

CANTERBURY TALES

∞ OCTOBER 2018 ∞

Franciscan Affirmation

The Rev. Timothy True

Very soon, this Saturday in fact (Oct. 6), if you are at St. Thomas at four o'clock in the afternoon you will witness a curious thing. Several vehicles will pull intermittently into our parking lot. Next, normally enough, the drivers will exit their vehicles. But then they won't leave their vehicles, making a beeline for the church's front doors. Not yet anyway. Instead, first they will go to another car door or the hatch, open it, and fuss about a bit. Only after their fussing will they make that beeline—together with the furry focus of their fussing—because today the worship service will be a little different, a once-a-year service we call *Blessing of the Animals*.

Our pets are wonderful companions, aren't they? According to the ASPCA (see <https://www.aspca.org/animal-homelessness/shelter-intake-and-surrender/pet-statistics>), there are approximately 78 million pet dogs and 86 million pet cats in this country. Together, these add up to half the human population. This statistic alone is enough to demonstrate how important to us our furry companions are. But if we let our minds wander just a moment . . . how many short stories, books, movies, or even whole television series about animals come to mind?



St. Francis felt the same way. Stories about him narrate that he preached to birds, rabbits, and even fish.

Perhaps my favorite story of all is about a wolf, which I now relate (adapted from <https://blog.franciscanmedia.org/franciscan-spirit/saint-francis-of-assisi-and-the-animals>):

“Once upon a time Francis was staying in the town of Gubbio. The townsfolk told him of a wolf so ravenous it had killed animals and even some people. Some brave men had taken up arms and gone after it but never returned. The townsfolk were afraid to venture beyond the city walls.

Francis decided to go out and meet the wolf. He was desperately warned by the people, but he insisted that God would take care of him. A courageous friar and several peasants accompanied Francis outside the city gate. But soon the peasants lost heart and said they would go no farther.

Francis and the other friar began to walk on. Suddenly the wolf, jaws agape, charged out of the woods at them. Francis made the Sign of the Cross. Abruptly, the wolf slowed down and closed its mouth, looking for all the world like it didn't know what to do next.

Francis called out to the creature: “Come to me, Brother Wolf. In the name of Christ, I order you not to hurt anyone.” The wolf came, lowered its head, and lay down at Francis' feet, meek as a lamb.

[Continued on page 2]

Saint Francis explained to the wolf that he had been terrorizing the people, killing not only animals but humans who are made in the image of God. "Brother Wolf," Francis said, "I want to make peace between you and the people of Gubbio. They will harm you no more and you must no longer harm them. All past crimes shall be forgiven."

The wolf meekly put its paw in Francis's hand. Francis then led the docile creature inside the city walls, made a pact between the townspeople and the wolf, and from that day on the wolf was something of a town mascot, living in a park and fed by caring townspeople."

St. Francis loved and respected God's creation, especially the animal part of creation. His feast day falls on Oct. 4, which is why we target the first Saturday of October for this service.

Won't you join in the parking lot fuss? Bring your beloved pets with you to St. Thomas on Saturday, October 6, at four o'clock in the afternoon. We will meet outside in the courtyard adjacent to the nave (unless the weather is ornery, wherein we will move into the air-conditioned narthex). After some prayers and a brief exhortation to the group (animals too), I will bless all who desire it.

Please know too, you and your furry companions are welcome to stay for the Eucharist at five. By the way, if you bring a wolf, please make sure it's tame.



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

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UPCOMING EVENTS

BLESSING OF THE ANIMALS—Saturday, October 6 at 4 PM

See Page 2 and 4 for details

ACOLYTE TRAINING—Sundays 9:15 AM from October 7-November 11

All are needed and welcome! See Tom Reid or Kathy Foxen for details.

MEN OF ST. THOMAS (MoST) – Saturday, October 13 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 sometimes 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 YOUTH GROUP (CYG) BAKE SALE—Sunday October 14

See page 8 for details

PRAYERS AND SQUARES HOLIDAY SALE—Sunday October 14 and Sunday October 21

See page 10 for details

BISHOP'S COMMITTEE MEETING—Thursday, October 18 at 6:30 PM

All Congregation members are welcome to the non-executive portion of the meeting. In St. Benedict Conference Room.

OKTOBERFEST—Saturday October 20 at 6:15 pm

Dinners all Around Fellowship event—at Tom and Susan Reid's home. See page 11 for details

INTRODUCTORY SEMINAR FOR STEPHEN MINISTRY—Sunday October 21 at 9:15 AM

In Julian Hall. See details page 12-13

KNIT W.I.T.S. (formerly Beanies for Kids)—Monday October 22 from 7-9 PM

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

WOMEN OF WORTH (WOW)—Saturday October 27 at 8:30 AM

Informal breakfast meeting open to all women of St. Thomas meets each fourth Saturday of the month in Julian Hall.

