

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

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∞ MAY 2020 ∞

## Easter Season at St. Thomas



As the spring rains fed the flower beds holding our newly planted Easter flowers and our courtyard rose bushes, color and light have made their appearance at the church. Stop by and see the handiwork of our congregation members, adult and youth, which adorn our doors. Since we could not use our worship space this year, Rev. Julie supervised the planting of spring flowering plants on Palm Sunday instead of the traditional potted lillies to give us an ongoing adornment of our property as we celebrate the Risen Christ this Easter Season. Many thanks to all who helped with the planting, including Virginia and Joel Patton, Tess and John Crawford, and Irene and Lee Eisenhut, as well as Rev Julie herself. And thanks to all who made contributions and dedications for the plants.

# Notes from Our Priest-In-Charge, the Rev. Julie D. Bryant

## *Saint Thomas Rocks*



While we continue to practice physical distancing in order to reduce the spread of the Coronavirus, there are a few ways we can bring a smile to others.

Many of us are walking these days, around the neighborhood, across open fields, or down the hall past a neighbor's door. An easy way to leave a bit of love along the way is to leave a rock painted with a simple design or message, tucked alongside a pathway, or popped into a flowerpot, nestled next to the mailbox, etc. A few folks are painting rocks - and there are plenty more hands needed for that project! We'll let you know this Sunday where to find a few to

distribute as you wish.

Part of this exercise is to bring a little joy to others, but it's also designed to help us think about and pray for our whole community more intentionally, and to notice where we'd like to expand the Saint Thomas family.

If you are willing to help with painting, or able to deliver a few to folks who are not 'out and about' these days but still might like to share them with fellow residents of an apartment or assisted living complex, please be in touch - Julie + 310 625 9377

## ***Mask-makers Working Overtime!***

Having taken a break from the many masks they've made for use in the Temecula and Saint Thomas community, our Prayers & Squares team was back at the task this week, cutting, sewing, and packing more than 80 masks for the Navajo nation that is suffering tremendously, without resources.

Thank you, thank you!

You may know that the Diocese of Navajoland is just a few years old, the people and congregations having previously been included in adjacent dioceses, though the land and culture of Navajoland is unique. Now served by multiple Navajo clergy, missions of the Episcopal Church were established long ago. Deb Mitchell, who leads the Prayers & Squares ministry, has visited Navajoland many times and can speak to the courage of a people who meet tremendous challenges generation after generation, and who seek to protect the very creation that nourishes us while finding their own livelihoods difficult to sustain.



*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.*

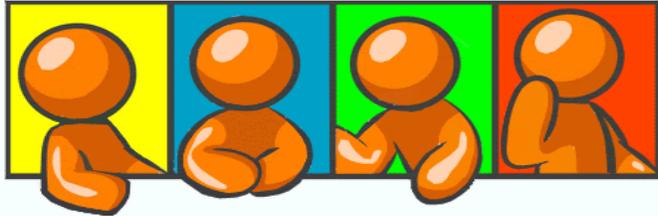
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# Saint Thomas Virtual Gatherings Continue

## Town Hall Meeting



Congregation TOWN HALL Meeting, Thursday, May 7, 6:30 p.m.

Join Zoom Meeting  
<https://zoom.us/j/249290798>  
Zoom Meeting ID 846 0903 7904 or Participate by Phone +1 669 900 9128  
Password: 023262

Join us online for regular worship and many activities including Christian formation, fellowship, and ministry meetings that take place daily. For the latest schedule please refer to the Weekly Announcements, the church website at [episcopalchurchtemecula.org](http://episcopalchurchtemecula.org), or your email. All worship gatherings and meetings are easily accessible via the internet on your computer or internet-enabled smartphone. Please call Rev. Julie at 310-625-9377 with any questions or concerns

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Calling all Graduates! Please make sure we know who's graduating in your immediate or extended family. We want to send our congratulations and remember them in our prayers; send Name, School, Degree or Diploma conferred, and their relationship to you to [juliedbryant@yahoo.com](mailto:juliedbryant@yahoo.com)

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When cleaning out your closets and garages, a favorite activity during "stay at home," please set aside items we can use for our Rummage sale planned for this July. Last July we made \$1,000 profit, and it's not too early to be collecting items we can use.

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Please hold on to your recyclable (CRV) plastic and aluminum containers so that when the time is clear we can turn these into cash for our preschool. Also, please support the current Boon Supply fundraiser that benefits STEP through June, See the Weekly Announcements for more info.



