUP -- Monday, November 6 at Noon

The Book Discussion Group meets in the St. Benedict Conference room from 12 noon to 1 PM. The group this month will conclude *Sons and Soldiers* by Bruce Henderson. This book explores the untold story of young German Jewish immigrants to the USA in the 1930's who were recruited by the US military and trained in intelligence to return to Europe to help with the war against Nazi Germany. Even if you have not been reading the book, please come and share your views and interests and help choose the next book. 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 asiabill@aol.com for more info.

BEANIES FOR KIDS—Monday, November 6 from 7-9 PM

Meet at Barbara Bundy's home. Contact Barbara at bjbundy@verizon.net

CANTERBURY YOUTH GROUP (CYG) EVENTS

--CYG participation at Diocesan Convention Friday, November 10

--Registration for Lumos! a very popular Epiphany Retreat at Camp Stevens in January, now open at the Diocesan website <http://edsd.org>

MEN OF ST. THOMAS (MoST) – Saturday, November 11 at 8:00 am

MoST is an informal fellowship that meets each second Saturday of the month at 8:00 am in Julien Hall 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!

CANTERBURY TRAILS HIKERS –Saturday, November 11 at 8 am

Destination is the Santa Rosa Plateau Ecological Preserve off Clinton Keith Rd, Murrieta. If you live closer to the Preserve than church, meet us about 8:30AM at the Hidden Valley Trail Head (follow Clinton Keith past the Visitor Center, around the curve, trail head on the left). Otherwise meet at church at 8:00AM. Please call/text Deb Mitchell (951-440-1919) by 5PM Friday, November 10th to confirm. Many trail options are available, some hills, both roads and trails. Plan on 6 miles. Bring water and/or Gatorade and snacks (nuts, fruit, protein bars, etc.). Wear sturdy walking shoes or hiking boots and a hat.

BIBLE CHALLENGE—Sunday, November 12 after the 10:15 am Service

This is an informal group that has been reading the New Testament in logical segments since January, but all are welcome at any time. Look for a table of eager Bible learners headed by Jon Floth in Julian Hall. Discussion this month centers on the second half of the gospel of John.

PLEDGE INGATHERING AND BLESSING—Saturday-Sunday, November 18-9 at all services

WOW-WOMEN OF WORTH- BREAKFAST—Saturday, November 25 at 8:30 am

All are invited to attend this informal fellowship meeting in Julian Hall. This fellowship group meets each fourth Saturday of the month and assists with participation in and planning various church activities. Contact Andrea Liesman andtlie@verizon.net for more info.

ST. NICHOLAS VISIT TO ST. THOMAS—Wednesday, December 6 at 6:30 pm

An annual tradition for the whole family!

HOLIDAY PARTY AND AUCTION—Saturday, December 9 from 6-8:30 PM. See details page 12.

Members Spotlight

Congratulations to Our New Citizens!



The politicization of the immigration issue often overshadows the importance of naturalization to the population growth of the United States. In 2016 over 750,000 immigrants were welcomed as citizens at ceremonies throughout the year and throughout the country. The numbers will be similar for this year.

Two new citizens naturalized during ceremonies October 17 in Los Angeles are our own congregation members, Brian and Hazel Hopley. The Hopleys joined over 3,000 other immigrants in taking the oath and pledge of allegiance acknowledging their adopted homeland. They emigrated from South Africa to the USA several years ago and carefully followed the sometimes tedious

and bureaucratic, but always promising, path to citizenship. Of those that were welcomed with them, the largest numbers were from Mexico, the Philippines, and China.

Brian and Hazel have been very active members of St. Thomas for over four years and are involved in numerous ministries. They most often attend the 10:15 service. Welcome them to the club!



Saint Nicholas is coming to St. Thomas!

Mark your calendars!

Wednesday, December 6, 2017 6:30 P.M.

Family service and potluck with picture taking opportunities with St. Nicholas. Find the kids' slippers so they can leave their shoes at the altar rail after the service to be filled with treats during the potluck. Kids of ALL ages are welcome to attend and leave their shoes. Grandkids, neighbors with kids, nieces, nephews, the young at heart, bring them all with you. Come be a part of the fun! The sign-up sheet is in the narthex (hallway). We especially need volunteers to help clean up after the event as our families with young children must get them home and tucked into bed. Please see Kathy Foxen with any questions.

St. Thomas welcomes all pets at the

BLESSING OF THE ANIMALS



Oct. 7, St. Thomas held its annual Blessing of the Animals at the church. A multitude of pets were brought to be blessed by Father Tim including cats, dogs, birds and even a little pig! Thank you to all who made this blessing such a success and affirming St. Thomas as a pet-friendly church.

