



ACW Newsletter Winter 2021

Anglican Church Women Diocese of Toronto

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PRAYER LINKS

December 2021

- ACW members in York Mills & York Central Deaneries
- The Dioceses of Eastern Newfoundland, Edmonton and Fredericton
- Moorelands, The Diocese of British Columbia

January – 2022

- Deaneries of Durham-Northumberland and Eglinton
- ACW sisters in Dioceses of Huron, Keewatin, Kootenay
- Council of the North, LOFT

February -2022

- Deaneries of Etobicoke-Humber, Holland
- ACW sisters in Montreal, Moosonee and New Westminster
- Evangelical Lutheran sisters in Diocese of New York
- Primate's World Relief and Development Fund

March- 2022

- Deanery of Huronia
- ACW sisters in Niagara, Nova Scotia, PEI and Diocese of Ontario
- Canadian Mothers' Union
- Mission to Seafarers
- Women in Diocese of Bungoma, Kenya

COMMUNICATIONS

Website: www.toronto.anglican.ca
(under Departments and Ministries)

Here is a favourite Irish Christmas blessing for you!

The light of the Christmas star to you
 The warmth of home and hearth to you
 The cheer and good will of friends to you
 The hope of a childlike heart to you
 The joy of a thousand angels to you
 Love and God's peace to you

Say Yes! to Kids



In keeping with our 2022 Special Project theme, Mental Health of Children and Youth, The Toronto Diocesan Anglican Church Women responded with a donation to the *Say Yes! To Kids* campaign. Here is the latest update.

The Anglican Foundation of Canada launched its Say Yes! To Kids campaign April 6, 2021. It ran until June 30, 2021. The goal was to raise \$100,000 to fund programs for youth and children across the country. Many ACWs across Canada donated to the campaign. \$110,000 was raised as a result of the spring campaign. In addition, two exceptionally generous gifts were given that might be used towards this effort, which may result in close to \$330,000 being available.

The deadline for grant proposals was October 1, 2021. At the close of this deadline, the Anglican Foundation of Canada had received more than 80 proposals, representing total funding requests of more than \$500,000. Proposals came from 9 out of 10 Canadian provinces, and 2 out of 3 Territories. 21 of the 30 dioceses were represented. "We have never seen this kind of broad, nationwide representation during a grant cycle. This is truly an exceptional situation."

The demand was highest for smaller grants and seed funding for new initiatives, with eighty percent of applicants accessing category A grants of up to \$5,000. The majority of these are for pilot projects. The projects include student enrichment in education, arts and recreation, camping, outdoor activities, innovative outreach to newcomer and low income communities, reconciliation and faith formation. Applicants reveal their plans to work with community agencies and the healthcare sector to either advise on, or help deliver, impactful youth-oriented programs.

"We asked people to *imagine more* for children and youth in a post-pandemic world, and that is exactly what they did!"

Save the date ...
Annual General Meeting on zoom
30 April 2022



Dear Sisters in Christ,

Advent is a season of anticipation, preparation, and remembrance. It is a time for reflection and meditation. Many use the Advent Wreath as a focal point for their reflections and meditations. The wreath and candles are full of symbolism tied to the Christmas season. The circle of the evergreen wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life we find in Christ. The weekly lighting of the candles, which symbolize hope, love, joy and peace, will help us focus on what is important.

But during this Advent season with Covid 19 still surrounding us, not only will we be anticipating and preparing for the cele-

bration of the birth of Christ, many of us will also be anticipating and preparing for post pandemic life. We may be reflecting on how our family life, work life and church life have changed during the past 18 months. What we don't know, is what to anticipate and prepare for in the coming months and years. Life will be different. We can remember life "before Covid 19" but we cannot go back, only forward. We trust that God will guide us in the coming days to meet the many challenges as they arise.

May you have a Blessed Advent season and a Joyous Christmas!

Enid Corbett



Mental Health – Children & Youth

Definition: Mental health includes **our emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Children and youth are highly vulnerable to the impact of sustained stressors during developmentally sensitive times. At the individual level, during the pandemic, children and youth have suddenly lost many of the activities that provide structure, meaning and daily rhythm, such as school, recreation and social activities, physical activity and milestone events. The more time students spent with online learning, the more symptoms of depression and anxiety they experienced. Increased time spent watching TV, on digital media and video games was associated with more irritability, hyperactivity, inattention, depression and anxiety. Parents are essential to buffering their children's stresses, helping them manage their feelings and make sense of their own experiences.