# Meet Your New Bishop's Committee Member-I

## *Ann Little Describes Her Journey to St. Thomas*



I was born in Palo Alto CA and raised in Sunnyvale. My father worked at the then new Lockheed and we lived around the corner from astronaut Jim Lovell. My first school was built on an apricot orchard and I attended the opening as a kindergartener.

I met my husband John at the end of summer in 1972 just as he was getting out of the Navy. He and my brother were shipmates on the USS San Jose. We were married after four months, and five years later moved to San Jose where we expanded our family with son Bryan and our daughter Whitney. Bryan lives with his wife Mette in San Jose. Whitney and husband Regi and family live in Murrieta.

We have cared for our grandchildren Lilly 12 and Alex 8 from the time they were babies while Whitney was at work. We are very close, so when they found a home in Murrieta we followed soon after in May 2019. I am enjoying decorating our new house and have a room for my arts and crafts.

I worked as an Elementary and Middle school librarian for 26 years and was a CSEA Union representative for most of that time.

I was raised Catholic and John was raised Protestant; we found common ground in the Episcopal Church. We were members of St. Stephen's-in-the-Fields in San Jose for 35 years where I served on the Bishop's Committee/Vestry as we became a parish. I also co-chaired the last search committee there two years ago when we called our new priest.

Feeling a little lost after moving here, we found St. Thomas after a brief search and found a loving community, too. We hoped we might find a church family here, and ways to serve the community. I look forward to meeting and learning more about all of you.

I have always felt God's presence in my life and the lives of those around me, and I constantly look for His guidance. I tried to talk myself out of serving on the Bishop's Committee when I first felt the call ("I'm new here; what do I know?") but I felt his hand and I am glad I took the leap. I feel blessed to be here and happy to say I am here to serve.

# Meet Your New Bishop's Committee Member-II

## *Services Early in the Day Inspire Allan O'Neill*

I'm a "PK" (preacher's kid), so in a very real sense the Episcopal Church is in my blood. I grew up and went to college in Connecticut, was married and had three daughters (Kaitlin now 31, Chelsea now 27 and Meghan now 23) before moving to NJ for my career. I've been in the beverage business all my working life. That began with Coca-Cola, then with Heineken in CA, and then with a beer distributor in Las Vegas where I met my new bride, Siofra. She had two daughters (Daron now 26 and Devon now 24) prior to our marriage so there are six women in our family. I moved to Temecula to join the Garage Brewing Company in early 2019. As an Irishman I've always known how important beer is to the world, but it has also been declared an essential business in our current environment. So, I continue to take every precaution and to work through the pandemic. Several months ago, we had a MOST dinner at the Garage Pizzeria/Brewpub, and I can't wait to share some fun there again with more of you.



As an adult I've always attended the 8:00 AM service because I like to start the day with church, and I enjoy the quiet fellowship that eight o'clockers tend to share. The early starting time usually makes for a small congregation, but one stormy Sunday at my church in New Jersey I walked in to find that it was just the priest--and me. We took a long look at each other, said "let's go" and were both better for it. Happily, the St. Thomas early service is usually 25-30 people...and growing!

Finding St. Thomas has been a true blessing in my life. You are a warm and welcoming group of people and I've felt at home here from Day 1. That also makes it very easy to want to get involved and to help tackle some of the challenges we face. That certainly applies to our overall development, and I hope my business experience and family knowledge of the church will be assets. But I feel particularly called to find ways for us to engage in the broader community. Last year I helped organize our participation in a Habitat for Humanity project at Rancho Damacitas. All of us who were there that day felt a great sense of contribution and fellowship. I'm eager to work together to find more ways that we can help to improve the lives of those who need our assistance, both within St. Thomas and in the greater community to which we belong.

Please feel free to reach out to me by phone or e-mail, or just to tap me on the shoulder after church, if you'd like to talk further about St. Thomas. Peace.

# Living in Solitude Amid a Crisis

*By Dr. Deb Mitchell, Stephen Leader*



The last time a virus of great magnitude forced Americans indoors, women did not go inside alone. When the 1918 flu pandemic started to spread, the average American woman was married at 21. Most went straight from their parents' home to their husband's while others spent a few years at a boardinghouse with women their age, working in shops, offices, and factories awaiting the next chapters in their lives. A woman rarely made enough money to live by herself.

The coronavirus has confined many women to a very different living situation. Today approximately 23.5 million American women live alone, more than ever before. That's largely because we're staying single longer and our life expectancy is longer than men. The average woman now waits until she's 28 to get married and more women are getting divorced or opting out of marriage altogether.

