Saint Thomas of Canterbury Episcopal Church

CANTERBURY TALES

FEBRUARY 2019

Time for Slow Church?

The Rev. Timothy True

We are in the Green Season again. That's right, the season in our liturgical calendar when nothing seems to move quickly. We experience it for about six months after Pentecost; we experience it again between Epiphany and Ash Wednesday. Which is where we are now, on the longer side this year because Easter is late, April 21. In fact, by Ash Wednesday (March 6), we will have spent fully eight of the past twelve months in this slow, mundane season.

Maybe you're like me and want things to happen more quickly. The season of Advent lasts only four weeks—that seems about right. Then Christmas is only 12 days—even better! Best of all is Holy Week, because it only lasts, well, a week!

But hold on a minute! Is slow all that bad?

We live in a busy world. We're used to speed, things happening fast, instant gratification. But—as we recently considered together the Wise Men from the East—God seldom takes us from Point A to Point B via a straight line. Despite all our efforts to the contrary, God's ways of doing things are not always the most efficient, productive, or economical.

Along these lines, pockets of humanity are coming to grips with our culture's proclivities for promptness. Are you aware of the so-called slow movements that are (forgive me) picking up speed around the world? There's the Slow Food movement, begun by people like you and me who were tired of consuming mass-produced foods. There's also a Slow Cities movement (called *Cittaslow*—it began in Italy), which in 2018 included 252 communities in 30 countries. To qualify, cities of fewer than 50,000 inhabitants are evaluated on categories such as sustainable agriculture, local food cultivation, land use, and hospitality. By the way, there is even a World Slow Day, which falls annually on February 26.

I believe that these slow movements—not to mention other popular trends like yoga and forms of meditative prayer—demonstrate a large-scale response to the frenetic pace that characterizes today's world. In other words, the productive, efficient lives we lead are tiring us out; wouldn't it do us all some good if we were able just to slow down a little? (*continued page 2*)

Maybe it's time for a Slow Church movement. This is a real thing, by the way. There's a rather good book out there called *Slow Church: Cultivating Community in the Patient Way of Jesus*. There's also a blog worthy of your perusal: slowchurch.com/blog/. But isn't that what we're already doing? During that Green Season? That slow, mundane part of the liturgical year when things move along like molasses?

This Sunday's worship service will largely be the same as last Sunday's. I will say, "The Lord be with you"; and you will respond, "And also with you"—just like we always do during the Green Season. I will recite the same Eucharistic Prayer I recited last week. And the body and blood will taste just the same.

But that's the point! Our faith grows best over the course of time, slowly, organically, authentically.

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*A mission of the Episcopal Diocese of San Diego, St. Thomas is a "**p**__**et-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

BOOK DISCUSSION GROUP—Monday, February 4 Noon-1 PM

Meets in the St. Benedict Conference room. The group is reading a highly acclaimed southern mystery by Delia Owens, *Where the Crawdads Sing*. This is a debut novel by a self-described and internationally known wildlife scientist, the author of three nonfiction books. Even if you have not been reading the book, please come and share your views and interests. This informal group meets on the first Monday of the month and is open to anyone interested in lively discussions on diverse subjects. Please email Bill Liesman asiabill@aol.com for more info.

THE GOOD BOOK CLUB --- Continues Sundays during Epiphany Season, February 3-March 3

Paul's Letter to the Romans is the focus. In Julian Hall between the services.

MEN OF ST. THOMAS (MoST) – Saturday, February 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 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!

MINISTRY OF THE MONTH ---Hospitality---Sunday February 10 after the services

See page 7 for details

KNIT W.I.T.S.* (*With Intent to Serve)—Monday, February 11 from 7-9 PM

At Barbara Bundy's home. See page 13 for details.

SWEETHEART CAR SHOW---Saturday, February 16 from 10 AM—2 PM

See page 14 for details.

BISHOP'S COMMITTEE MEETING—Thursday, February 21 at 6:30 PM

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

WOMEN OF WORTH (WOW)---Saturday, February 23 at 8:30 AM

Informal breakfast meeting open to all women of St. Thomas meets each fourth Saturday of the month in Julian Hall. Contact Virginia Patton for details/info (hillgoss@verizon.net).

