

CANTERBURY TALES

❧ ADVENT MESSAGE FROM OUR VICAR, THE REV. TIM TRUE ❧

Anticipating the Incarnation

As of this Sunday, Dec. 3rd, Advent will be here: the *advent* of Advent.

Now, I could put on my Grinch hat and wax eloquent about how consumer culture has stolen Advent from the church; about how everything around us changes from turkeys to Santa Claus overnight; about how you can't even buy a tree anymore on Christmas Eve; about how these four weeks of expectation, as a mother-to-be awaits and expects the arrival of her newborn, are simply glossed over; about. . . Oh, I could be the Advent Police this year; but I think that's been overdone. You get it already! Christmas season doesn't begin until sundown on Christmas Eve and goes



We won't be seeing the nave in this layout again until after Epiphany

through—twelve drummers drumming! —Epiphany. Still, you (and I) live in a world that very much operates on the Thanksgiving-BOOM! -Christmas schedule; and, well, to have one foot in this present kingdom, sometimes a compromise can go a long way. So, yeah, go ahead and put those lights up and decorate your tree! The Advent Grinch is taking this year off.

Instead, this year my plan is to allow the liturgy to run its course. To be clear, I'm not going to sit on my hands and be all passive about it. I plan, rather, to use every architectural accoutrement at my disposal to tell the Advent and Christmas story.

The most visible changes will confront you this Sunday. The font will be in the narthex. As you enter the nave, you will notice the chairs on the left half facing the chairs on the right. The ambo (the lectern-like piece of furniture from which the Bible passages are read and the sermon preached) will be facing the opposite direction from usual, placed where the font usually resides.

But it won't stop with Advent 1. Each Sunday through the season, the altar will progress toward the middle of the nave, until December 24th, when it will land in the middle for the arrival of Christmas!

Christ will be in our midst (the altar will stay put) through the Christmas season—extended to January 7th this year. The seating in the nave will remain the same—facing each other. But, for the actual Christmas season, the halls will be decked, the purple will be replaced by white, the font will come back into the nave, the ambo

returned to its pre-Advent place, and the choir, reflecting the heavenly host come down to the manger, will be stationed on the dais—a real chancel choir!

Finally, on Jan. 8th it will all go back to the way it was as we go through a short “ordinary” season before Lent (which begins on Feb. 14th in 2018).

Do you see? We’ll be living into Advent and Christmas this year in our worship, giving a new perspective to the term *live nativity*.

Please note, also, there will be a few other changes to accommodate the seasons:

- Dec. 3rd, 10th, and 17th, 9:15am: Advent Sunday school program for parishioners of all ages
- Dec. 24th, 9:30am: COMBINED Eucharist followed by greening of the church
- Dec. 24th, 5:00pm: Christmas Eve Children’s Pageant and Eucharist
- Dec. 24th, 10:30pm: Carols with the Chancel Choir followed by Eucharist (at 11:00pm)
- Dec. 25th, 10:00am: Christmas Day Eucharist

May God bless us as we anticipate and welcome the Incarnate Christ!



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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UPCOMING EVENTS

CANTERBURY YOUTH GROUP BAKE AND CRAFT SALE—Sunday December 3 after services

ADVENT PROGRAM—Sundays, December 3, 10, and 17 from 9:15-10 AM in Julian Hall

BOOK DISCUSSION GROUP -- Monday, December 4, Noon-1 PM

The Book Discussion Group meets in the St. Benedict Conference room from 12 noon to 1 PM. The group this month will discuss *The Tears of Autumn* by Charles McCarry. It is a reimagined view of the Kennedy assassination in the context of a spy novel. 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.

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

An annual tradition for the whole family!

MEN OF ST. THOMAS (MoST) – Saturday, December 9 at 8:00 am

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

HOLIDAY PARTY AND AUCTION—Saturday, December 9 from 6-8:30 PM. See details page 10.

BLOOD DRIVE—Sunday, December 10 from 8:30 AM-1:30 PM. See Page 11

BIBLE CHALLENGE—Sunday, December 10 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 Book of Revelation.

