

Saint Thomas of Canterbury Episcopal Church
CANTERBURY TALES

❧ JANUARY 2021 ❧

By the Rev. Julie D. Bryant, DMin., Priest-in-Charge



Epiphany Blessings

With thanks to Kathy Foxen and Warren Rippe for assembling this lesson from various sources, let us mark Epiphany by marking our homes! JDB+

Dear All,

The Feast of the Epiphany is celebrated on January 6. It commemorates the arrival of the Three Kings (the Magi) at the place where Jesus was born so that they might complete their journey, worship the newly born Savior, Jesus, and present him with gifts befitting his importance and life journey.

The arrival and worship of the Three Kings coming from the East, traditionally called Caspar, Melchior, and Balthazar, is symbolic of the inclusive nature of the message of God's loving kindness and concern for all of humanity. The good news of the Gospel is meant for all people, not the Jews alone.

The gifts brought by the Magi are also symbolic. Gold is a symbol of great riches here on Earth. It is a gift for kings. From the very beginning of his life, Jesus was recognized as a king. Remember that on the cross, the words above him said "King of the Jews." Jesus is also our king today. We follow our King, Jesus. We should always try to live by Jesus' rules that respect the rights and dignity of all human beings, because Jesus, God, lives in everyone.

Frankincense is made from the resin (something like sap) from a special tree. Frankincense was very expensive. It was so special and expensive, that it was burned in places of worship to honor God. So, when the Magi brought frankincense to Jesus, they were recognizing that Jesus was God.

Myrrh is also made from the resin of a tree. It has several uses. One of its uses is as part of the preparation of bodies for burial. It could be used as a perfume. This gift to Jesus may symbolize the importance of Jesus' death. Without his death, there could be no resurrection, no victory over death.^{1,2}

An account of the Epiphany may be found in the Gospel of Matthew 2:1-12.

Epiphany Activities for the Family

In some countries, children do not receive their Christmas gifts until Epiphany. Just as Jesus received gifts on Epiphany, so families that follow this custom give gifts on this twelfth day of Christmas. Children leave their shoes outside their doors on Epiphany Eve; in the morning, they are filled with gifts. There is no penalty for receiving both Christmas and Epiphany gifts. Think of giving smaller gifts!

Another activity involves the chalking of the outer entrances of one's home on the street or public side of the entrance. This recalls God's saving grace at the original Passover and provides an opportunity to seek

a blessing on one's dwelling place and on all those who enter it.³ Just as the Hebrews began a great journey after Passover, we enter the unknown journey brought on by a new year. The following is taken from *The Book of Occasional Services 2018* (online edition) with some minor adaptations.

[If we were able to meet in person, a basket of chalk would be blessed and distributed for home use; because we are gathering virtually, some creativity may be in order. Feel free to use chalk, or even pencil either directly on the lintel or on a piece of tape, paper, or wood. JDB+]

Traditionally, the chalking is done above the lintel (the horizontal support for a door or window frame) and takes this form:

20+C+M+B+21

The letters are the abbreviation for the Latin phrase *Christus mansionem benedicat* – “Christ, bless this house.” (A second meaning and mnemonic device is Caspar, Melchior, and Balthazar traditional names for the Magi). The + signs represent the cross, and 20-21 is the year.

Blessing of a Home

Leader: God shall watch over your going out and your coming in.

Family: From this time forth for ever more.

Leader: Let us pray.

Bless and sanctify with your peace, O God, this home and those who live in it, that within these walls they may know the blessings of this life and know the promise of the life to come in that heavenly home where with saints and angels you live and reign, one God forever and ever. **Amen.**

Leader: Let us pray.

O God and Father of our Lord Jesus Christ, the Light of the nations and the Glory of your people, bless (Name the household residents), who dwell in this house. May it be for them a place of peace and health, that they may rejoice in the gifts and graces you have bestowed upon them and dedicate their talents for the good of those for whom your Christ came and gave his life, and who lives and reigns for ever and ever. **Amen.**

(The family members then move to the outer doors of the home and chalk the lintels of those doors with 20+C+M+B+21, while praying:)

All: O God of Stars and Journeys, we ask your blessing on this threshold. May all whose journeys lead them through these doors be blessed with health, generosity of spirit, a joyful heart, and deep peace. O God of Welcome, may all who enter this doorway rejoice to find Christ living among us, and may we seek and serve, in everyone we meet, that same Jesus who is the incarnate Word, now and forever. Amen⁴

¹ [The Magi's Gifts](#)

² [Essential Oils For Burial and Embalming | Renew Your Mind \(wordpress.com\)](#)

³ [The Chalking of the Doors: An Epiphany Tradition Explained - OnePeterFive](#)

⁴ [What Does This Season Mean? Handout for Epiphany at Home](#)

January Service Schedule

Sunday Eucharist at 9:00 a.m. via Zoom with Father David and Mother Julie.*

*They will alternate preaching the Gospel.