For children and youth, the most common mental disorders are anxiety, depression and other mood disorders, eating disorders, ADHD, conduct disorder (serious anti-social behaviour) and schizophrenia

Approximately one in five teenagers (aged 12 to 18) suffer from at least one mental health disorder. This can have significant impact on daily life and overall well-

being and depending on the type of disorder, may affect relationships, physical health and academic performance.

Many factors increase the risk of developing or triggering depression including: a) having issues that negatively impact self-esteem such as obesity, peer problems, long-term bullying or academic problems b) trauma - having been a victim or witness of violence, such as emotional, physical or sexual abuse c) stress including social stress, isolation or substance abuse. Mental health is also impacted by inequities which have arisen as a result of the pandemic, such as job loss and food insecurity

Symptoms of anxiety in teenagers include: recurring fears and worries about routine parts of everyday life, irritability, trouble concentrating, poorer sleep, poorer diet, extreme self-consciousness or sensitivity to criticism, increased sedentary behaviour, withdrawal from social activity, avoidance of difficult or new situations, chronic complaints about stomach aches or headaches.

Things that help keep children and young people mentally well include 1) being in good physical health, eating a balanced diet and getting regular exercise 2) having time and freedom to play indoors and outdoors 3) being part of a family that gets along well most of the time. During this challenging time, parents can support their children and youth by encouraging group work at school, whether in-person or online, by running extracurricular activities, by adhering to local public health guidelines, and ensuring ongoing communication between home and school.

News

Last year my Christmas letter began with the words "Every Christmas we speak of the promises Jesus' birth fills our lives and hearts with, and this is still so true and comforting. We can never deny, nor would we want to, the birth of the Saviour, but this year we also cannot deny things are, and will be, so vastly different. We cannot deny that we hurt, we ache, we long for family, for consistency, we want it to be over, and for our lives to be as we knew them. Just as Jesus lived his life in a counter cultural way, many aspects of our lives also feel so counter cultural at this time."

In many ways things have improved, yet we are still celebrating our Saviour's birth with feelings and actions foreign to us and the culture in which we live. Usually in parishes Advent is a hub of activity, with Christmas Teas, goodies, bake sales, services, glorious music and many celebrations in anticipation of our Savior's birth. Last year, for many parishes, Christmas Eve was the last service of the year, as churches closed because of COVID restrictions and we prayed and waited for an end.

For many, feelings and thoughts are vastly different from this time last year. The way seems brighter and just as the star shone over Bethlehem to light the way, our faith and hope lights the way for us. There has been

much sorrow, parishes have closed, and for others attendance has plummeted and may not return. Yet, we still gather, as we can, forming communities that continue to serve Christ, and others, always remembering just as Christ's birth, through his love and salvation, changed the world, our world has also changed.

Will things be different? Of course. Our worship, at times, may feel unfamiliar, our vision will change, and our challenges will be many, but at the centre remains the truth that as Christ's love and salvation changed the world 2021 years ago, it can still change the world today.

The song, A Candle is Burning, sung in Advent, speaks of the hope, peace, love, and joy of the birth of Christ child, and the manger scene of Mary and Joseph portrays them focusing this hope, peace, love and joy on the Christ child. Let us keep this image at the forefront of our minds as we face the challenges still before us, especially in this Advent season.

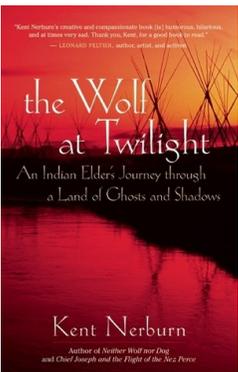
We can recover from this, because we have the faith to preserve, and the courage to proclaim Christ's vision.

Blessings

Rev. Canon Joan Cavanaugh-Clark
ACW Chaplain, Diocese of Toronto

Book Review

(taken from the Calgary ACW newsletter)



The Wolf at Twilight

by *Kent Nerburn*

An Indian Elder's Journey through a Land of Ghosts and Shadows .

This book is a very insightful look at past and present-day Native issues, as seen through the eyes of a Lakota elder. It is the second book in a Trilogy, a fictionalized account of an actual

journey that Nerburn takes to help the Lakota elder, Dan, bury "Fatback", an old and faithful dog who had been a beloved companion during the ninety-year old's twilight years. After that is done, Dan asks Nerburn to join him for another important mission: finding his long-lost sister Yellow

Bird, who disappeared from a reservation boarding school over 80 years ago. Before they leave, they participate in a sweat lodge ceremony. By the end of the journey, Nerburn has "gathered" the many pieces of light and dark and put them into his heart. The book ends as they feast on spam sandwiches, and Dan remarks: "It's a good day to live".