BOWLING—Monday, December 11 at 7 PM—Temecula Lanes. See page 18

CANTERBURY YOUTH GROUP WRAP PARTY—Saturday December 16 from Noon-4 PM. See page 14

GREENING OF THE CHURCH—Sunday December 24 after the combined Eucharist at 9:30 AM

CHRISTMAS EVE SERVICES—Sunday December 24

5:00 PM Children's Pageant and Eucharist

10:30 PM Carols followed by Eucharist at 11 PM

CHRISTMAS DAY EUCHARIST—Monday December 25 at 10:00 AM

CANTERBURY TRAILS HIKERS –Monday, January 1 at 8 am.

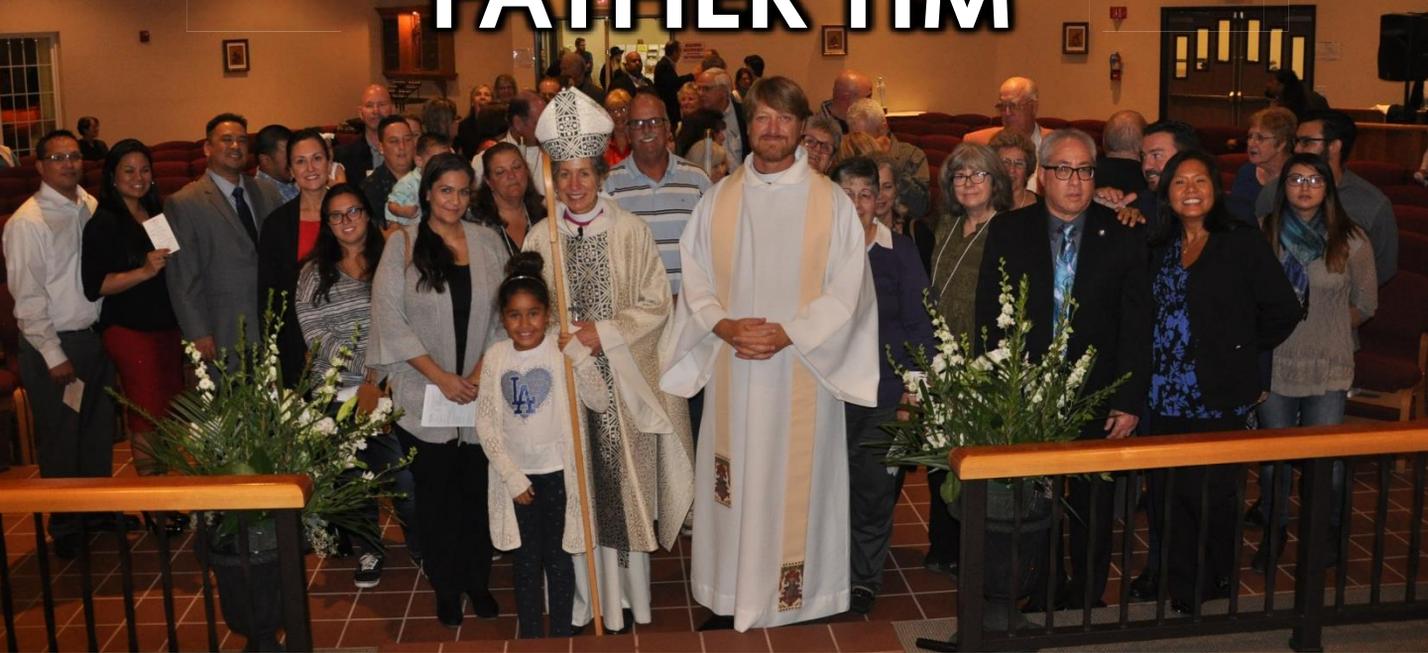
TAKE THE SURVEY: HELP OUR DIOCESE AND THE BISHOP NOMINATING COMMITTEE

From Dec 3-22, a survey is available for all diocesan members 16 and older to take to help gauge the strength, vitality, and trends in our church today. All results are confidential. Go to:

<https://www.surveymonkey.com/r/DioceseSanDiego>

A Wonderful Celebration

INSTALLATION OF FATHER TIM



Nov. 1, All Saints Day, The Right Reverend Katharine Jefferts Schori assisting bishop of San Diego diocese, officiated at the installation of our new vicar, The Reverend Timothy True.