CYG DINNER WITH THE VICAR—Sunday, February 24 at 4:30 PM

All youth are invited to the Walton's for this special event. See page 11

LOOKING FORWARD TO MARCH

ASH WEDNESDAY—March 6

NIGHT WATCH AT ST. PAUL'S CATHEDRAL—Saturday-Sunday March 9-10

Diocesan event for youth. All CYG members invited. Details coming soon

Report Misconduct

As part of our ongoing commitment to creating a safe haven for everyone, our diocese trains people in the prevention of misconduct and encourages all to report misconduct. All reported incidences are taken seriously and investigated thoroughly and confidentially. If you believe you have experienced misconduct of any kind, please contact
Mr. John Seitman, (**jseitman@pacbell.net**), 858-793-4555 or
Ms. Equilla Luke, (**aequilla@icloud.com**), 760-583-0485.

One Family in Fellowship

2019 ANNUAL MEETING OF THE MISSION

Sunday, Jan. 27, St. Thomas held its Annual Meeting of the Mission following the 10:15 a.m. service. Fr. Tim led the meeting and outlined a positive outlook for the church driven by the dynamism of our congregation.

"We are making great strides toward becoming a fully-fledged parish."

Fr. Tim True

Mary Lou Thomas and Chantel Blas were elected to the Bishop's Committee and Fr. Tim thanked the three retiring Bishop's Committee members—John Crawford, Pat Grannan, and Steve Lee.

The meeting broke for lunch, which was a delicious potluck spread organized by WOW. Following lunch, there were presentations and reports from the two wardens, the treasurer, and the vicar.

Fr. Tim closed meeting with a prayer at 12:45 p.m.

Advent Outreach Program

A Success Story

Barbara and Andrea coordinate a four-car caravan to transport the donations to Project TOUCH

This past Advent, St. Thomas' Women of Worth (WOW) Group sponsored an outreach project aimed at assisting those in our community in most need, the homeless. Through the local non-profit Project TOUCH, St. Thomas members were encouraged to fill a bag with one item each day during the preparation season of Advent from a list of needs provided by them. The program was called a "Reverse Advent," to reflect giving instead of getting something each day following an Advent calendar. The result was over one hundred bags filled generously and lovingly by our congregation members, preschool teachers, and preschool parents. Project TOUCH coordinator Anne Unmacht remarked that her program had never received such a large donation of such quality items from one source. Many thanks to Barbara Bundy and Andrea Liesman for spearheading this unique and worthwhile outreach. Hearty thanks also to WOW for its support and to all at St. Thomas who generously contributed.

Project TOUCH director Anne Unmacht and volunteers pose with Andrea and Barbara and some of the many donated bags

"Ministry of the Month" for February

St. Thomas' Hospitality Ministry focuses on organizing activities and events which provide opportunities for members to spend time with one another, meet more people, become better acquainted with each other, share experiences and have fun. Some of these activities include:

Coffee hours ~ Dinners All Around ~ Annual Church Picnic ~ St. Nicholas Celebration ~ Christmas Party & Fundraiser ~ Greening of the Church ~ Meals on Wheels for St. Thomas ~

Ministry Fair and Ministry of the Month ~ Men of Saint Thomas (MOST) ~ Women of Worth (WOW) ~ Canterbury Trails Hikers ~ Baseball ~

Pet Ministry ~
Weddings, Baptisms & Funerals ~ Greeters & Ushers ~

Connections Ministry ~
Special Events

Meet Bishop's Committee Member and Hospitality Coordinator

***Virginia Patton* after the services on February 10 and VOLUNTEER!**

Get to Know Your Church

What's a Columbarium?

According to the *Encyclopedia Britannica*, a "**Columbarium** is a sepulchral building containing many small niches for cinerary urns. The term is derived from the Latin *columba* ('dove,' or 'pigeon'), and it originally referred to a pigeon house or dovecote. It later acquired its more common meaning by association."

Yes, that brass and wood box in the back of the church houses the inurned cremains of seven deceased congregation members. Appropriately, it is also the site of our votive candle stand and contemplative kneeler.

There are nine available spaces in our columbarium, and it is in fact expandable. Should you be interested in more information, speak with Father Tim.

Health Update

Dr. Rather's "Did You Know" Entries –Sent to us from Maui

This month, from Hawaii, let's discuss a few medical reports, which may be of some importance.

1) Measles is reaching near epidemic proportions in Washington state. The governor has declared a medical emergency and as you might expect, 85% of the children and young people getting the measles have not been vaccinated. If it is in Washington, it certainly will make its way down to California. Be aware.

2) Do you know anyone who has a hedgehog as a pet? It is illegal in California, but people do smuggle these cute animals in. They are often carrying a salmonella bacterium that can cause serious illness and this has been seen from Minnesota to Texas and from Colorado east to Maine. So, be aware.