Due to continuing Coronavirus risk, we will be worshipping **only online** for the month of January.

Zoom Meeting ID: 809 865 440. Please call Rev. Julie Bryant: 310-625-9377, for the Passcode.

(We are hoping that circumstances will allow us to gather for in-person services as early as Ash Wednesday, February 17.)

Special Services:

Epiphany (the 12th Day of Christmas) January 6, at 6:00 p.m., using the same Zoom access.

****Communion:** if you wish to have it delivered to your home, please email: adminasst@episcopalchurchtemecula.org with: your name, the number of persons receiving, and your telephone number. Also, please let us know if you need Gluten-free Hosts. Please **Do Not Hesitate** to ask for Communion to be brought to you. We are eager to share the blessing of the Sacrament!



A mission of the Episcopal Diocese of San Diego, Saint 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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Announcements

Recycleables Wanted:



Please bring them to the church on the **second Wednesday of the month between 7a.m. - 11a.m.** Leave them in front of the courtyard gate. It would be very helpful if cans, plastic, and glass are already separated.

The next collection is **Wednesday, January 13.***

* **HELP WANTED:** We need someone to do a **monthly transport of recyclables** to the recycling center next to Ralph's on 79S and Butterfield Stage. Please contact

Mother Julie if interested: 310-625-9377.

Saint Thomas of Canterbury Work Parties Continue!

We continue to make great progress to renew and refresh the Saint Thomas property! Our Saturday Work Parties will resume on **Saturday, January 9**, and every Saturday thereafter! **Work hours are 8:00 a.m. to Noon.** Refreshments will be provided.

Please consider pitching in an hour or two or three and helping with this important effort! If you have any questions, please contact Tom Reid: T Reid44@bellsouth.net or Tess Crawford: Tess.crawford@icloud.com.





“Hear the Word of God” Bible Study Group with Lani-Karyn Jones on Tuesdays at 2:00 p.m.

Lani introduces, then reads passages of the Bible. This is a time to immerse yourself in the beloved Word to let it wash over you, and carry you into a deeper relationship with God and the human family.

Note the New Zoom ID: 832 8612 5079. Please call Mother Julie for the passcode: 310-625-9377. Or, participate by phone +1-669-900-9128.

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COMPLINE is at 8:00 p.m., Nightly. Zoom Meeting ID: 216 377 3567. Please call Mother Julie for the passcode: 310-625-9377. Compline is a wonderful way to end the day with time in God's word, with wonderful friends.

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Thank you so much to those of you who participated in our **fundraiser** for the school by purchasing Christmas trees, wreaths, swags, and garland from **Wood Mountain**. We appreciate the donations and the on-site tree looks lovely!





Reminder: Pledge Payments can be made through the mail or electronically via the “Give/Pledge Online” button on the Saint Thomas website: www.episcopalchurchtemecula.org. Thank you so much for keeping your pledge current.

Think of who you might honor with your gift to the **BLESS Annual Appeal of The Episcopal Church**. A tribute gift to The Episcopal Church is a thoughtful way to remember loved ones during the holidays and beyond, for friends committed to the on-going ministries of Saint Thomas, to the work of Racial Reconciliation, Creation Care, and to walking the Way of Love.

You can make a gift to The Episcopal Church that supports our shared work in each of these ministries. Your loved one will receive a card, letting them know that a gift has been made in their honor. Also, you will receive a card confirming your gift in their honor. You can give in any of these ways: <https://episcopalchurch.org/give>; or call (800) 334-7626, extension 6002; or text: “Appeal” to 91999. Thank you in advance for inviting The Episcopal Church to celebrate your friends and loved ones with you this year.

