

*Saint Thomas of Canterbury Episcopal Church*  
**CANTERBURY TALES**

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∞ NOVEMBER 2019 ∞

## Announcing Our New Priest-in-Charge

The Rev. Julie Bryant has answered the call to be our priest-in-charge at St. Thomas beginning December 1 as we transition to a new vicar.

She served as deacon and assisting priest at All Saints', Riverside in the first year of her ordination, then on the staff of Episcopal Community Services, before returning to congregational ministry.

She was associate for family ministries at St Matthew's, Pacific Palisades and then called as rector of Transfiguration, Arcadia. In addition to pastoral and administrative experience, Julie's

work includes development of an inter-generational service project in Central America, ongoing participation in global partnership programs, bridging church and school environments, and training in multiculturalism, family systems, interim ministry, and the writing of icons. Julie holds degrees in dramatic art from UC Berkeley, Master of Divinity and a Doctorate in Ministry from Claremont School of Theology.

Julie has family in San Diego, and adult children with growing families of their own in Long Beach, and Washington, DC, as well as a wealth of dear friends. She usually has more than one art project underway at any moment and is always planning her next travel adventure.

As explained at the church town hall meeting on October 20, the essential difference between an interim priest and a priest-in-charge is that the latter can, if called and accepted, become the vicar of the congregation in transition.

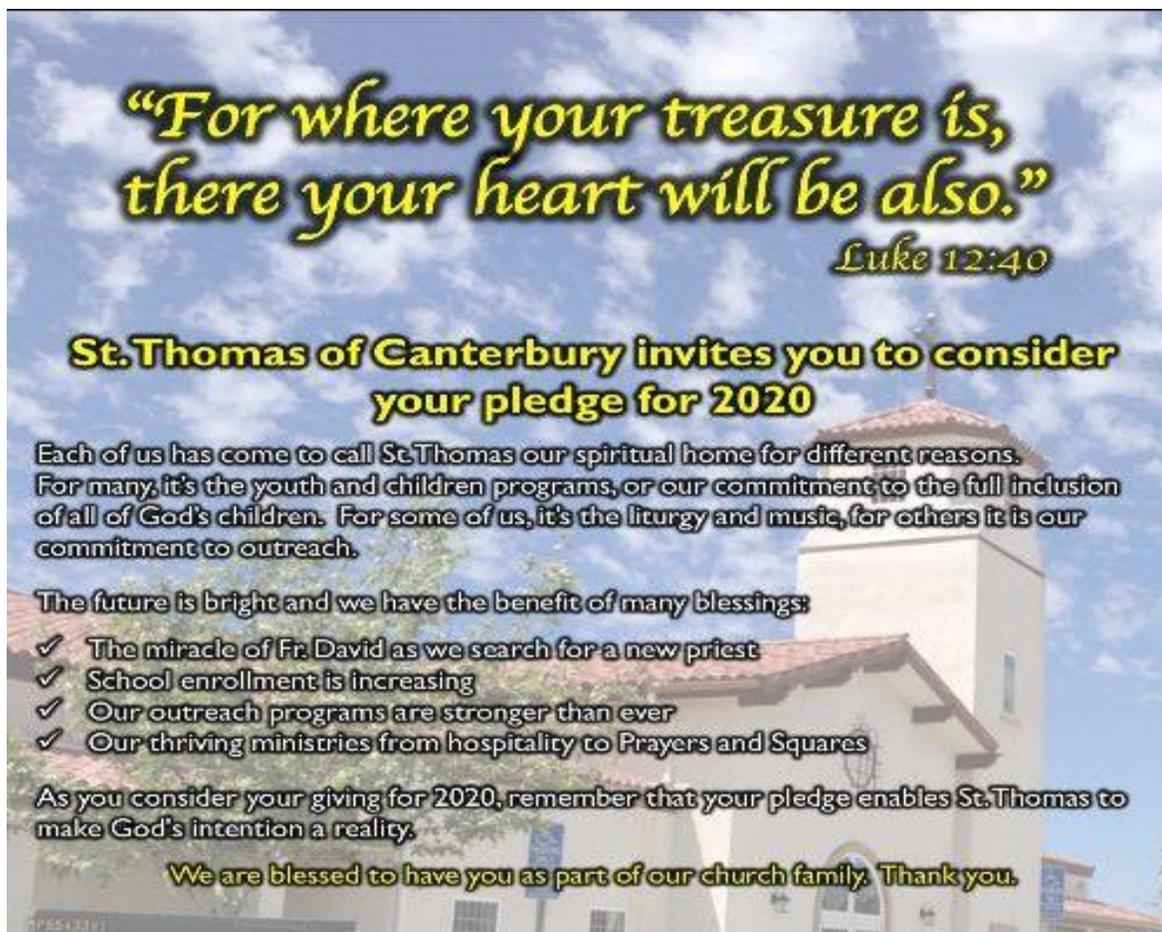
We look forward to welcoming Rev. Julie on Sunday, December 1, appropriately the first Sunday of Advent and the beginning of a new ecclesiastical year.