3) Did you know that the NIH and CDC are in the process of studying a vaccine which is being developed against the common RSV, respiratory syncytial virus. This is very important since it is the leading illness cause of hospitalization for children under the age of one year. This virus causes two million outpatient visits a year in the US, and 60,000 of those end up in the hospital. It also can present problems for the elderly and persons with compromised immune systems. So, the development of the vaccine is good news.

4) A recent public health study reveals that those popular electric scooters are causing an alarming number of accidents by users being careless and not observing proper safety precautions. One out of three of these accidents are fractures and four out of 10 of those injured have head injuries. Only 4.5 to 5% of people are wearing helmets, which, by the way, is the law. So, be aware.

5) Did you know that several drug companies are studying and developing new antibiotics which are chemically different from the ones which are associated with bacterial resistance. This is welcome news. At the meeting I am attending, a derivative of Tetracycline named Saracycline has just been released. There are a number of these different antibiotics in the pipeline.

6) Two things of note are a study in the Archives of internal medicine which shows that better balance can be obtained as we mature if we follow certain exercise programs, with Tai Chi giving the best results; interestingly, it is better than just stretching or other exercise. Also, a Harvard medical school sleep medicine study has shown that, contrary to prior beliefs, a vigorous evening or night time workout may help us sleep better. Our adrenaline and blood cortisol levels, which are elevated during exercise, return to normal within one hour and after this length of time, exercise may help us.

7) Finally, being in Hawaii and having heard from Shamans and Naturopaths that Urine helps sea urchin stings, recent information shows that it also clears toenail fungus when applied twice daily. Let me know if it works?!

Until next time, Aloha! Your friendly, but retired, dermatologist.

Ed

QUIEN ES ME VECINO?

But wanting to justify himself, he asked Jesus, "But who is my neighbor?" Luke 10:29

Mission Trip to the Diocese of Western Mexico

August 3-11, 2019 - $600

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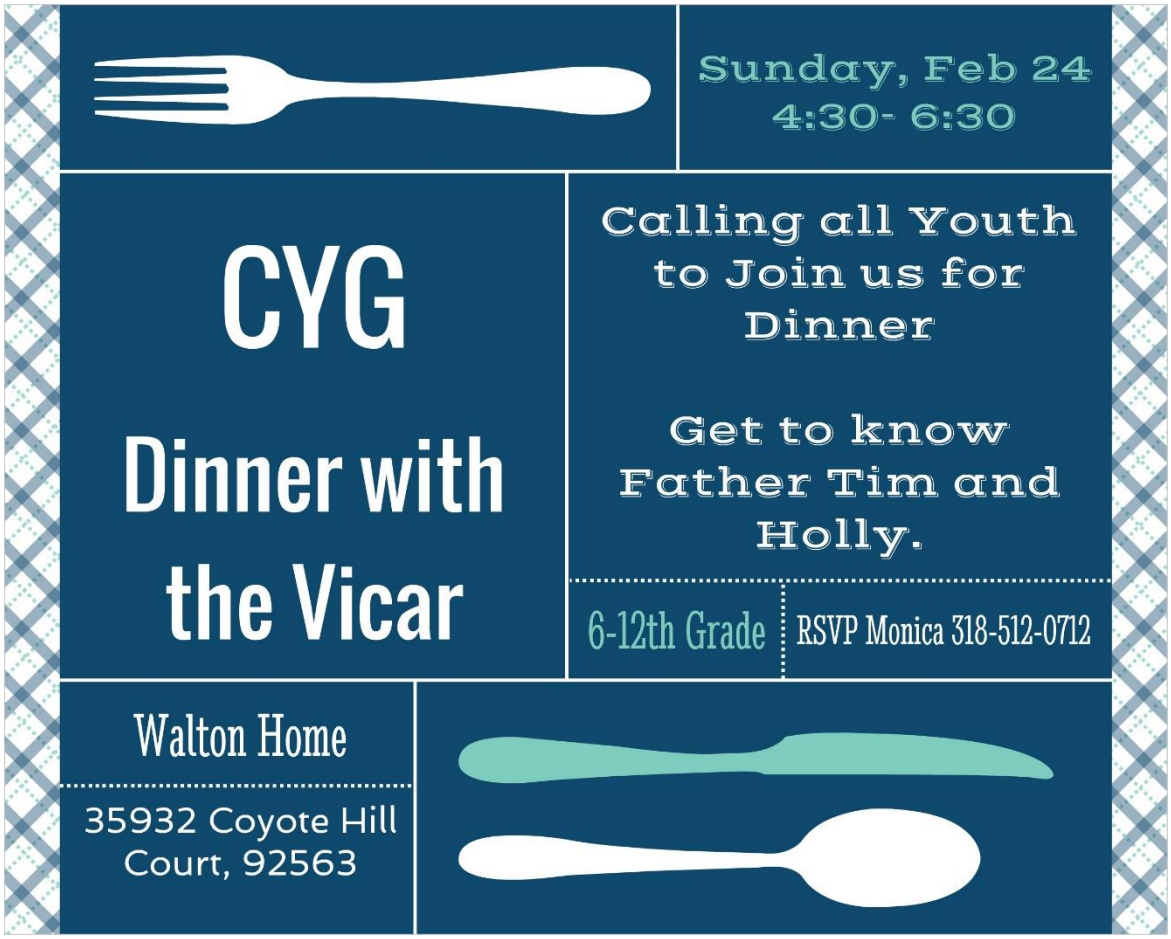
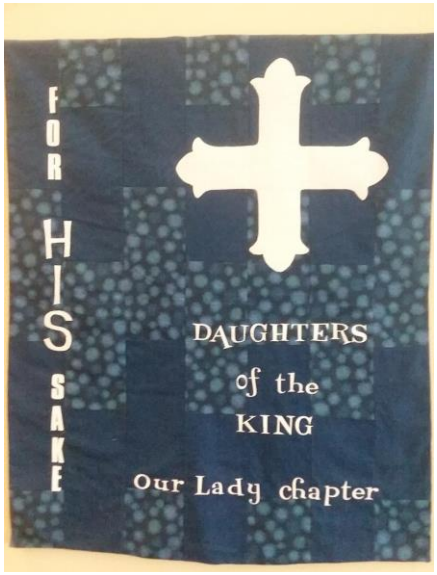