STEP Trunk-or-Treat— Wednesday October 31 at 10:30 am.

In the Church Parking Lot

BOOK DISCUSSION GROUP—Monday November 5 Noon-1 PM

Meets in the St. Benedict Conference room. The group read Presiding Bishop Michael Curry's book *Crazy Christians* for October and will read a book by John McCain for November. Even if you have not been reading please come and share your views and interests. This informal group usually 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.

Got Pets?

Annual Blessing of the Animals

Calling all animals ...

You are invited to St. Thomas of Canterbury Episcopal Church's annual Blessing of the Animals. Gather in the Narthex or St. Francis Courtyard weather permitting.

Stay for the 5 pm service if you wish.

Oct. 6
4-5 pm



St. Thomas Welcomes Bishop Katherine **BISHOP'S VISIT**



Sunday, Sept. 9, St. Thomas welcomed The Rt. Rev. Katherine Jefferts Schori, EDSO Assisting Bishop, to our church.

Bishop Katherine celebrated the 8 am and 10:15 am services, performing a Baptism, Confirmations, and a Reaffirmation. She also conducted an Adult Forum between the services.

After the 10:15 am service there was a special hospitality hour where everyone got the chance to meet Bishop Katherine.

A big thank you to the Bishop for a most delightful visit.



Learning About the Ministries at St. Thomas

MINISTRY FAIR



Volunteering is essential to allow St. Thomas to meet the needs of our congregation. Sept. 16, we held a Ministry Fair to highlight all the great ministries at St. Thomas.

The ministries on show were: Liturgical; Hospitality; Stephen Ministry; Music; Children's Formation; Youth Formation; Men of St Thomas; Women of Worth; Communications; Facilities.

There are plenty of opportunities for volunteering—so get involved!



Health Update

“Did You Know?” Continued by Dr. Rather

This month I am going to continue with our “Did you know” questions.

1) October is the most important time to get your flu vaccine. Don't neglect yourself or your family. I am not going to let you off the hook about this!



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2) Did you know that we have had our AED for over a year and a half? Beth Vega is maintaining its monthly checks, which is most appreciated. You do know where it is, don't you?

3) Did you know that disabling hearing loss effects over 6% of the worlds population? And, did you know that use of hearing aids of one type or another improves general health and our quality of life. Only one out of three of those of us who are eligible for hearing aids use them, and they are barely noticeable anymore. Don't be embarrassed!

4) Did you know that a recent large study at Yale University School of Public Health, showed that reading books for pleasure 3 1/2 hours a week produces a 20% lower risk of dying over the next 10 to 12 years than for non book readers. Books more than magazines or newspapers appear to enhance our quality of life. It makes sense that this would get us away from our daily aggravations.

5) Did you know according to epidemiologists at UC San Diego that taking vitamin D decreases a post menopausal woman's chance of breast cancer by 20%. Vitamin D plus calcium has been thought to reduce colon cancer and vitamin D itself has been associated with possible reductions in lung, bladder, and other cancers. We know that natural vitamin D conversion takes place in our body with minimal exposure to the sun for 10 to 15 minutes per day. This would be sun exposure only in moderation for everyone!

6) Did you know that chronic sinusitis is almost always associated with allergies, as opposed to acute sinusitis which generally is infectious and requires antibiotics. Proper use of intranasal steroid sprays is the best therapy for the chronic type.

7) Did you know that as well as using sunscreens with an SPF of 30, we can wear protective clothing, wide brim hats, and should always have good sunglasses that are protective against UVA and UVB. Usually, the labels on these sunglasses say UV400 or 100 percent UV protection. If you have ever had eye sunburn from the sand or snow, you know how important it is.

8) Did you know that Barbara Bundy won the Starbucks award last month for reading the health article? We will not have an award this month. However, this may happen again in the future so be alert!

As always,

Ed, your friendly, but retired, dermatologist. Happy Halloween 🎃

CYG

Fall Bake Sale



It's time to
get your
Goodies

Sunday
October 14

If you would like to bake some goodies please bring individually wrapped items to church the day of the sale. Thank you

Canterbury Youth Group will be hosting a bake sale to support our activities.