# MAKE YOUR 2020 PLEDGE TODAY!

Join us for the Campaign "In-Gathering"

On Sunday, November 17 after the 10:15 Service



**"For where your treasure is,  
there your heart will be also."  
Luke 12:40**

**St. Thomas of Canterbury invites you to consider  
your pledge for 2020**

Each of us has come to call St. Thomas our spiritual home for different reasons. For many, it's the youth and children programs, or our commitment to the full inclusion of all of God's children. For some of us, it's the liturgy and music, for others it is our commitment to outreach.

The future is bright and we have the benefit of many blessings:

- ✓ The miracle of Fr. David as we search for a new priest
- ✓ School enrollment is increasing
- ✓ Our outreach programs are stronger than ever
- ✓ Our thriving ministries from hospitality to Prayers and Squares

As you consider your giving for 2020, remember that your pledge enables St. Thomas to make God's intention a reality.

**We are blessed to have you as part of our church family. Thank you.**



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

## **REMRANCE OF THE FAITHFUL DEPARTED—Sunday, November 3**

At both services

## **BOOK DISCUSSION GROUP—Monday, November 4 Noon-1 PM**

This is an informal group open to all who like reading and fellowship. The group has been reading *Letters of Note: Volume 1* by Shaun Usher. This is a collection of interesting and often poignant letters often written by the well known or to the well known that reveals a wide range of emotion. The group meets in the St Benedict conference room. All are welcome. Even if you have not read the book please join us and help us choose the next one. Email Bill Liesman [asiabill@aol.com](mailto:asiabill@aol.com) for more details.

## **DIOCESAN CONVENTION—Friday, November 8-Saturday, November 9**

At St. Margaret's, Palm Desert. Our delegates are Wardens Jon Floth and Frank Rojas, and member Bill Liesman.

## **MEN OF ST. THOMAS (MoST) – Saturday, November 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 – Women of Worth (WoW)**

See p.8-9 and the display in the Narthex starting November 9

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

At Andrea Liesman's home. Email ministry leader Irene Eisenhut for details.

## **BISHOP'S COMMITTEE MEETING—Thursday, November 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, November 23 at 9:00 AM**

New Time! In Julian Hall. See pp 8-9

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## **Bake Sale!**

To benefit the Preschool:  
Every First Friday of the Month  
November 8 (because of Halloween)  
December 5

### **SAVE THE DECEMBER DATES:**

**Christmas Party Saturday Evening December 7**

**St. Nicholas Is Coming: Sunday, December 15 Between the Services**

# Blessing of the Animals

On Saturday, October 5, St. Thomas welcomed 30 dogs, several cats, a guinea pig, and 50 humans to St. Francis Courtyard for the annual community event, the Blessing of the Animals. Many thanks to Fr. Steve Schuneman and all who participated.



*St. Thomas welcomes Bishop Susan*  
**BISHOP VISITS ST. THOMAS**



October 6, the new Bishop of the Diocese of San Diego, The Rt. Rev. Susan Brown Snook made her first official visit to St. Thomas.