The special service at 7 p.m. also included baptisms, confirmations and receptions and was a wonderful celebration for our church.

After the service everybody gathered in Julian Hall for refreshments and fellowship.







Holiday Service Schedule

Advent begins Sunday, Dec. 3.

All-church Sunday School hour will take place at 9:15 a.m. on Advent 1, 2 and 3 (Dec. 3, 10 and 17).

Sunday, Dec. 24

Christmas Eve (Advent 4)

9:30 a.m. Combined Morning Eucharist, Rite II

10:45 a.m. Greening of the Nave and Sanctuary

5:00 p.m. Children's Pageant and Eucharist

10:30 p.m. Carols with the Chancel Choir

11:00 p.m. Festive Eucharist

Monday, Dec. 25

Christmas Day

10:00 a.m. Eucharist



MEMBERS SPOTLIGHT

ST. THOMAS' DELEGATION TO THE
44TH ANNUAL SAN DIEGO DIOCESAN CONVENTION
Friday, November 10 through Saturday, November 11
at St. Bartholomew's, Episcopal Church, Poway
Reported By Tess Crawford

St. Thomas' Delegates:
---Father Tim True
---Peter Mandery
---Pat Grannan
---John Floth
---Tess Crawford

Youth Representatives:
---Elizabeth Sipra
---Lauren Walton



Before I begin this article, I have a confession to make..... I thought that going to an annual episcopal convention would be about as exciting as undergoing a root canal. It was an assignment that I GRUDGINGLY agreed to undertake. (My husband will vouch for all my grumblings.....) And was I wrong! It was an amazing opportunity to attend as a Lay Delegate for St. Thomas!

The Annual Diocesan Convention is simply the annual meeting of the elected lay representatives and clergy. The purpose of the convention is to elect officers, consider resolutions and changes to the Diocesan Constitution and Canons, and review and adopt the Budget for the upcoming

year. The Convention also allows for reports and awards, celebrates Holy Eucharist, and hears the Bishop's Convention Address.

Friday morning began at 8:00am with Morning Prayer led by the Rt. Rev. Katharine Jefferts Schori, Assisting Bishop. The morning session continued with Workshop Sessions featuring a wide range of topics: Sacred Journaling, Sacred Drumming, Sacred Yoga, Sacred Readings and Franciscan Living were offered during the first session. The second session covered Border Issues, Addiction, Multicultural Issues, Learning from London Update, and Budget Hearing. The third session's topics covered How to Make a Welcome Video, the Art of Risk Taking, Asset Based Congregational Development, End of Life Issues, and Resolution Hearing.

Lunch was generously provided and served, and allowed the opportunity to meet other delegates and clergy under the beautiful shade courtyard at St. Bart's. During the lunch break, the delegates had the chance to participate in a food packing service project hosted by Friends & Family Community Connection. Nearly 80,000 non-perishable meals were packed up during two lunch shifts that the convention delegates supported. Sporting hair nets, participants worked together to assemble individual meals that will be sent to Haiti to combat hunger.



After lunch, the diocesan youth participated in Opening Worship. St. Thomas was represented by Elizabeth Sipra and Lauren Walton. The official business of the Convention was convened and featured an address from Bishop Katharine. The delegates cast their votes on the first ballot via cell phones. A heartfelt recognition honoring military veterans closed the day's business. A BBQ Dinner was served outside under the glowing lights.

Saturday started at 9:00am with the Convention Eucharist, Bishop Katharine presiding. The sanctuary was truly a vibrant, celebratory space. Father Tim joined with the diocesan choir and the music was sublime. The service was conducted alternately in English and in Spanish by Bishop Katharine.

