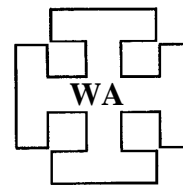


# IN TOUCH

DIOCESE OF EDMONTON  
ACW QUARTERLY NEWSLETTER



JUNE 2022

## Kindhearted

Heavenly Father, during difficult seasons of life, it's easy for me to be discouraged; in those hard times, help me place my hope in You. And in every season of my life, help me share with others the peace found in life with You.

Dear God, please help me fill the role You've given me and not to covet more. Help me trust You in everything.

Do everything  
with a good heart,  
and expect nothing  
in return, and  
you will never  
be disappointed.

*Helen Barry*  
www.helenbarry.ca



Remember  
To Keep  
Your Eyes  
On Your  
Blessings



Don't cry over the  
past, it's gone.  
Don't stress about  
the future, it hasn't  
arrived. Live in the  
present and make  
it beautiful.

You are  
VERY Special



Fill me,  
Holy  
Spirit,  
with love,  
gentleness  
and  
kindness  
toward  
others.

*Hamilton Wright  
Mabie*

*Almighty Father, thank  
You for the loving-kindness  
You've shown me through  
Your Son, Jesus. Please help  
me to reflect Your love in  
even the smallest things I do  
today.*

Giving God, please show me places  
where I can give today.



## Diocesan ACW Executive 2022—2023

**Patron**

The Rt. Rev. Steve London

**Chaplain \***

Rev. Christopher

**President**

Elaine

**Past President**

Judy

**Vice Presidents**

First—Vacant

Second—Vacant

**Recording Secretary**

Elaine

**Corresponding Secretary**

Elaine

**Treasurer**

Gen

**Prayer Partners**

Rev. Sandra

**Social Action**

Kathy

**Life Members**

Tracey

**Education/Family Life**

Ann Marie

**\*Book of Remembrance** Appointed

Melissa

**\*Lone Members** Appointed

Melissa

**\*In Touch Editor** Appointed

Willa

**Regional Contacts****Cold Lake**

Gwen

**Yellowhead / Edmonton West**

Linda

**Whitemud / Battle River**

Liz

Contact any of the above at:

**Diocesan ACW**

c/o Anglican Diocese of Edmonton

10035 – 103 Street NW

Edmonton, AB T5J 0X5

email:

acw.dioceseofedmonton@gmail.com

## Diocesan ACW Report

### President's Report by Elaine

Were you at the Annual? Did you have an enjoyable time? Please do take a minute to let us know your thoughts. With God's help we have much to look forward to.

I look forward to hearing more about Rev. Christopher's plan for a "prayer for each day" book and to launching our own Facebook page to help us stay connected. And I wish to acknowledge the help of all the Board in organizing the day. Thanks also to our speakers Bishop Steve and Margaret, to Rev. Joanne who saved the day for us in a number of ways and she worked in the background and to the ladies of St. Matthias who helped from the kitchen. This truly was a "many-hands-making-light-work" event.

I am very pleased to welcome our two newest Board members. Ann Marie, our new Christian Education Secretary. She replaces Elaine who has done an outstanding job these past 4 (or is it 5) years. And our new Social Action Secretary is Kathy, taking over from Miriam. Miriam worked tirelessly through COVID to encourage us and keep us informed. Thank you ladies.

There is still an opportunity for you to join us. A recording secretary and a communications secretary are still needed. Please contact me to find out more about what these positions have to offer. We are waiting to hear information about upcoming Regional meetings – when we know when and where, the information will be placed on Synod Scene and hopefully, on our Facebook page. In the meantime I wish each of you a pleasant and sunny summer dappled with happy gatherings with family and friends. Stay safe. Enjoy.

God bless – Elaine

### *A Summer Prayer*

*Long warm days. . .*

*The Pace of life slows. . .*

*A time for picnics and rest in the shade. . .*

*Lord,*

*help me to rest awhile in the cooling shade of  
your presence.*

*Slow down my restless heart and fill me with  
gentle compassion for all your people.*

*Amen*

## ACW Chaplain's Corner

With the Annual Meeting on May 7 just behind us, many of us have come away from that experience with a renewed sense of hope and excitement about the ongoing work of the ACW Diocese of Edmonton. Although not all in our Diocesan ACW were able to attend, the theme of "Thrive!" can easily live on in all of our lives.

From Proverbs 11:28, we hear "the righteous will flourish like green leaves." The word "thrive" includes this idea of flourishing: "To thrive means to grow well or vigorously." So much of the language of our Bible is directly related to living a full, God pleasing life. Just as a tree with flourishing green leaves requires good soil, water, and a healthy atmosphere, we too need to have a healthy heart, mind, and spirit while also being in a safe environment in which we take in our "nutrients" of God's Word, the Lord's Supper, and fellowship with other Christians.