The "Lily Lines," a twice-weekly publication of the Washington Post, asked to hear from women who are self-quarantined alone during COVID-19. Below are 5 responses I selected from a Post article documenting responses from almost 1,300 women.

Maria, 24, lives in a one-bedroom apartment in Boston and suffers from depression and PTSD. Fortunately, she recognized her symptoms returning and called her Mom who now calls Maria every morning at 8 to get her out of bed, dressed and off the couch.

Gina, 33, lives in a studio apartment in Washington, D.C. She gave up her game night on Zoom with her girlfriends because they are in relationships and it was too hard to see them sitting on the couch with partners and kids wandering in and out. She's counted off 47 days since she has been touched by someone.

Irma, 61 is a widow in Evanston, Il. She lost her husband suddenly 18 months ago. On Saturday mornings she has breakfast in her sunroom and talks to him in his urn on the shelf.

Hazel, 70, has lived alone in her apartment in New York City for 40 years and, as is common in NYC, does not know her neighbors other than to say "hello." She'd rather get a root canal than ask for help. She's had a cough for the last 10 days and can't go out for groceries. It took her days to find the courage to ask for help.

Betty, 86, lives alone in Santa Monica. She used to fear dying alone, but now she is trying to make peace with the idea. She sits quietly, eyes closed, paying attention to her fears and why she has them. She knows her family is safe and well so maybe dying alone won't be so bad. *(continued page 7)*

COVID-19 presents a different kind of crisis because of the social distancing. Do you know someone or are you concerned about a friend, or a neighbor who is home alone? Perhaps you are the one home alone. Like the women featured here, many of our needs for care are the same or even greater, as we face the fear, stress, and anxiety presented in our current times, and they are not specific to women. Our seniors residing in assisted living facilities are confined to their small apartments. Many do not have computers or the skills to use apps allowing them to visit with family and friends or take part in internet worship services. Perhaps someone needs groceries, prescription meds, or face masks. Reach out to those who are alone even if you don't know them except to say "hello." Leave a bouquet, a potted plant, a sweet treat, a book etc. on someone's front porch.



How many times do we tell each other we are "fine" when asked how we are doing? I've even tried "how are you doing right now?" It's become a query that seems to now inspire a scripted, reflexive response. This often includes an acknowledgment that someone is "hanging in there" despite the circumstances, while also feeling gutted for the folks who are struggling more than we are or risking their lives to save others. When we keep asking the same question, or no questions at all, we lose out on a chance for deeper connections with our conversation partners, who often happen to be the people we care most about. We are tricked into believing we know how they're feeling or what they're thinking, when we haven't even scratched the surface. Even in the best of times "How are you doing?" is more likely to be a conversation stopper than a conversation starter.

Some different suggestions: How are you taking care of yourself today? Have you found a special place at home that you have come to appreciate the most? What book, movie, article, or conversation has captivated you recently? Why did it interest you? Any habits you have started, or broken, during the quarantine? Do you have a specific place you can't wait to visit once this is all over? What's the easiest part about the quarantine (besides staying in your pjs)? What do you miss that surprises you? What don't you miss that surprises you? What times of the day or the week are hardest? Where do you find hope right now? Do you enjoy the ability to participate in digital worship or face time with friends or family? Do you think this experience will change you and how? What do you hope we all learn or take away from this experience?

Your Stephen Ministers, Elena Gimpel, Lani Jones, Suzie Grindle, Jo Ann Dreyfus and Deb Mitchell are here to listen to and support anyone in need. Please call your Stephen Leaders if you or someone you know needs help. All calls/conversations are held in strictest confidence. Deb: 951-440-1919 or Jo Ann: 916-764-2749 (Cells)

# St. Thomas Fund Raiser Supports Senior Animal Rescue

## *Pet Charity Grateful for Hannah Seixas' School Project*

Congregation youth member Hannah Seixas tasked herself with a school project to raise funds to help the elderly, who might not be able to do it themselves, care for their pets. Hannah organized two mealtime fund raisers earlier this year, appropriately at Lazy Dog Restaurant in Temecula, who graciously agreed to donate a substantial part of the proceeds to the cause. This resulted in net \$354 which was turned over April 28<sup>th</sup> to Kelly Smišek, co-founder with her husband Andy Smišek of Frosted Faces Foundation (FFF) in Ramona, CA. They are so grateful to Hannah, and to all who participated.