Flower and Candle Dedications:

Thank you for the flower donations over the Christmas season; many of you designated poinsettias as a Thank Offering or in memory of someone special! Since potted poinsettias thrive outdoors, we will set them out front for everyone to enjoy. Additionally, **we are ready to have flower and candle dedications for 2021!**



To make a dedication, please send a note to the church, or email adminasst@episcopalchurchtemecula.org with: date, dedication details, and your name. (For example: “Sunday nearest January 6. In Memory of Caspar, Melchior, and Balthazar, who made the most of life's journey, from Bright Star and the Angels.”)

The suggested donation for Sunday flowers is \$35, and for a Sanctuary Candle, \$5. Donations can be sent to the Church, with “Flower” or “Candle” written in the “Memo” line.

Please note the next **Town Hall Gathering with the Bishop's Committee will be **Thursday, January 28, at 6:30 pm**. Zoom Meeting ID 869 1777 3205, passcode 897758.**

*The **Annual Meeting** is scheduled for **Sunday, February 21**, following our 9 o'clock worship.*



Saint Thomas Preschool Events



During the month of December, our students and staff were busy not only creating holiday fun, but encouraging the act of giving during this Advent and Christmas season. Here are a few of the events that happened:

We held our **staff holiday party** at the **Craft House in Temecula**, and made hanging wooden signs!

Our generous STEP parents, staff, and church members gathered food items for **Christmas Dinner Bags to deliver to Project Touch**. We were able to fill 50 Christmas dinner bags, which were blessed on December 20 and delivered on December 22. (See more details on page 10.)

We also had our annual **Christmas Program** on Friday, December 18, at 11:00 a.m., outside on the Saint Francis Courtyard. Our students were a part of the live nativity scene and sang some of their favorite songs of the season. Thank you to all who joined us, masks and all!



Hey, Saint Thomas members and STEP parents, Follow us on Instagram!



#stthomasintemecula #stepreschool #stepreschoolmerch
#virtualclassrooms2020

Please help to support our school! If you would like your own **STEP** shirt, mask, mug, or sweatshirt, please call: (951) 302-8498, to arrange a pick-up.



The **Saint Thomas of Canterbury Virtual Christmas Party** was held on December 12. We gathered by Zoom for an open house-style party and several church members dropped in. We enjoyed music, games, an Ugly Sweater Contest, and heard from Santa himself.

Many wore holiday attire, including those ugly sweaters, and we brushed up on our Christmas trivia, enjoyed jokes, and shared our holiday traditions! We saw Santa, and received a special treat: one of our young members sang a Christmas song for us.

Thank you to those who planned and participated in the party. It was evident from the conversation that people's spirits were brightened by this event!



Thank you to Virginia and Joel Patton for our beautiful Christmas lights at the church!



Christmas Dinner Bag Donations for Project T.O.U.C.H. (Together Our Unity Conquers Homelessness)



Saint Thomas of Canterbury Episcopal Church and many parents of our STEP students partnered with Project Touch, Temecula, again this year to provide Christmas dinner bags to 50 families. Dinners included hams, potatoes, gravy, vegetables, bread or rolls, and dessert.

A group of volunteers assembled the bags of canned and boxed goods on Saturday morning, December 19, in record time, and Mother Julie said a prayer. Using monetary donations, the volunteers went out to buy more hams to finish making up the Christmas dinner bags.

The bags were blessed during the service on Sunday, December 20, and were delivered on Tuesday, December 22 to Project Touch.

Thank you to Chantel Blas, Allan O'Neil, and Mother Julie for their hard work on this project, and thank you to the rest of the volunteers for their help to buy, pack, and transport the dinners! Thanks to all of you at STEP and Saint Thomas for your generosity!





St. Thomas of Canterbury
Episcopal Church

STEWARDSHIP

Most of us think of Stewardship as that time of year, in the fall, when the church asks us to re-commit our understanding of who we are to God and to be grateful for that. It is time to honor God with all of the relationships and resources in our life. We do this by pledging a financial gift.

As Christians, Stewardship is not something we should be thinking about just in the fall. Stewardship is more than the financial gift that we give. Being grateful to God and honoring our relationship with God is something we should do all year round. For this reason, we should think of Stewardship as a year-round ministry.

Many of you have sent in your pledge for 2021. Thank You! Many of you have not had a chance. No worries, there is still time. Please consider your financial pledge to the church. We are still \$30,000 below our Stewardship goal for 2021. I have confidence we can make this up. Please pray about what you can contribute financially to Saint Thomas of Canterbury Episcopal Church.