The Standing Committee provided a Transition Report, outlining the selection process for the next bishop. It was noted that the delegates to next year's annual convention will also serve as delegates for the selection of the new bishop.

Following lunch, the business session of the convention reconvened. Various reports were given, votes were cast, and spirited discussions were held. More votes were cast. More spirited discussions were held. Final votes were cast.

The Budget for 2018 was presented, as were Servant Ministry Awards and Special Awards. Next year's Convention will be held November 9-10, 2018 at St. Dunstan's Episcopal Church, San Diego.

I encourage all to consider serving as a future delegate. It was a remarkable experience and reaffirmed for me the connectivity we share as the Body of Christ.



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 and wine, champagne or Martinelli's to share.

Sign up in the narthex



Blood Drive

Support your community and
join us for a blood drive!

Sunday, Dec. 10
8:30 AM to 1:30 PM

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Health Update

Dr. Ed Rather Addresses the Perils of Holiday Eating

This month, I want to keep it short and sweet, particularly with the fact that we eat so many sweets during the Christmas season!



With parties, including our own Christmas party at the church on December 9, plus all our good times and celebrations coming up, we should all be extra aware of good eating habits. So, drink plenty of water, use good sense in your alcohol intake, and watch overdoing those delicious saturated fats that we tend to overeat during this time; eat nuts, fish, fruits, and veggies in lieu of fried foods, red meat, pork, and that second helping of dessert!!! Those tasty saturated fats should only be approximately 10% of our daily dietary intake. The good news is it is not total avoidance! I don't think I could do that myself. Hydration with water (and healthy drinks) and daily exercise are most important. And with Thanksgiving just behind us, I was interested in reading that cranberries, which are truly a North American native fruit, are extremely nutritious. They are high in antioxidants, vitamin C, manganese as a trace element, and fiber. So, hooray for the Cranberry! Also, one further note about why eating nuts such as peanuts, cashews, almonds, and pistachios, is even more important. Statistics show a 15 to 20% decrease or more in cardiovascular disease and heart attacks in those of us who eat at least five small helpings of nuts per week. This recent study involved over 200,000 healthcare workers with an average follow up of over 20 years. That is extremely strong data.

Lastly, the flu vaccine this year is for two types of Influenza A as well as type B. It looks to be effective for the flu that has been noted in the southern hemisphere regions so far. The Australian flu has been particularly bad, so get your vaccine. It is not too late.

Merry Christmas and a healthy 2018 to all!

Ed, your friendly, but retired, dermatologist

Help Wanted

St. Thomas of Canterbury Episcopal Church is looking for a Volunteer individual to assist the Communications Group with all or most of the following Social Media areas:

Facebook Church and School

Yelp

Twitter

Instagram and

Snap chat.

Assistance with operating the flat screen TV in the Narthex would also be helpful. We do have instructions to play photos from a USB drive but apparently it can play notices also.



This individual will report to the Communications position on the Bishop's Committee and to the Vicar. Responsibilities would include:

- posting approved information to the various sites/media to increase the church and school's social profiles;
- responding to inquiries;
- monitor activity and report such activity; and
- develop information as to how the various mediums work to be able to pass that on to future volunteers.

Contact: Virginia Patton, Bishop's Committee/Communications

communications@episcopalchurchtemecula.org

760-285-6830



Let's Wrap!

Canterbury Youth Group

Saturday, December 16th
12:00 - 4:00 pm

We'll wrap your gifts so you
don't have to.

Donations accepted.

We will have Pizza and Drinks
for the Youth.



First Victuals with the Vicar

Held at Tess and John Crawford's Home November 18



Stewardship Update

In-Gathering Sunday Results

Jean Hicks and John Crawford, Stewardship chairs, report excellent results from and since Ingathering Sunday, November 19. Pledges received to date total 70 units and about 90 % of the goals have been reached. Your Finance Committee has noticed a larger than budgeted plate (non-pledge contributions) contribution this year. If you contribute regularly and have not yet pledged, please do so. It helps with budgeting and financial planning. It is not too late—please submit your pledge today using the forms in the narthex or online.