Growth in spiritual maturity includes the desire and willingness for our God to shape us and to let us thrive in our relationship with the Lord. Our friend, Lord, and Saviour, Jesus Christ has entrusted His church with the life changing message of the Gospel of salvation. Those who have a life that thrives in Jesus Christ recognise this and wants to share the best message of all with others: "Jesus loves you and desires the very best things for you, dear child of God."

"Loving God, you have shown to us yourself in the work and message of our Lord Jesus Christ. We pray that each day, you continue to enrich us, that through our prayer, work, and stewardship, we may radiate the face of Jesus, the author of life and love, to all before us. Through Christ, our ever living God, Amen."

## Life Members

Spring has sprung! Spring adds new life and new beauty to all that is in God's creation. I finally saw my first robin last week and for me that is the beginning of spring.

There are two ladies who have received their life membership pins and certificates. They are members of my parish of St. Columba in Beaumont. These ladies are founding members of our A.C.W. and are so deserving of this honor. For close to 40 years their dedication and hard work in our parish is a shining example to all. Lois received her pin at a service at St. Columba on March 27<sup>th</sup>, her family was there for support. Ursula received her pin and certificate at the Annual Meeting on May 7<sup>th</sup>. Several members of our A.C.W. attended the meeting and were happy to be there for Ursula.

We have held several Zoom meetings in order to get organized for the Annual Meeting. It was a busy day and a well-run meeting led by Elaine. It was wonderful to have Bishop Stephen and Rev. Christopher at the meeting. Their words of encouragement will allow our A.C.W.'s to thrive. It was so good to see some familiar faces and meet new people as well and of course to finally meet in person. Thank you to all the life members who provided e-mail addresses and let me know of address changes. This helps to keep our list up-to-date and by using e-mail it is more cost-effective than mailing out forms. It was so uplifting to talk on the phone, receive notes and cards from some life members. I so enjoy the stories shared by life members and how they are learning to use technology to stay in touch. One life member told me she was watching a service from the Canterbury Cathedral in England. The life members were so very generous in their giving to the designated charities:

- Diocese of the Yukon: \$750.00 ( Parishes \$25 +Life Members \$725.00)
- On Eagles Wings: \$643.50 (P \$118.50 + LM \$525.00)
- Prayer Works Common (St. Faith's): \$1362.57 (P \$487.57 + LM \$875.00)
- PWRDF: \$775 (P \$100 + LM 675.00)
- Emmanuel & St.Chad Theological College: \$260.00 (P \$100.00 + LM \$160.00)
- ECD (Extra Cent A Day): \$344.66
- United Thank Offering: \$50.00
- Offering: \$296.00

Continues on page 4

## Education & Family Life

Most of us are facing a number of transitions. In the present there is the transition from pandemic to endemic with all the uncertainties and new learnings this brings. For all of us there are the changes that come with aging. As I was thinking about what to write, I thought of all the transitions people go through in life from the simple things such as losing a tooth as a child to the more complicated ones such as moves and downsizing. As women, we face many transitions that involve major changes to our bodies. Transition prayers can help us focus on these changes in a more healthy manner.

Transition prayer has at least three components. First we reflect on where we are. What are the good things? What are the bad? What are we going to miss? This latter question is one of the more important in the space from which we start transition. It provides room for lament. Often in a transition, we face the loss of something. In order to let go, lamenting is key. We need to acknowledge the pain this will bring. We acknowledge, mourn and then we prepare to face the future. Another part of lament and letting go is acknowledging the gifts we have been given and giving thanks for them.

The second stage is thinking about what we need to move into the future. Do we need healing? Do we need courage? Do we need creativity/imagination? Maybe we need patience or space to adjust to the change?

The third stage is to look for the positives in what the future holds. Some changes make it easy to find the positives. Some feel like there can be nothing positive at all. It is important to try to find something positive. This is, perhaps, where the creativity and imagination from the second stage come into play.

At each stage we can stop and create a prayer/conversation with God, inviting God into our space. We can open ourselves to God's presence and spend time sitting quietly with God in lament. We can petition God for the gifts we feel we need to move into the future. We can spend time with God thinking about the possibilities and asking God's presence and creativeness within those possibilities. We can open ourselves to the gifts God has for us in each transition. Instead of marking each stage with prayer, we might prefer to craft one fluid prayer to say after we have considered all the stages. Prayer is individual. How we do it depends on what we feel suits us best and helps us connect to God.