Fun and fellowship with something for everyone

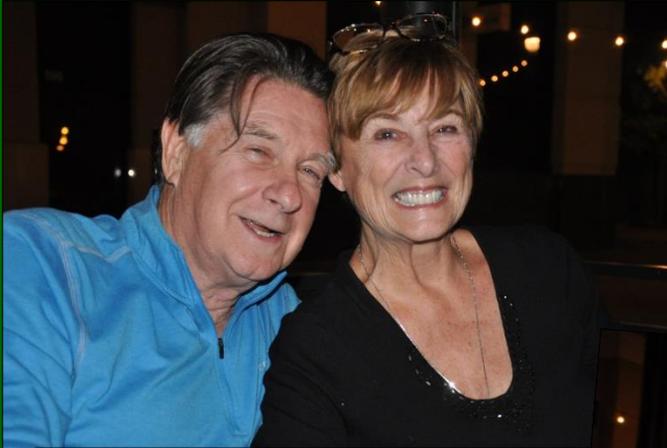
DINNERS ALL AROUND AT THE YARD HOUSE



Sept. 30, the St. Thomas family enjoyed Dinners All Around at the Yard House in Temecula. More than 40 diners enjoyed a very diverse menu and drinks including the world's largest selection of draft beers.



Seated on the outside patio, the balmy evening provided the perfect environment for a very convivial evening. The menu offered something for everyone. Thanks to Jack Bundy for organizing the event.



Youth development

YOUTH BAKE SALE



Canterbury Youth Group hosted a fundraising Bake Sale Sept. 30 and Oct. 1 after the services. The awesome yummys on sale raised funds which will go toward youth participation events in the future. Thank you to all who baked items and those who bought!

Fellowship at St. Thomas

WOW AT CURRY WINERY



St. Thomas' Women of Worth (WOW) held their first social event Saturday, Oct. 28 at Curry Vineyards and Winery in Old Town Temecula. Wonderfully hosted by Chantel and Catie Blas the event was a great success and the precursor for many more.

Health Update

Dr. Ed Rather Addresses the Opioid Epidemic



Did you know that there is a town in West Virginia with a population of less than 400 where over one million doses of opioid drugs were written within the last year? This figure has been fact checked and is being investigated by governmental authorities. More than 52,000 deaths in the United States occurred from drug overdose in the year 2015, this being more deaths than the AIDS epidemic caused at its peak in 1995. The news gets worse as the Center for Disease Control reports over 64,000 deaths in the year which

ended last January. The days of heroin overdose pale in comparison with the use of Fentanyl, which is 50 times stronger than heroin, and other synthetic opioids such as hydrocodone and oxycodone, but not including methadone which is used to treat pain as well as detoxification of those with opioid dependence. Since 2010, overdose deaths by these drugs have increased more than 200%. Drug dealers are mixing Fentanyl and heroin or other drugs such as methamphetamine because smaller volumes seem to provide the same powerful effects and are cheaper to manufacture.

This information is hard to assimilate as we are trying to figure out how to avoid opioid addiction. Prescription opioid exposure is obviously the main problem; despite making progress in opioid use, the number of opioids prescribed in 2015 was three times greater than in 1999. And, prescription opioid exposure remains a path to heroin and Fentanyl use/abuse. This is a situation which must be addressed by physicians, drug abuse groups, and the public. Interventions with patients who are obviously overusing prescription hydrocodone type medications are important. Doctors and other medical personnel need to identify and engage individual patients who need and are ready for effective opioid use disorder treatment, whether this is in an office, clinic, or emergency room setting. Arrangement for treatment must become a routine part of medical care, and treatment must be available to patients with opioid use disorder, particularly starting with those who have survived a drug overdose. Emergency room protocol, collaboration with law-enforcement, and education of first responders is very important, but education of communities, teachers and students, and families of drug users/abusers is equally so. Doctors must promote a more cautious approach to prescribing medications for pain, and this needs to be explained to each patient.

Opioid use and abuse has evolved over the past two decades and this epidemic will take time to resolve. It has adversely affected hundreds of thousands of people in the United States and many more lives potentially will be affected, or even lost. It is estimated that 92 million people in the United States have been prescribed an opioid in the last 20 years. Pharmaceutical companies, doctors, and patients all must share responsibility for this epidemic. Changing the labeling of drugs for chronic pain and restricting the marketing of opioids from pharmaceutical companies must take place. Chronic pain is a serious and potentially disabling problem, but access to non-opioid drugs should be promoted along with other means of pain management. Regardless of political beliefs, governmental intervention and funding in the billions is going to be essential. We must call this crisis an epidemic and get on with resolving it once and for all.

As always, Ed, your friendly, but retired, Dermatologist

P.S. GET YOUR FLU SHOT!!! It is time!

St. Thomas' Pledge Drive 2018

WINE AND CHEESE SOIREE

St. Thomas' 2018 Pledge Drive kicked off with a special wine and cheese Soiree, Saturday, Oct. 21 in the church courtyard. The courtyard, beautifully staged by Tess Crawford, Deb Mitchell and their volunteers provided the perfect setting for this delightful evening.