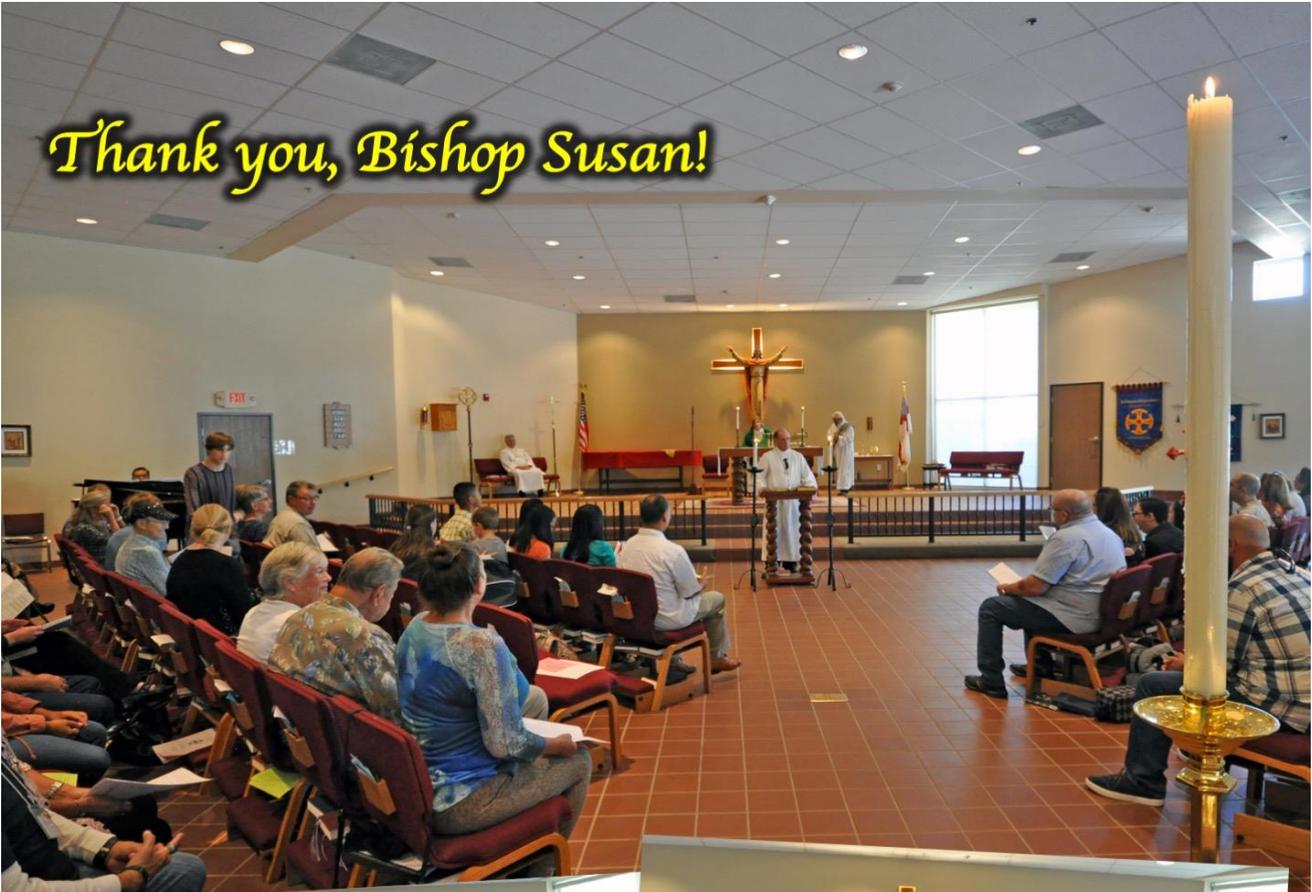
The St. Thomas congregation welcomed Bishop Susan in style and a packed church listened intently as she led the two services and confirmations. Following the 10.15 service a potluck lunch was served in honor of the Bishop.

“A bishop’s visit is the visible sign of the unity we share in the Body of Christ,” said Bishop Susan.