Also recommended but a harsh reality read:

Five Little Indians

by *Michelle Good*, a member of the Red Pheasant Cree Nation in Saskatchewan; winner of the Giller Prize as well as other literary awards.





Many ACW's have not been active during Covid time and have nothing to report.

Suggestion: Maybe you could hold a virtual sale and ask a young person to help you with computer set-up and details. However, the following ACW groups have managed to send in reports of their differing activities:

St. James, Orillia

Julia Nicholls



2021. What can we say about this second year of Covid and the ACW?

First of all, we are still in existence. We were unable to hold our major fundraiser, the Avenue of Boutiques in Nov 2020, and will not be having one in 2021 for the second year in a row. We missed holding our Blossom Luncheon in 2020, due to Covid, and again in 2021. St Nick's Children's Shopping Day was cancelled due to Covid in 2020, and again this year, it will be on hiatus.

However, the ACW Executive is a dedicated, although small, group of women who have soldiered on in these uncertain times. With the excellent help of several ladies in the church (and a few men too), we ran a successful Bake and mini Craft Sale in October. Plans are underway for the possibility of another one before year's end. This would not have been possible with just the seven ladies on the executive, but thankfully, every woman who is Anglican is automatically an ACW member. That's who we are: Anglican Church Woman; or as is often fondly commented on – Anglican Church Workers.

We have been able this year to meet our financial pledge to the corporation of St James Church, as well as our support of the Honduran Scholarship Fund that St James is involved in. We fully hope to be able to uphold our tradi-

tional contribution to the Arthur Turner Training School in the Arctic, and our Toronto Diocesan ACW contribution. And we pray that we can again, with parish support, give a Christmas to up to 30 families who likely would not otherwise have one, with the Wish Gift Project.

Our executive meetings this year have been conducted via Zoom, thanks to Christine Blair's expertise with computers. It has been a real learning curve for some of the rest of us! However, we continue to have our devotional segment, we pray for the sick and those in need, and we share in fellowship by connecting with each other. It will be a while yet before things are "back to normal" (pre-Covid) if they ever will be. But the ACW has gone through many re-inventions and amalgamations over the many years of church history. It is our wish that we will survive this change too.

There have always been Marys, Marthas, Esthers, Ruths and Dorcas' involved in church life. Each with her own talents used to serve the Lord. The women here at St James Church in Orillia are no different. Some serve in worship; some in fellowship; some in caring for the parish who cannot get out weekly to services or who are suffering a loss; some in outreach to those of the community in need; and some with "missions" both home and abroad. On paper, the ACW "group" is one branch of the "Ministry Council" that undertake the projects of the church under the supervision of the Wardens and Rector. But the bigger picture is that all aspects of the church's activities are supported by the women of this church. Many, many women are involved, or take part in, more than one branch of Ministry Council. All women of St James are encouraged to use their time and talents towards Worship, Learning, and Service to live a life in Christ, that strengthened by the Holy Spirit, we all may show forth God's love to others. The ACW is proud to be a part of the active St James family, and grateful to ALL the women (and men) who enable this group to be active and vibrant in serving our Lord in this church.

Continue to page 6



Virtual National ACW Presidents Conference 2021

Enid Corbett

The 2021 National Conference was held by Zoom on Saturday October 23, with the host being the Diocese of Calgary. The theme of the conference was “Thrive: to prosper, flourish; to grow or develop well”. Since there were few conference expenses to be incurred, the vice-presidents of each Diocese were invited to attend as non-voting participants. 47 participants, including guests, attended with 21 (of 30) Dioceses being represented. Board member, Marlene Gardner, attended as my guest.

Special guests included the Rt. Rev David Lehmann, Chair Council of the North, Dr. Scott Brubacher, Executive Director, Anglican Foundation of Canada, the Most Reverend Linda Nicholls, Primate, and Mary Stone, the National President of Mothers Union Canada. Our chaplain for the weekend was the Rev. Sandra Arbeau. Two Past Presidents were in attendance, Marion Saunders, 2008-2001 (Diocese of Toronto) and Terri Perrill, 2011-2013 (Diocese of Western Newfoundland)

The meeting began with Morning Prayer. After greetings from the special guests, the business of the day began. Executive reports were received and the financial reports approved. Reports for 2019 and 2020 from 16 Diocesan presidents, were included in our package. What amazing work has been continuing in spite of the pandemic: Zoom meetings at Parish and Diocesan levels, Dorcas packages and bales for northern communities, delivering of food hampers, an ACW service of lessons & carols, book studies, a two-day Zoom conference, hymn sings, newsletters, outreach donations, on-line sales. Most Dioceses began to have meetings on-line (usually by Zoom), but

several do not have sufficient internet access or technology to do this.