Above all, in transition, the key is to trust that God is very certainly present. God does not promise to take away the struggles we may face. God does, however, promise that God will remain beside us. As many of us have already discovered, this knowledge is often what gives us the courage to face uncertain futures. A simple, but key part of our transition prayer is to simply sit in silence. We can watch our breathing. With each breath we take, we can feel the warmth of God's love and care surround us and enter into us. With each exhale we can feel the worries and anxieties dispel as they are replaced by God's warmth and peace. As we do this, we can find our minds calming and our fears and concerns lessening their hold on our emotions and mental states. This also opens a space for us to work creatively with God to walk into the future.

### Life Members continued from page 3

Marguerite from St. Matthias, Edmonton and Clara from Immanuel, Wetaskiwin have passed away. May they rest in peace.

Would like to share one of my favorite prayers for the coming summer months.

O God, in the course of this busy life give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. Amen.

May God Bless,

Tracey Life Member Secretary

### STAMPS

Yes ladies keep collecting your used stamps. They can still go to the Canadian Bible Society with a drop off at Bethel Lutheran Church in Sherwood Park.

***From the Canadian Bible Society. - Yes, we are still collecting stamps for our Stamps for Freedom Program!***

We use the stamps that we collect to make **10-pound boxes** that we sell to individuals and collectors. The funds raised are then used to purchase **Bibles for Prison Ministry!**  
Bethel Church Organizer – Marilyn  
(780) 467-7412 / (780) 417-7775 Mon.-Fri.

## The ACW Annual 2022

The theme of our May 8<sup>th</sup>, 2022 ACW Diocesan AGM was 'thrive'. It was very appropriate for this first face-to-face AGM since 2019 and signals the beginning of opportunities for the ACW to meet together, reassess our role in the church community, and move forward.

The guest speaker was Margaret, the National ACW president. The main focus of her talk was a presentation about the ACW National's project this year, the Anglican Foundation of Canada 'Say Yes to Kids' program. (<https://www.anglicanfoundation.org/say-yes-to-kids/>) This program was created in response to the chronic underfunding of youth programs. Seven of the twenty programs that received grants were in the Edmonton Diocese this past year. The ACW can support this program with financial contributions, by supporting youth efforts, and by advertising this program. Any parish can make an application.

Margaret also shared a couple of other items of interest. The New Westminster ACW has established a fund for retired clergy from the north. Retired clergy have to leave the rectory when they retire and many don't receive a pension or stipend. The New Westminster ACW has set aside \$100 000.00 for this fund and they have sent out a challenge to every ACW Diocese in Canada to contribute to it. Lastly, the National ACW hope to plan more Zoom get-togethers so that ACW groups from across Canada can meet together and identify common concerns and share ideas.

Elaine, the president of our ACW Executive, shared a couple of local Diocesan ACW endeavors. Building on the results of a survey of all parishes carried out this past year, the main initiative of the Diocesan ACW executive will be to continue to re-evaluate what they do and how to better serve the parish ACW. Secondly, Rev. Christopher has volunteered to carry on the Prayer Project that Elaine began a couple of years ago. His vision is to craft a 365 day book of prayers and is seeking parish histories and prayers to include in this resource. Projects like these are signs that ACW continues to 'thrive'.

### Evaluation of the ACW Annual 2022

Rate Using a scale from 1 to 5 (one being poor, great being 5) please rate the following:

Eucharist Service \_\_\_\_\_

Guest speakers \_\_\_\_\_

Business meeting \_\_\_\_\_

Length of the entire event (too short, too long or?) \_\_\_\_\_

Food \_\_\_\_\_

Location \_\_\_\_\_

Add comments if any \_\_\_\_\_

Send to: ACW.dioceseofedmonton@gmail.com



### The Book of Remembrance

*All names are taken from Book #2*

Name	Page
Cole, Marjorie Alice	19
Darch, Evelyn Mary	15
Delorme, Adelia Jean	17
Dewar, Norma Maude	18
Hutchinson, Margaret	19
Riome, Molly Yvonne Florence	18

Almighty God, thank You for allowing me to serve You in many ways. As I passionately care for others, teach me to also work wisely so that I'll have energy to do what You want me to do.