A delectable array of food tempted guests with hot pulled pork sandwiches, spicy meatballs and chicken wings on offer. A wonderful spread of cheeses and cold meats including a special baked brie complimented the red and white wine selections.

Father Tim spoke about the meaning of our stewardship campaign and what it meant to the St. Thomas family. Our Soiree was certainly an evening to remember.





St. Thomas of Canterbury



Christmas



Join the Party!

Dec. 9 at the church 6-8:30 p.m.

Come join in the spirit of the season at the St. Thomas Christmas Party at the church Dec. 9, 6-8:30 p.m. following the Saturday service. To add to the festivities a Silent Auction will be held during the evening giving all a head start on Christmas shopping!

Please bring a dish to share.

Sign up in the narthex



Stephen Ministry Update

Deb Mitchell Commissioned as St. Thomas' Stephen Leader

At services on October 21 and 22, Fr. Tim commissioned Deb Mitchell as our congregation's Stephen Leader. Deb has revived our commitment to this important care giving ministry, and through study and training is now ready to relaunch it at St. Thomas. Please give consideration to participating in Stephen Ministry. Deb has provided the following important info on the upcoming training:



1. Who/What is Stephen Ministry?

Founded in 1975 by the Rev. Kenneth C. Haugk, PhD, and based in St. Louis, MO, Stephen Ministry is a not-for-profit, international, trans-denominational and educational organization with over 12,000 participating congregations representing more than 170 denominations, all 50 states, all Canadian provinces, and 29 other countries.

2. What is my time commitment to this ministry?

Initially you will complete 50 hours of training under the direction of our Stephen Leader. Then you must make a two-year commitment to this ministry.

3. How are Stephen Ministers assigned to care receivers.

Father Tim and your Stephen Leader will make assignments. Men are assigned to men and women to women. You will be assigned to ONE care receiver at a time.

4. Is there a cost to becoming at Stephen Minister?

At this time, the church cannot afford to buy training materials. The essential Training Library includes 5 books all of which can be purchased for a reduced price of \$49.95. (Included: Stephen Ministry Training Manual (\$29.95 - 2 vols.), Christian Caregiving: A Way of Life (\$14.95); Speaking the Truth in Love (\$13.95); and When and How to Use Mental Health Resources (\$12.95). One copy of each of the last 3 books will be available to read at church; therefore, you would only need the Training Manual (\$29.95). However, all assigned readings must be completed before each class.

5. How will I complete the 50 hours of training?

Training will begin in January 2018. Classes will meet on Monday evenings from 6-9PM at church. Some classes will be held on Saturdays from 9-4. Attendance at all classes is important. This is a generous and serious commitment of your time. Training should be completed within 4-5 months.

6. Introductory Sessions

You must attend an Introductory Session. Sunday, November 19, 9:15-10:00; Sunday, November 26, 11:30-12:30 or Sunday, December 3, 11:30-12:30.

7. Application and Interview

Applications will be available at each meeting. Interviews will follow.



November 2017 Newsletter

Sing a new song to the Lord; he has done wonderful things! Psalm 98:1

This month at chapel the children will hear the stories of Make Believe is o.k., Thank you God for my family, Thank you God for my church/Preschool family, Thanksgiving, what makes it special and, Thank you God for the Holy Family

The Lions Club will offer free vision screening here at school on November 14th and 17th from 8:30-11am. Permission slips will be available soon.

Friday November 17th is our annual **Thanksgiving Feast** at school. All children are invited to this fun morning. Look for the sign-up sheet on the main parent board. Children and their parents will eat in their classrooms. We will gather in the hall **at 11am** to pray and thank God for this special time. **School closes this day at 1:00 pm for teacher in-service**

Our next **Parent Night Out** is **Friday December 1st** from 6pm-10pm. \$30.00 for one child or \$50.00 for 2 or more children. Children may come in their pajamas and bring a pillow and sleeping bag. We will provide dinner, a special craft, popcorn and a movie. It's a great opportunity to go Christmas shopping or go out to dinner. Please sign up on the main parent board.

Reminders---

School is closed for Thanksgiving on November 23-24.

Please remember to let a teacher know when you are here to drop off or pick up. Thank you

Save the date- **Monday December 11th** ---Our **annual Christmas Gathering** at **6pm**. More details next month.

Our Christmas party is on December 14th from 9:00 am-12noon. Please bring a special snack for this day and remember your cameras. There will be a photo opportunity with St. Nicholas. We will be open this day until 6:30. All children are welcome to come on this day. If it is not your regular day, you may stay with your child and you will not be charged. If you would like your child to participate but can't attend, we will charge you for an extra half day.

Thank you for recycling your empty water bottles and aluminum cans with us, it really helps!

Please continue to purchase scrip. Orders are due on Fridays. There is a one week turnaround time

Thank you for the opportunity to care for and teach your child. We understand that you options when choosing a school and we appreciate your business.

Have a blessed Joyful month,
Darlene Versteegh
Director



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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