New business included amendments to the Constitution and By-laws to allow for the use of new technology, information re the 2022 Conference in Western Newfoundland, forming a committee to study the proposal to hold some of the future Annual Conferences virtually and the possibility of another ACW National Gathering (virtual, in person or hybrid).

Prayer Partners for 2021-2022 were chosen. The Diocese of Ontario will be praying for the Diocese of Toronto and the Diocese of Toronto will pray for the Diocese of Eastern Newfoundland & Labrador.

Our keynote speaker was the Most Rev. Linda Nicholls. She believes that we are called to serve the whole community, loving others even if it means sacrificing for the sake of others. Many are finding there can be community on-line with the benefits that everyone is equal and you can see everyone’s face (not the backs of their heads). Some are rediscovering the Morning Prayer service. We have confirmed that Anglicans CAN change. God is speaking to us through reason, research, science and medicine. Outreach is continuing but in changed ways. Many Anglican Church Women are involved in this work. “Thriving” is God’s purpose for all – our Parish, our Community, Our Diocese, Our Province, Our Country, Our World.

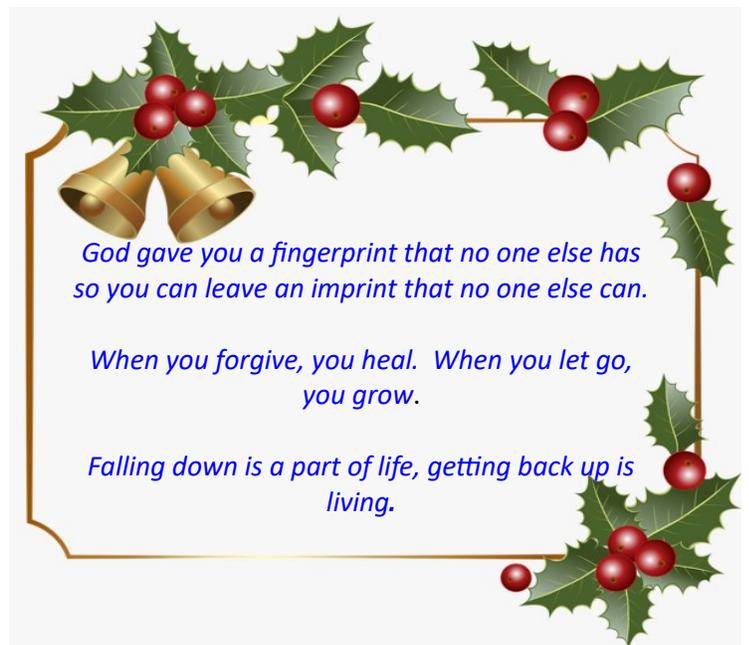
The conference was interesting and informative. We missed the fellowship, information sessions, worship and study of the usual three day conference but were glad to see everyone and be able to conduct the necessary business.



30 April 2022 Annual General Meeting via ZOOM

FINANCES – Please Note

Contributions to the Council of the North Fund and our Special Appeals Fund are considerably down this year. If you or your group could consider a special donation to these funds before year end, it would make a great difference. Special Appeals Fund includes Homeward Bound, Dr. Roz Healing Place, 360 Kids and Youth Without Shelter.





**Christ Church
Stouffville**
*Susan Walmsley,
Co-President*

I think we can all say that the last 19 months have been quite a challenge. How do you keep in touch with everyone, especially when church has either been online or not at all? Here at Christ Church Stouffville, we have been very fortunate to have services online, and now we are back in church, although with limited numbers it does give us an opportunity to see some of our members.

We try very hard to remember every ACW member's birthday. It tells them that we are thinking about them even when we cannot be together. We recently ran a fund raiser called "No Bake Sale", a borrowed idea from other ACW groups. We asked our members and the congregation to contribute the cost of Ingredients they would have spent making something for our annual bake sale or what they would have paid for something. What a success, we made about \$1000.00. We found envelopes in the mailbox from parishioners that could not attend church. How encouraging! We are also doing a Poinsettia Fundraiser as suggested by another ACW and expect it to be successful. We will continue with our Secret Sister programme. So glad that we have some innovative people in our parish as it becomes a challenge to think of new ideas.