Stewardship is more than financial, however. While financial gifts are needed, everyone's time and talents are just as (and probably more) important. 2020 was a unique year for Saint Thomas, as it was for all organizations. The COVID pandemic forced us to close our doors for a while. While we used virtual tools like ZOOM to communicate, we have had to do it in different ways. We all long for the sense of community and togetherness that we once took for granted.

As we head into 2021, we are blessed to have the leadership of Mother Julie. Saint Thomas has so much potential to grow and to better understand and serve the Temecula and Murrieta communities. Over the past several months, the Bishop's Committee and Mother Julie have worked very closely together to begin the foundation of what this will look like. There are many opportunities in outreach, spiritual growth, Christian education and Evangelism. I am convinced that we have among us the capability of fulfilling our mission.

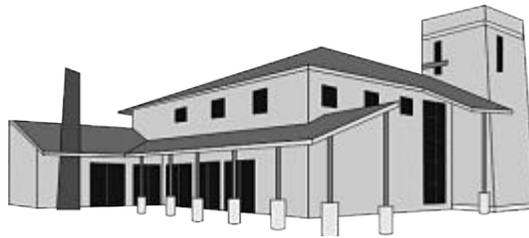
While we are experiencing these extraordinary circumstances, we remain confident that the future for Saint Thomas remains bright. We continue to work very closely with the Diocese to come to a financial agreement. We are proposing that these funds come from the sale of the vacant lot. This will enable us to invest in important ministries that will benefit both Saint Thomas and the Temecula and Murrieta communities.

Please consider what you can do to help. What talents do you have? Where can you help both Saint Thomas and the community of God? Do you have a couple of hours a week to volunteer? Would you like to serve on a committee like outreach, property, connections, fellowship or many others?

I believe Saint Thomas deserves both our financial support and also the support of our time and talents. I am hoping you feel the same way. Please reach out to me, Mother Julie, or any member of the Bishop's Committee for more information.

God Bless,

Tom Reid, Senior Warden



Health Update by Dr. Ed Rather

Happy New Year, everyone! Hopefully, 2021 will be much better for us all. It could hardly be worse, I would think. At any rate, let us have a new hope and be optimistic in our future, particularly in taking care of ourselves and each other!

The main medical things we should attend to in 2021 include a physical exam for unsuspected high blood pressure (which can be a sleeper) and an eye exam if we are older. Glaucoma is an insidious problem, and that simple eye pressure check can prevent blindness almost every time.

We discussed immunizations last month, and now the truly remarkable messenger RNA (mRNA) **CoVid-19 vaccines** from Pfizer and Moderna have become available. These have been tested in tens of thousands of patients, and side effects, including muscle aches, low fever, headache, or fatigue, apparently are minimal. The Pfizer vaccination needs to be refrigerated at negative 80 degrees Celsius, which is somewhat more of a problem than the Moderna vaccination, which can use a regular refrigerator.



Both require two doses at 3-to 4- week intervals. Are Kay and I going to get this? We certainly plan on it. Also, as an aside, the historic effort by Dr. Katalin Kariko initially in the 1990's, together with Dr. Drew Weissman's work at the University of Pennsylvania more recently, has laid the groundwork for mRNA vaccines. You should use Google to read about the incredible potential here.

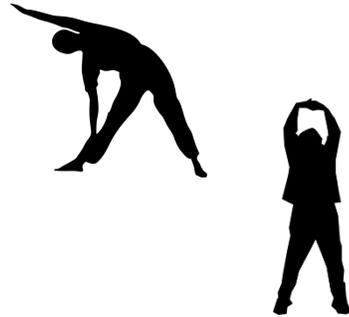
Here are a few words again about being aware of an impending **stroke**: An important mnemonic for this is **FAST**. The letters stand for:

1. Facial droop or weakness around eyes or mouth
2. Arms being weak or loss of movement in an arm
3. Speech slurring or difficulty in making words right
4. Time is of the essence to get "clot busters" if need be

The American Heart Association for several years has used seven simple measures for both good heart health and a decrease in coronary disease. A recent French study involving over 6,000 participants aged 65 and older followed for 8.5 years showed a rather dramatic decrease in these participants developing Dementia through better preventive self-care. Therefore, all of the following goals are good for us at any age as we make resolutions for the New Year.