Episcopal Diocese  
of San Diego  
FEARLESS LOVE

*Thank you, Bishop Susan!*





# Ministry of the Month for November

## *Women of Worth (WOW)*

The Women's Ministry group at St. Thomas of Canterbury Episcopal Church was started/re-started on September 2, 2017 by Andrea Liesman. The initial meeting was attended by 22 women and got off to a great start. The name of the group was up for discussion and among the names suggested were WOST, Women of St. Thomas, and LOST, Ladies of St. Thomas!! However, those were dropped in favor of WOW, Women of Worth, and that name has stuck.

The group was started as a service group to help with events such as funerals, weddings, special occasions and fellowship. WOW members have participated in a wide variety of events and services over the past two years.



*Women of Worth members attending the Olive Tree Farm outing October 26*

With gratitude for Andrea's efforts to start the group, in February 2019 there was a change in Leadership with Virginia Patton, Bishop's Committee member in charge of Hospitality, taking over the reins. Doria Lore became co-leader shortly thereafter. The group meets on the fourth Saturday of each month at 9:00 am in Julian Hall with prayer, breakfast and time for fellowship and planning for upcoming events. Recently we have spent time with ice breaker topics which provides an avenue to know each other on a more personal level. We decided to  
*(continued next page)*

have more fun with quarterly special outings. This included visits to the Grand Tradition in Fallbrook for brunch and to the Temecula Olive Tree Farm and other sights in Aguanga.

In addition, WOW wants to give back to the community. Andrea Liesman coordinated an outreach project aimed at assisting those in our community in the most need, the homeless. Through Project T.O.U.C.H., St. Thomas members and Preschool families were encouraged to fill a bag with one item a day during Advent from a list of needs. This program was called "Reverse Advent" to reflect giving instead of getting. We plan on additional community projects in the future.

All women of St. Thomas qualify as members and we hope to have more women attend the meetings and activities. Being involved with WOW allows women to grow in their faith, develop new friendships, and have some fun in the process.



*Donna Weiss, Virginia Patton, Doria Lore, and Jackie Klippert at the Temecula Olive Tree Farm outing on October 26*

We look forward to seeing lots of women joining us for our next get together on Saturday, November 23<sup>rd</sup> at 9:00 a.m. (new start time) at church in Julian Hall. Just show up and if you can, bring something to share for breakfast and fellowship.

If you have any questions or would like to know more about the ministry, please call Doria Lore at church at 951-302-4566 between 9:00 a.m. and 2:00 p.m. M-F.

*Fun and fellowship at St. Thomas*  
**WELCOMING COMMITTEE**



Under the leadership of Bishop's Committee member, Tess Crawford the Welcoming and Community Committee was formed to ensure that new and existing members of St. Thomas always feel welcome and can enjoy a variety of events that bring together our church community.

If you have any ideas or suggestions, just talk to a committee member!

*L-R: Tess Crawford, Anne Meservey, Joan Haneishi, Steve Lee, Mary Lou Thomas, John Crawford, Lee Eisenhut, Lisa Simpson, Susan Reid, Irene Eisenhut, Frank Simpson.  
Not in picture: Michelle Lee, Donna Weiss, Kay Rather.*

# Health Update—Dr. Rather Discusses CBDs

Halloween is over, and we are looking toward the “true” holidays. Last month I mentioned cannabis (marijuana) and its use in pregnancy possibly leading to early delivery issues. A great problem with social media is the misinformation on health related drugs and natural substances. This month I am going to try to make some sense out of cannabis and its by-products.

Approximately 10% of cannabis users in the United States use it for medicinal purposes. According to a recent (August 2019) US News and World Report Gallup survey, one out of seven of us are using CBD products: 40% for pain, 20% for anxiety, and 11% to promote sleep. A smaller number of patients find it beneficial to combat nausea from chemotherapy, etc.