**Christ The King ACW,
Etobicoke.**
Ruth Pengelly



What a wonderful day November 6th was. With all the fall splendour around us the women of the parish ACW made their way to our first meeting since February 2020. There was sadness at those who were missing but joy to see how well we have survived. It has been a long time. Eager to find ways to resume our caring and sharing, the ideas and suggestions bubbled over at the meeting.

As a Christmas outreach we will once again collect gifts for the Moorelands Baby Bundle program.

Earlier in December we have another special event to bring us together. Virginia Gabriel, a member of our parish is to be

ordained Vocational Deacon on December 12th. She has worked long and hard to attain her goal and we are all so proud of her achievement.



She was the recipient of an ACW Bursary while pursuing her studies.

In January, we will try to begin our community card parties, with all precautions taken and pre-registration carried out. Lots of details to be covered before we begin. We hope that the New Year will bring gradually increasing ways that we can come together. Just being together was a good start.

St. Paul's Washago
Judith Ebbert



Our little church has had video services and that will continue for a while as most of our parishioners are elderly and medically fragile. We have maintained phone contact and often delivered meals and reading material to these people. No bazaars or dinners but our wonderful knitter Donna Crawford has managed to raise money for our outreach and parish needs by making and selling items she has made. We have been able to contribute to FaithWorks and some local charities over the last two years. In-person attendance has started in our parish but very few members have decided to partake of this form of worship. Hopefully, we will get back to more normal situations in the near future.

**Peterborough Deanery
Pandemic response**
Gerri Currier, Peterborough Rep.

With no in-person meetings allowed, ACW members regularly phoned in order to keep-in-touch and support each other. Special consideration was given to women living alone, shut-ins, those who were newly widowed, had major health issues or a seriously ill family member. A greater appreciation of how valuable our time actually "being with each other" has been is recognized and valued. (never to be taken for granted again)

Continue to page 7

A few members met safe-distanced and masked outside in yards, parks, or large porches. A few ACWs actually did some fundraising despite pandemic closures and were careful to abide by pandemic Public health guidelines.



St. John the Baptist, Lakefield showed examples of crafts and other items on line. These could be pre-ordered and, later, picked up or delivered in December 2020. This proved so successful that they plan to do it again this year

Christ Church, Campbellford held a successful "trunk sale" with vehicles safe-distanced in their parking lot, masking maintained, etc.

St. George's, Hastings (no active ACW now but ladies still working for their church) held a butter tart sale: three flavours, all made by a local bakery, pre-ordered by the church. They had a drive-thru style pick-up: (pay at door 1, pick up order at door 2 and drive away via rear entrance area). They plan to repeat this Dec.2 and 9, 2021.

Some major church fundraisers were cancelled; namely, **All Saints'** Easter Egg making - so well done and looked forward to by those gathering to make and package them as well as members of the community who buy them every year. (normally thousands of dollars raised to donate to worthy organizations and causes).

-St. Thomas, Millbrook cancelled their apple pie sale last fall--their annual big fundraiser--always sold out in advance of their sale.

During this Pandemic people have been very creative when they needed to be and have come up with new and pandemic-safe ways to keep in touch and fundraise.

Upcoming Events from the Sisterhood of St. John www.ssjd.ca

Deepest Winter Work: Caring for Grief

Saturday, January 22, 2022

Led by Joanne Davies

We have many losses, sorrows, regrets and changes in our lives. We know the presence of grief after the death of a loved one. Do we give ourselves time to be with our grief? Do we even consider making a home for our grief?

Reawakening the Oral Tradition of the Bible

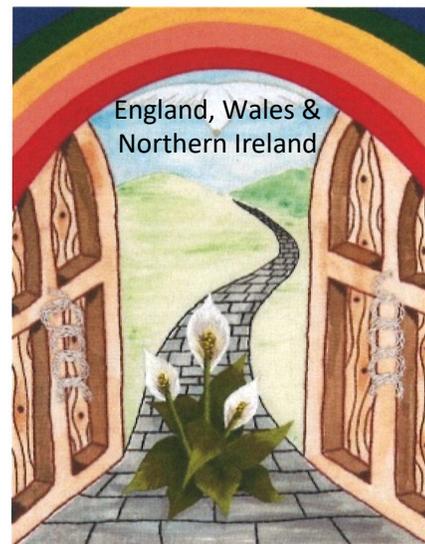
Friday—Sunday, February 25 – 27, 2022

Led by John Frank-Epp

Biblical Story-telling for all God's people. The Bible came out of a story-telling culture and we want to awaken the power and the beauty of that living voice. In this retreat we will uncover the hidden pattern found in every biblical story, a pattern placed there to guide ancient story-tellers.