FFF Co-founder Kelly Smišek holds the check received from St. Thomas

Among its other programs that rescue senior animals, FFF has a *Seniors for Seniors* program which places Frosted Faces (pets) with people 65 + years old who would like the companionship of a senior animal, and at the same time reduces or eliminates the common obstacles that prevent senior people from owning pets. This includes covering lifelong medical expenses for the Frosted Face through its Forever Foster program. Frosted Faces Foundation assigns volunteers to check on the seniors each month. Among other things, the volunteers provide transport for vet and grooming appointments and food, treats, and pet supplies. The Frosted Face can board for free at Frosted Faces Foundation if the senior person is hospitalized, and most importantly the Frosted Face can be returned to FFF at any time for any reason, and more specifically, if the senior person becomes ill or can no longer live independently.

FFF's overall mission is to rescue senior animals (8+ years) from shelters where they are unlikely to be adopted and most likely to be euthanized. Learn more at <https://frostedfacesfoundation.org/family>.



Bublé, a blind Frosted Face



Bonded pair of senior dogs

# Health Update

## *Dr. Rather Provides Notes for Spring, with and without the Virus*

Hello to all! Some Covid 19 information, but lots more this month:

1) Note that Covid 19 means “CO rona VI rus D isease 19 for 2019”. There have been several misinterpretations of the name.

2) Covid 19 symptoms have mainly been thought to be fever, dry cough, chills, and headache. Last month I mentioned that “ANOSMIA” (loss of smell) was also important, but now we should add shortness of breath, repeated chills, sore throat, myalgias (muscle aches), and skin rash, including purple toes and rash of legs. Unfortunately, there have been rare reports of blood clotting and strokes in younger patients as well.

3) Spring is here, and we all need to be using sunscreens; please apply before going out in the sun. Skin precancers and skin cancers are always non healing lesions which can be rough, scaly, red or dark color, and bleed easily. Also, remember the ABCDEs of melanoma: Asymmetry, Border irregularities, Color change, Diameter increasing, and Evolving in appearance.



4) Mentioning sunscreens brings up possible absorption of the chemicals in them. Nothing has ever been proven after many years of use of any serious problem, but if it bothers you, use sunscreens with zinc oxide or titanium dioxide, both of which are inert and are not absorbed.

5) Did you know that TINNITUS, or ringing in the ears, affects about 10% of all adults. It can be associated with prolonged occupational noise, emotional stress, hearing loss at certain frequencies, or just spontaneous development. It can be a high-pitched whistle or a buzz like insects, and generally is just a nuisance. Rarely, it can be associated with more serious problems and should be evaluated when it first is noticed.

6) Some good news about SHINGRIX, the newest vaccine for Herpes Zoster (Shingles). In two dose therapy, it induces a strong and persistent immune response in older adults who should be getting this. It doesn't matter if you have had the original Zostavax, this appears to be a superior vaccine. This has just recently been reported in The Journal of Infectious Disease.

7) While we are at home these days, take good care of yourselves. Exercise a total of two to three hours a week at least, try to follow a good diet of fruits, veggies, fish, etc., basically following the Mediterranean type diet, and be sure to get enough rest, trying for eight hours a night and even taking a short afternoon nap.

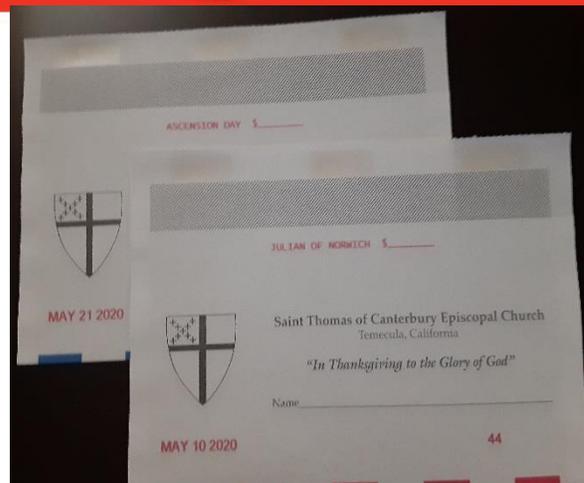
8) I read a funny note which stated that we are now finding out that all those jobs which we have not gotten to for lack of time--apparently that was not the problem! :-)

Until next time, please stay well and safe. As always, your retired (and friendly) Dermatologist,  
Ed

# Bishop's Committee Organization Chart---FYI



Thank you for keeping pledges current! Pledges can be mailed in the already addressed pledge envelopes, you can have your bank mail it through “bill pay” (for these two options there is no cost to the church), or you can pay by credit card or PayPal. The directions for the last two options are on the church website. There are only two special plate envelopes for May—if you can send a little extra in them this month it would be greatly appreciated, and your account will be credited.





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