They include:

1. Exercising regularly for just 30 minutes, five days a week
2. Eating a healthy diet
3. Not smoking
4. Avoiding excess weight
5. Maintaining a normal blood pressure
6. Maintaining normal blood lipids
7. Maintaining normal blood sugar



So, these preventive measures are **good for heart** and **good for mind!** Happy 2021 once again. Let's encourage one another, not be divisive, and work to understand our differences. As we do good for each other, we also help ourselves **physically, mentally, and spiritually!**

As always, your friendly but retired Dermatologist,

Ed



Pet Health: Turmeric for Dogs

Information Shared from Healthy Paws Pet Insurance

Dr. Deb Mitchell

Turmeric is a spice that is part of the ginger family. For thousands of years, it was used as an anti-inflammatory agent to treat various conditions. In East India and the Middle East, turmeric was often used to treat hemorrhaging, toothaches, menstrual problems, bruises, and chest pain. But, what about turmeric for dogs? Inflammation can occur with many different diseases and disorders. It is not limited to arthritis pain. Health problems that many dogs face such as digestive issues, kidney disease, cancer, and allergies are all caused by chronic inflammation. Pet owners are now learning that turmeric can be a wonderful supplement for dogs. It is especially helpful for older canines that suffer from arthritis pain. Every dog is different, and your pet may be a picky eater or refuse to eat anything that has turmeric added to it.

The proper dosage is determined by weight. Remember to start out slowly and work your way up to the maximum dosage for your pet. This will help you to identify any issues your dog may have taking turmeric.

- 1-10 lbs.: 1/16 to 1/8 tsp. of powder
- 20-50 lbs.: ¼ tsp. to 1 tsp. powder
- 10-20 lbs.: 1/8 tsp. to ¼ tsp. of powder
- 50-100 lbs.: 1 tsp. to 2 tsp. powder
- More than 100 lbs.: 2 tsp. powder

It is possible to over-supplement your dog; therefore, it is best to stay away from commercial turmeric capsules, since many of them have a higher amount of curcumin in them than what is recommended for animals. Turmeric powder is a good option because you can measure out exactly how much your pet needs. Create a paste for your dog, or add the powder to their food one to three times per day for best results. Turmeric is a great alternative to costly and potentially harmful pain medication for dogs. Always start out with small doses, even if you have a large dog and feel confident that they will not have any adverse effects. So, if you are already giving your pet several dietary supplements, take the time to learn more about them. **You will want to find out if any of the supplements your dog takes will conflict with turmeric before administering it to them.** As is true of any drug or dietary supplement, Curcumin, the active ingredient in Turmeric, can cause some side effects such as: upset stomach, dizziness, nausea, gallbladder issues, bruising, or iron deficiency. Side effects should not occur when the proper dosage is used. **Always check with your vet before beginning a new regimen.**

Recipe for “Golden” Paste:

This is not difficult to make and it can be easier to feed some dogs, especially those who love to lick the spoon.

Ingredients:

- ½ cup of Turmeric Powder
- 1 cup of Water
- 1 ½ tsp. Freshly Ground Pepper
- 70 ml Coconut or Olive Oil

Cooking Directions:

Add turmeric powder and water to a pan and gently stir while cooking over low heat. Stir until you have formed a paste, usually around 7 to 10 minutes. Add more water if needed. Add in ground pepper and coconut or olive oil. Stir slightly and allow to cool before serving. Store Golden Paste in your refrigerator for up to 2 weeks. Giving your dog small doses of this paste each day will greatly impact their overall health.

Recipe for Homemade Dog Treats:

Ingredients:

- 1 tbsp. Turmeric powder
- ¾ cup of Hot Water
- 1 tsp. Chicken or Beef Bouillon
- 1 1/3 cup of Ground Flax Seed
- 1 1/3 cup of All-Purpose Flour
- 1 Egg
- 2 tbsp. Brown Sugar
- ½ cup of Peanut Butter



Baking Directions:

Preheat your oven to 350 degrees. Line a baking sheet with parchment paper. Dissolve the bouillon in water and set aside. Combine flour, brown sugar, flax seed, and turmeric powder in a bowl. Use a dough hook to add in the water and bouillon mixture, then add the peanut butter and egg.

Mix until ingredients create a dough ball. Roll out the dough to ½-inch thick. Cut into dog biscuit shapes and place the treats on the parchment paper.

Bake for 35 minutes or until treats are dry and hardened. This recipe makes about 2 weeks’ worth of dog treats.



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