8:00 & 10:15
Services



Acolyte Training



Acolyte Training

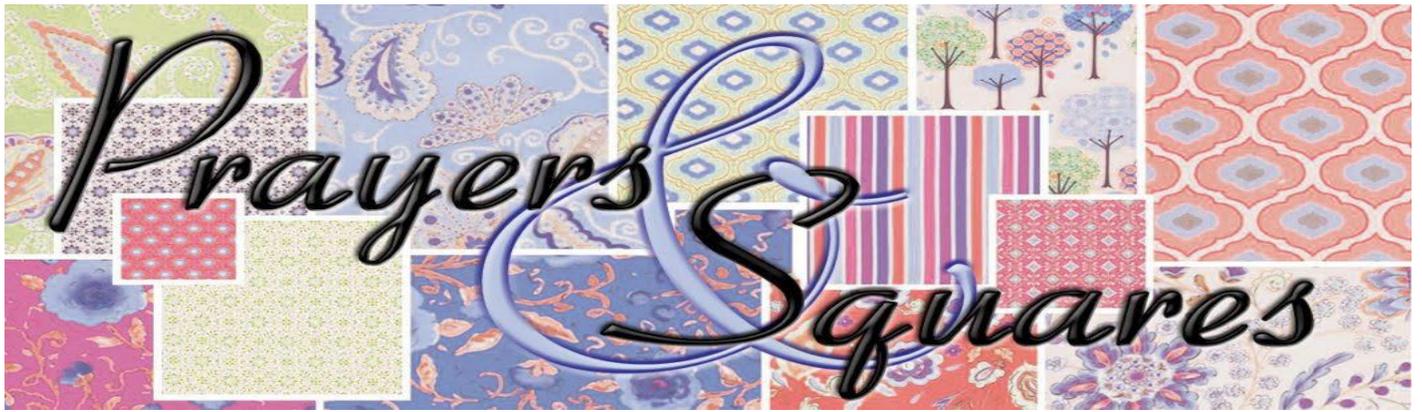
For all those of any age who are interested in becoming an Acolyte, training will begin at the church on Sunday, October 7th at 9:15 AM. The classes will continue for six Sundays through November 11.

For more information, please see either Tom Reid or Kathy Foxen



September was a busy month at STEP. The children are all back in the swing of typical school days, the parents got a chance to see the classrooms from the student perspective at Back to School Night, and Fr. Tim blessed and installed our gifted and dedicated teachers at the 10:15 service on September 23





Prayers and Squares Holiday “Donation” Sale

Sunday, October 14 and 21

Prayers & Squares members Anne DiPardo and Deb Mitchell have been busy making Halloween, Thanksgiving and Christmas table runners and table toppers. These gorgeous, handmade, one-of-a-kind quilted works of art sell elsewhere for \$75 and well beyond. Our table runners are available for a “suggested donation” of \$25; table toppers - \$20; bookmarks - \$5. Proceeds will be placed in the General Fund to support Prayers & Squares and other ministries.

Coffee “Buds”

You can see these cheerful St. Thomas folks and others on Friday mornings from 8-10 am at Starbucks on Meadows Parkway at Rancho California Road. Fellowship with a caffeine chaser! All are welcome.

(Photo courtesy of Tess Crawford)



Dinners All Around Productions Presents



Oktoberfest

Saturday, Oct. 20
6:15 pm

The Reid Family invite you to their home to celebrate Oktoberfest. Get festive and wear your lederhosen or dirndl. Be creative with German dishes for the potluck!

The festivities will be both inside and out so dress accordingly. Fun for the whole family.

Activities and games for children. Bring your favorite beer or wine and sign up to bring a salad, side or dessert. The main course will be provided.

Sign up in the Narthex

Address to be supplied nearer the time.



What is Stephen Ministry?

Bear one another's burdens, and in this way you will fulfill the law of Christ. (Galatians 6:2, NRSV). Stephen Ministry is the one-to-one lay caring ministry that takes place in congregations that use the **Stephen Series** system. Stephen Ministry congregations equip and empower lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are hurting.

What Is a Stephen Minister?

Stephen Ministers are laypeople—Christian men and women—trained to provide one-to-one care to people experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, relocation, or separation due to military deployment. A Stephen Minister usually provides care to one person at a time, meeting with that person once a week for about an hour. Twice a month, Stephen Ministers gather with their Stephen Leaders for supervision and continuing education. Becoming a Stephen Minister requires a two-year time commitment.

Who Is a Stephen Minister?

Stephen Ministers come from all walks of life. Their commonality: a passion for bringing Christ's love and care to people during a time of need.

Training to Become a Stephen Minister:

Stephen Ministers are trained by their congregation's Stephen Leaders. The training they receive in the congregation equips them to provide high-quality care to people who are hurting.

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- Gain insight into the thoughts, feelings, and actions of people who are hurting.
- Develop relational and caring skills you can apply to all aspects of your life.

- Deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- Develop a special bond with those in your class—experiencing real Christian community.