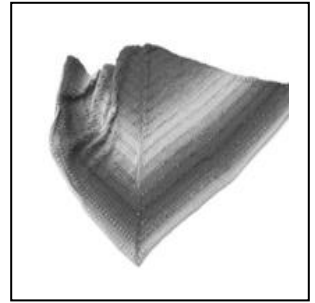
# Puzzle Page & Past Time Pursuits

## Simple Lace Triangle Shawl

RED HEART® Super Saver Ombre™: 1 skein 3961 Scuba Susan Bates® Circular Knitting Needle: 5mm [US 8], 36" [91 cm] long Stitch markers, yarn needle GAUGE: 15 sts = 4" [10 cm]; 22 rows = 4" [10 cm] in Eyelet Stripe stitch. CHECK YOUR GAUGE. Use any size needles to obtain the gauge. Abbreviations cm = centimeters; k = knit; k2tog = knit 2 sts together; mm = millimeters; st(s) = stitch(es); tog = together; yo = yarn over; [ ] = work directions in brackets the number of times specified

Shawl measures 72" [183 cm] at widest point x 24" [61 cm] at longest point. NOTE Shawl is worked back and forth in rows. Circular needle is used to accommodate large number of stitches. SHAWL Cast on 5 sts. Row 1 (Right Side): K1, yo, k1, yo, place marker, k1, place marker, yo, k1, yo, k1 – 9 sts. Row 2: Knit. Row 3: K1, yo, knit to marker, yo, slip marker, k1, slip marker, yo, knit to last st, yo, k1 – 13 sts. Row 4: Knit. Repeat Rows 3-4 three more times – 25 sts on last row worked. Row 11: K1, yo, knit to marker, yo, slip marker, k1, slip marker, yo, knit to last st, yo, k1 – 29 sts. Row 12: K1, purl to last st, k1. Repeat Rows 11-12 two more times – 37 sts on last row. Row 17 (RS): K1, yo, k1, [yo, k2tog] to marker, yo, slip marker, k1, slip marker, [yo, k2tog] to last 2 sts, yo, k1, yo, k1 – 41 sts. Row 18: Repeat Row 12. Repeat Rows 11-18 until piece measures 23½" [60 cm] from beginning and 269 sts are on last row worked, end with Row 11. Next Row (Wrong Side): Knit. Next Row: K1, yo, knit to last st, yo, k1 – 271 sts. Bind off knitwise on last wrong side row.

FINISHING Weave in ends. To block, pin piece out to measurements and spray with water. Leave to dry.



## Rev. Christopher's Apple Pecan Stilton Salad

### INGREDIENTS

5 Granny Smith apples, cored and chopped small  
1 cup pecans, roughly chopped  
1/4 cup melted butter  
1 cup packed brown sugar  
4 oz. crumbled Stilton (blue cheese can be substituted)  
1 oz. Fennel seeds  
Approx 2 tbs. of a healthy glug of white balsamic vinegar

25 minutes – work time

In frying pan, sauté pecans in butter and brown sugar until caramelized and let cool. Mix pecans with chopped apple, stilton, and fennel seeds. When ready to serve, add balsamic to mixture. Serve cold for a rich flavour of sweet, savoury, salty, sour, and umami that will throw a party for your mouth!

These words come from the Anglican Book of Common Prayer. Choose the correct meaning.

- vainglory – A: unwarranted pride. B: fame. C: bravery. D: unobtainable ambition.
- firmament – A: beam of light. B: sky. C: great strength. D: earth.
- Epiphany – A: jubilation. B: chorus of angels. C: manifestation. D: flight of cherubs.
- absolution – A: cause of complaint. B: forgiveness of sins. C: divine commandment. D: praise.
- manifold – A: powerful. B: complex. C: changeable. D: multiple.
- synod – A: small chapel. B: hymnal. C: decree. D: council.
- laity – A: clergy. B: choir. C: lay people. D: lineage.
- hypocrisy – A: insincerity. B: cleverness. C: injection. D: self-righteousness.
- unfeignedly – A: stubbornly. B: calmly. –C: perfectly. D: sincerely.
- endue – A: to undergo. B: finish. C: pay back. D: provide.

## Newest Members of Diocese of Edmonton ACW Executive

At the spring Diocesan ACW meeting, I was happy to volunteer to work on the *Social Action Committee* for the Diocese of Edmonton ACW. I would like to take this opportunity to introduce myself.

I grew up on a small farm near Manola Alberta, which is near Barrhead if you can't find it on a map. I spent the majority of my career as a Special Education teacher working in the Leslieville and Rocky Mountain House areas. For the last decade of my career, I was an Early Learning coordinator for the Peace River School division. I retired in 2019 and moved to Stony Plain to be closer to family.