Cannabis has numerous cannabinoid derivatives. The best known is tetrahydrocannabinol (THC) which has classic psychic intoxicating effects. CBD products are cannabidiol oils and are not intoxicating. In fact, the FDA approved last year a CBD-based drug for treatment of two rare but serious epilepsy problems. There is a growing body of clinical evidence to support the use of these oils in many conditions associated with pain, and even opioid addiction. They can be taken internally or used as an external cream or gel. The big problem here is there has been little regulation in studies involving their use and quantity of use. Although approved for sale in 33 states, the federal government still classifies cannabis as illegal. This complicates its medical use and research development. So, valid research in its use is often lacking, and only anecdotal reports are available. This also complicates studying true marijuana for its uses as well.

In 2017, The National Academy of Science was involved in 28 studies, most of which did not occur in the United States, and found credible evidence of pain relief as opposed to placebo, in treating neuropathic pain, but there was little information about other types of pain from injuries, surgery, etc. These studies are difficult because methods of measuring pain, small sample sizes, short time frames which cannot study long term side effects, and withdrawal and tolerance as well as drug interactions with other medications could not be properly evaluated. Despite the lack of evidence, various state governments have recommended cannabis or CBD for more than 50 medical conditions.

Over 80 plant cannabinoids have been derived from marijuana itself. Interestingly, other food stuffs such as carrots, clover, black pepper, ginseng, and echinacea have cannabis sativa components as well. The cannabinoids without THC stimulation have been found to work through a variety of complex pharmacologic actions. These include inhibition of the stimulation of certain neural receptor sites. There also has been evidence of activation or increasing activity of serotonin receptors. The biochemistry and pharmacology here are very technical and we will await the outcome of this I hope soon. We now know that there is an Endo cannabinoid system (ECS) which connects all our body's organs and systems, helps maintain homeostasis, and has been implicated in certain disease states which involve inflammation, immunity, and pain such as migraine headaches. There are certainly uses for CBD therapy, but the need to study strength, delivery system, application timing per day, and numerous other factors all must be evaluated. We know much more than we did 30 years ago, and I am sure we will know more much sooner than 30 years from now. Anecdotally, a very good friend of ours who buys her CBD cream from Canada is convinced that it helps her back pain. Unfortunately, it did not help Kay's knee pain at all! Don't waste a lot of money on these topical products unless you have good results and remember that we can develop allergic reactions to them. Also, the true THC compound is certainly of value in chronic and debilitating illnesses. Do not think it is wrong to try them.

My information this time came from Mayo clinic proceedings and from the Journal of American medical Association.

So, until next time, Happy Thanksgiving from your friendly, but retired, dermatologist.  
Ed



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7' – 8'	\$81.00
8' – 9'	\$87.00



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7' – 8'	\$111.00
8' – 9'	\$138.00
9' – 10'	\$170.00



**NORDMANN FIR**

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6' – 7'	\$88.00
7' – 8'	\$100.00
8' – 9'	\$122.00
9' – 10'	\$152.00



**24" ROUND WREATH**

SIZE	PRICE
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**EVERGREEN SWAG**

SIZE	PRICE
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**24" CROSS WREATH**

SIZE	PRICE
24"	\$46.00



**CEDAR GARLAND**

SIZE	PRICE
1'	\$3.00

**SUPPORT OUR TROOPS**

**DOUGLAS FIR**

Your donation of a fresh cut Douglas Fir will be directly shipped to a military base in the Western US the first week of December. Thank you for your support!

SIZE	PRICE
6' – 7'	\$68.00



**Make A Donation**

**Description:** PLEASE HELP SUPPORT *ST THOMAS OF CANTERBURY EPISCOPAL CHURCH & SCHOOL* WITH THE PRESALE PURCHASE OF A CHRISTMAS TREE, WREATH, SWAG OR GARLAND. YOU MAY ALSO DONATE TO THE "TREES FOR TROOPS" PROGRAM.