Canterbury Trails Hikers – January 1st

Annual Hike up Stonewall Peak

Because of the busy holiday season, we will NOT hike in December.

HOWEVER! Be sure to join us on **New Year's Day** for our **annual hike** to Stonewall Peak at Cuyamaca Rancho State Park located approximately 50 miles east of San Diego on Highway 79. It is 15 miles south of the quaint historical town of Julian. The 5-mile (RT) trail to the top of Stonewall Peak—only moderately difficult due to many switchbacks—climbs from 4,800 to 5,700 feet to a 360-degree view of the valley. The last section includes a scramble up rocks with a handrail. This has traditionally been a hike for the gals who are not looking forward to a day of football and the Rose Parade! Of course, guys are always welcome. Julian Apple Pie is our reward. Hiking boots **are required** for this hike, especially since we have twice traversed the trail in snow and ice. You **MUST** confirm your participation on this hike with Deb Mitchell (text/call 951-440-1919 or sign up on *Announcement Board*) as last minute weather events may cancel or require additional clothing requirements! Hikers will meet at church at 8AM and carpool to the trailhead. Parking is \$10 per vehicle.



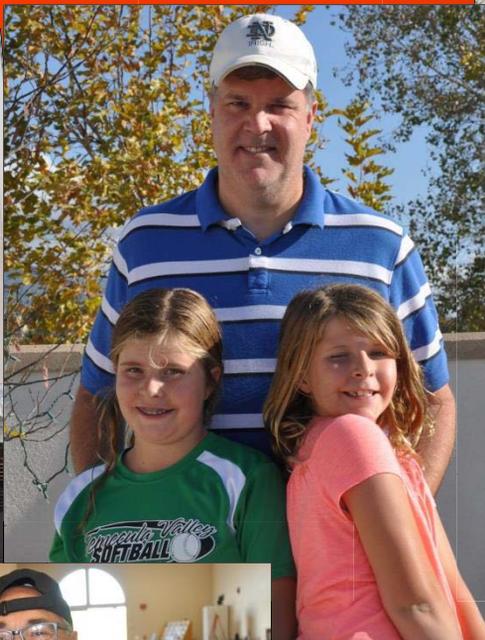
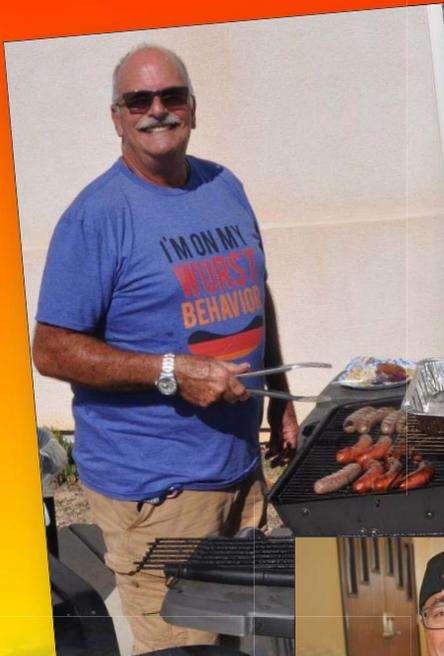
Dinners All Around goes German!

GERMAN FEST



Nov. 4, Dinners All Around was held at the church.

The theme was a German Fest and Jack and Barbara Bundy went all out to create an authentic atmosphere with German Wurst, flags, steins and music!





Bowling is Back!



Monday Dec. 11, 7 p.m.

Temecula Lanes, 27475 Jefferson Ave. in Temecula

\$9.75 per person; includes three games and shoes

For Information contact Lee Eisenhut 360-903-2763

They will only reserve the lanes a half an hour before bowling times. I have checked out the lanes on Mondays at 7 p.m. At least three lanes have been available.

Please sign up in the narthex.





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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