"I Know the Plans I have for You"

Artwork by Angie Fox (artist)
- Explanation
Freedom: open door to a pathway across an endless open vista
Justice: broken chains God's Peace and Forgiveness: the dove of peace and a peace lily breaking through the pavement
Love: rainbow, a symbol of the overarching love of God.



— **World Day of Prayer March 4, 2022**

Visit Women's Inter-Church Council of Canada
www.wicc.org



Christmas Cakes from Around the World

Allahabadi (India)

Black Cake (Caribbean)

Bibingka (Philippines)

Bûche de Noël (France)

Fruit Cake (England)

Makowiec (Poland)

Panettone (Italy)

Pavlova (New Zealand/Australia)

Pio Quinto (Nicaragua)

Stollen (Germany)

Sri Lankan Christmas Cake

My Favourite BOMB-GIRL

interview with Richmond Hill's newest Centenarian

Known to all as **Betty Gilpin**, Mary Elizabeth Gilpin (nee Walker) born on October 31st turned 100 years young last month. Betty's philosophy on life, she says is to live by the golden rule and treat people like you would like to be treated. She was born in Markdale in Grey County. She loved growing up in the country.

Betty still lives in the house that she and late husband Bob Gilpin purchased 66 years ago in Richmond Hill. They were married for 48 years when Bob passed away from ALS. Betty has four adult children Brian, Bob, Sharon & Carol who organized an outdoor birthday celebration in Betty's backyard for their Mom. She also has 12 grandchildren and 6 great-grandchildren.

Bob and Betty joined St. Mary's Anglican Church in Richmond Hill in 1978. Betty is still a member of St. Mary's congregation. They were both active members of our congregation, volunteered with the Lions Club and Betty drove for the Cancer Society, to mention a few of their volunteer activities.

An interesting time in Betty's life was when she became a World War II Bomb-Girl. For four years between 1942—1945 Betty worked in the top secret DIL (Defense Industries Limited) War Munitions Shell-filling plant in Pickering (which is now Ajax) along with about 6,000 other Canadian women. She said it was a complete community where they lived and worked to fill and make bombs until the end of the war. Betty shared that she made six close



surviving woman of that group of six Bomb-Girls who became close friends.

Besides her family, her church, her community involvement, Betty's greatest passion is being a fan of Toronto Maple Leafs. She shared that a group of the players made a video that was sent to her on her birthday. She was tickled and couldn't believe that they would do that. She also received a commemorative hockey jersey from her grandchildren which she loves!

When I asked Betty the secret to her longevity, she laughed. You see, Betty always has a smile on her face, something I love about her. She said growing up in the country and living a good and healthy life is her secret. I told her she was a very blessed woman and she said, "I really am. I've had a good life!"

Lovingly submitted by one of Betty's fans, Marlene Gardiner, St. Mary's ACW Exec. Chair.

Just Received - Sad News of a former Toronto Diocesan ACW President

It is with great sadness that the family of **Mrs. Marion Kathleen Chambers**, nee Harvey (Kitchener, Ontario), announces her passing on November 10, 2021 at the age of 87.

Marion passed away in Cambridge, Ontario and will be lovingly remembered by her two daughters, Debbie and Wendy, their husbands, Steve and Phil and her four grandchildren, Philip, Valerie, Matthew and Colleen.

Marion was a vibrant, loving and cherished wife, mother and grandmother, godmother and friend. She was an active and incredibly engaged member of the Anglican community, devoting much time to helping others in her work with Anglican Church Women. She has joined her much-beloved husband, Hugh. Marion trained and worked as a paediatric nurse at the Hospital for Sick Children. (Jerrett Kane Funeral Home)

Christmas



*Every time a hand reaches out
To help another...that is Christmas
Every time someone puts anger aside
And strives for understanding
That is Christmas
Every time people forget their differences
And realize their love for each other
That is Christmas
May this Christmas bring us
Closer to the spirit of human understanding
Closer to the blessing of peace!*