"St. Thomas of Canterbury Meals on Wheels"

WoW (Women of Worth) has a new ministry with Michelle Lee at the helm. The ministry "Saint Thomas of Canterbury Meals on Wheels" will provide dinner to church members that are ill, having a medical procedure, or having a difficult time in general, and could use the help with this ministry providing evening meals on a temporary basis. If you would like to sign up to be in the rotation to provide an evening meal, or if you or a church member you know could use the help of this ministry please contact Michelle Lee at (909) 208-9875, or you can email Michelle at mmacneallee@yahoo.com.



Daughters of the King

Daughters of the King is a lay order of women who promise to pray, serve, and spread the knowledge of Christ in the world. We meet once a month to share our spiritual journey and learn ways to further God's kingdom.

If you are interested in joining, please speak to a member. We wear the silver cross of the order, so you will recognize us around church. We will be happy to explain the process and welcome you into the order. Our meeting time is the second Tuesday of the month in the St. Benedict Conference room at 6:00 p.m. We hope you can join us!

Car Themed Quilt Raffle

We are raffling off a beautiful handmade large lap quilt, made by Anne DiPardo, featuring antique and race cars. It is hanging in the Narthex. Tickets are available now and will be sold at the Car Show, with the drawing on Sunday February 17th after the 10:15 service

Funds raised will benefit the general fund supporting church activities such as Outreach, Pastoral Care and Youth Ministries

Tickets are $5.00 each or 5 for $20

Join the

Canterbury KNIT W.I.T.S.*

(***W**ith **I**ntent **t**o **S**erve)

Knit & Crochet Items for Local Charities & Organizations

Monday, February 11th
7:00 – 9:00 pm
Barbara Bundy's home

Knitters & crocheters of all ages, genders, and skill levels are welcome!
Materials and instruction are provided for new knitters.

For directions and more information, contact Barbara at bjbundy@verizon.net

SWEETHEART CAR SHOW

Sat. Feb. 16 2019 10 a.m. – 2 p.m.

Best of Show 2018:
Michael Glassey
1938 International

Registration
from 7:30 a.m.

Presented by:

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Car pre-registration: $25 (by Feb. 12, 2019)
Day of show car registration: $30 (no T-shirt)

Register at: episcopalchurchtemecula.org/carshow

For information phone 724-766-1835 or 714-267-1235

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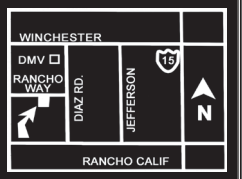

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WORSHIP SCHEDULE

Saturday
5:00pm Holy Eucharist

Sunday
8:00am Holy Eucharist
10:15am Holy Eucharist
10:15am Children's Chapel/Sunday School

Wednesday
7:00pm Evening Prayer

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Deadline for submission is the 15th of each month. To submit items for publication contact Bill Liesman -- asiabill@aol.com