THE PROFITS OF THIS PROGRAM WILL BE USED **FOR PRESCHOOL PLAYGROUND IMPROVEMENTS.**

**Product Pick-up date:** December 6<sup>th</sup> through December 8<sup>th</sup>  
**Location:** Empty Lot Adjacent to Church  
**Hours of operation:** 3pm-6pm Friday, 9am-4pm Saturday, 12pm-5pm Sunday  
**Contact Name, Email & Phone:** Virginia (760) 285-6830  
**Checks Payable to:** ST THOMAS OF CANTERBURY EPISCOPAL CHURCH

**Additional Information:** Sales tax and shipping/handling are included in price

**LAST DAY TO ORDER: 11/11/19**

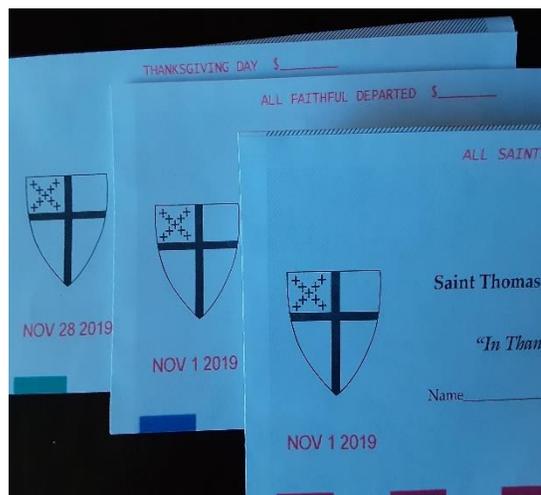
# New Member Spotlight

## *Who's the New Tenor in the Choir?-- Meet Warren Rippé*



Warren joined our choir in January this year at the “prodding” of congregation member Mary Lou Thomas and become a member of St. Thomas officially in April. He is a native of Rochester, NY, went to Wittenberg University in Springfield, Ohio, and then earned a Masters in Pennsylvania. He taught elementary and junior high school for 20 years, and subsequently had a 19-year career with Sears in sales and management in Orlando, Florida. He retired to California to be closer to two of his five children, but then went back to work part time at Sears in Temecula. It’s only a rumor that he attracted customers with his singing voice! Warren is a cancer and heart attack survivor now in better health and looking forward to active membership at St. Thomas. “Thanks to the Doctors and the Lord, I am now in good health,” said Warren. “I look forward to a long-term membership with St. Thomas and working with the members to help us become a Parish. I have attended various churches since moving to California but am very happy to find a church home at St. Thomas.”

**Special Plate Envelopes—November**  
As explained in previous issues of *Canterbury Tales*, those “extra” envelopes in your pledge packets serve a purpose—supplementing income for unexpected and unbudgeted expenses here at St. Thomas. Any contribution helps, even a few dollars, and if you use the envelopes, whatever is given is recorded and receipted as a donation. Please use them!



## Daughters of the King Welcome New Member

On Sunday, October 20, Fr. David Jackson welcomed congregation member Doria Lore to the Daughters of the King. Members undertake a Rule of Life, incorporating the Rule of Prayer and the Rule of Service. Daughters pledge to a life-long program of prayer, service and evangelism, dedicated to the spread of Christ's Kingdom and the strengthening of the spiritual life of their congregations. Here Doria is also welcomed by some of her fellow DoK members: Mary Lou Thomas, Kay Rather, and Jackie Klippert.



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### Canterbury Youth Group (CYG) Upcoming Events

**November 8<sup>th</sup> – 10<sup>th</sup> Youth at Convention – Palm Desert, CA**

**November 24<sup>th</sup> – Annual CYG at the Movies**

**December 7<sup>th</sup> – Christmas Party Set Up Volunteers**

**December 13<sup>th</sup> – Broomball U.T.C. Ice Arena**

**December 14<sup>th</sup> – CYG Christmas Party at the Walton Home**

**If you would like your children 6<sup>th</sup> to 12<sup>th</sup> grades to get involved with the Canterbury Youth Group please contact Monica, Brigitte or the church office.**



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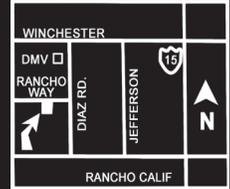
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*Proverbs 17:22 "A joyful heart is good medicine  
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# St. Thomas of Canterbury

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### WORSHIP SCHEDULE

#### Sunday

8:00am Holy Eucharist

10:15am Holy Eucharist

10:15am Children's  
Chapel/Sunday School

#### Wednesday

7:00pm Evening Prayer