Since 1975, more than 600,000 people from more than 13,000 congregations and other organizations have been trained as Stephen Ministers.

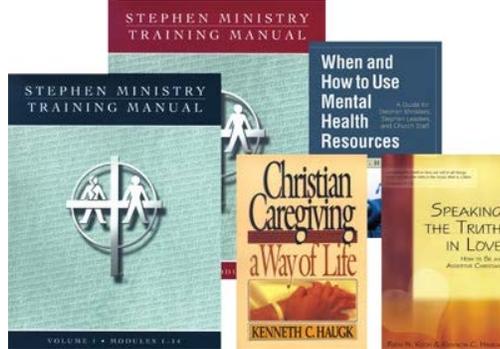
How and Where the Training Happens:

- Takes place at St. Thomas of Canterbury Episcopal Church
- Is led by your congregation's Stephen Leaders who themselves have been trained at a one-week Leader's Training Course. (LTCs are held on specific dates at various locations around the country and led by Rev. Kenneth C. Haugk, Ph.D., staff and faculty from St. Louis, MI)
- Is currently taught on Wednesdays at St. Thomas in approximately 20 weekly sessions (50 hours of training) with some classes meeting 9-12 noon and others 9-3pm. (Wednesday was chosen by the last class for convenience.)
- Combines pre-class reading, devotions, lecture, video presentation, discussion, and skill practice.

What Stephen Ministers Do and Don't Do:

After training completion, a Stephen Minister begins a caring relationship when he or she is matched with a person experiencing a life crisis. Stephen Minister care givers are always assigned to same gender care receivers. The Stephen Minister then meets with that person on a weekly basis to listen, care, encourage, and provide emotional and spiritual support. The caring relationship lasts as long as the person is in need of care. Stephen Ministers do not serve as therapists: this ministry is process-oriented not results-oriented. Stephen Ministers do not take the care receiver to doctor appointments, grocery shop, clean the house, entertain the care receiver or accept gifts/money from the care receiver.

Cost of materials: Training Package - \$149.99



Topics Covered in Training:

1. The Person of the Caregiver
2. Feelings: Yours, Mine, and Ours
3. The Art of Listening
4. Distinctively Christian Caring
5. Process versus Results in Caregiving
6. Assertiveness: Relating Gently and Firmly
7. Maintaining Boundaries in Caregiving
8. Crisis Theory and Practice
9. Confidentiality
10. Telecare: The Next Best Thing to Being There
11. Using Mental Health Professionals and Other Community Resources
12. Ministering to Those Experiencing Grief
13. Dealing with Depression: The Stephen Minister's Role
14. Helping Suicidal Persons Get the Help They Need
15. Bringing the Caring Relationship to a Close
16. Supervision: A Key to Quality Christian Care
17. How to Make a First Caring Visit
18. Follow Me (Completion of initial training)

Continuing Education

19. Ministry to the Dying and Their Family and Friends
20. Caring for People before, during, and after Hospitalization

21. Ministering to Those Experiencing Losses Related to Aging
22. Ministering to Persons Needing Long-Term Care
23. Ministering to Those Experiencing Divorce
24. Crisis of Pregnancy and Childbirth
25. Providing Spiritual Care

What to do if I am Interested in Becoming a Stephen Minister.

1. You must attend an Introductory Seminar.
2. Applications will only be provided at the seminars.
3. Complete the application and place in the Pastoral Care mailbox in the office (Deb Mitchell).
4. Applications will be reviewed by the Vicar and Stephen Leaders and candidates vetted through references.
5. All candidates will be interviewed individually.
6. Sign up for an Introductory Seminar.
7. Review the Stephen Ministry Website: <https://www.stephenministries.org>
8. Speak with Stephen Leaders/Ministers about your interest in the program. Ask questions and state concerns. (Leaders: Deb Mitchell, Jo Ann Dreyfus; Ministers: Lani-Karyn Jones, Elena Gimple, Suzie Grindle)

Introductory Seminar Dates: Meetings in Julian Hall

Sunday, October 21st – 9:15-10:00

Sunday, November 4th – 9:15-10:00; 11:15-12 noon.

Wednesday, November 14th – 7:45pm

Additional meetings may be offered if need arises.

Bishop Commissions Three Stephen Ministers
STEPHEN MINISTRY



Sept. 9, three Stephen Ministers were presented to Bishop Katherine for commissioning: Elena Gimpel, Suzie Grindle, and Lani-Karyn Jones.

Congratulations to all three and a big thank you to Deb Mitchell and Jo-Anne for their leadership of this much-needed ministry.

Ministers will be wearing blue badges at church services and events.



Christ caring for people through people

**STEPHEN
MINISTRY**



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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