Since moving to Stony Plain, I have been attending St. Augustine's-Parkland Anglican church located in Spruce Grove. We have an active ACW group and, like most other groups, have had to be creative in ways to stay connected during the pandemic. I am also part of the team to deliver Sunday School at St. Augustine's-Parkland. I have worked on many committees and done many tasks through the church in the past but none have been such a joy, an adventure, a blessing and a true source of amazement for me as teaching Sunday School has been. I would love to tell you more about that in the future!

The description of duties for the *Social Action committee* include finding out the needs of social service agencies in communities in the Diocese and to be a consciousness raiser on topics that would be of interest to members of the Anglican Church Women's groups in our Diocese. I look forward to discovering more about this committee and would welcome any ideas or suggestions that others might have. I can be reached through e-mail at attn: Kathy [acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com) net.

Cheers to all – Kathy

Hello. My name is Ann Marie. At this year's ACW annual, I volunteered to do Education for the Diocesan ACW. I am a retired priest in the Diocese of Edmonton. I live in the Edgerton/Wainwright area with my husband, Owen, one dog and two cats. We have four children who live in Saskatoon and 5 grandchildren. If anyone has a question or topic upon which they would like me to write, please contact me. I love to explore things I may not have had to time to research before.

## Social Action Report #1 – May 2022

May 28 is World Menstrual Health Day which makes it a timely topic for this month. On Menstrual Health Day we recognize the lack of menstrual information and period discrimination that affects thousands of young women throughout the world.

Menstruation continues to be a source of negative and debilitating taboos. Women can experience a loss of dignity (because of poor hygiene opportunities), missed opportunities (such as not being able to attend school or participate in activities because of their period), and even abuse (girls can be considered ready for marriage after their first period even though they may only be as young as 12 or 13).

Along with the social issues mentioned, menstruation can also be an economic issue often called *period poverty*. The cost of period products can be a hardship for many in our communities and may even be unavailable in places throughout the world. The lack of water makes good hygiene difficult for many women which can lead to multiple health issues.

Through education and advocacy and by providing supplies (such as dignity kits) many charitable groups are helping to shed the light about menstrual health. If you would like more information, please check out these websites: [unfpa.org/events/menstrual-health-hygiene-day](https://unfpa.org/events/menstrual-health-hygiene-day) and [plancanada.ca/because-i-am-a-girl-hub](https://plancanada.ca/because-i-am-a-girl-hub).

There are many ways that you can help as well.

First is with prayer. Pray for women and girls who are experiencing discrimination, abuse and negative affects simply because of their gender. Pray for greater understanding and compassion from both men and women about this natural bodily function.

Second, you may want to consider donating period supplies to your local women's shelter, youth emergency agency or outreach center to help alleviate the hardship of period purchases for women in our communities.

Continued on page 8

## Social Action Report #2

I joined the Anglican Church Women Diocesan board in May 2019, before Covid 19 forced lockdowns of meetings. It was an opportunity to learn new ways of meeting such as Zoom. I enjoyed meeting new people from different parts of the Edmonton Diocese.

I am pleased to say Kathleen took over my position. I handed over two binders with past information and minutes, and the display board. Beanie Caps, Toques and head bands were handed over to Kathleen to distribute. Many stamps were collected, I thank Willa for offering to take them to the Re-Use Centre. (*Willa talked to the Re-use centre and they just put them out for people to take. See the article on STAMPS on page 4 of this issue of In Touch.*)

Items and donations may be given to Women's shelters and hospitals in the area of your parish or church.

In Edmonton the Bissell Centre, Salvation Army, Mustard Seed, Hope Mission, and YESS are suggestions for places for your donations.

Respectfully submitted,  
Miriam

From Willa

First I must apologize to all who had problems with the Word Puzzle in the Annual Report book. If you go back and underline the first word in the second paragraph, you will find you have the correct number of letters remaining. Maybe you even figured it out without looking at the answer.

It was very nice to see so many ladies at the Annual and what a wonderful day it was. Will all of you that attended please fill in the evaluation on page 5 of this In Touch and return it as asked or you could mail it to me at the address below. May we all 'Thrive' this summer and look forward to our Regional meetings in the fall.

I am sorry that I was unable to get everything into this issue but will update it all in September.

Have a wonderful summer, enjoy your family and serve the Lord in helping others as you can. We can all pray for others.

For God so loved the world that He gave.  
In turn, let's give while we live.

Faithfully Willa

## Social Action #1 Continued from page 7

Last, be sure to educate yourself with facts and promote open and compassionate conversations with the young women and men that you are close to.

I hope that you found this information informative and I would certainly welcome any comments you have or suggestions for future topics.

Cheers! Kathy  
Social Action secretary

## Answers to the Word Meanings

- 1.- A, 2.- B,  
3.- C, 4.- B,  
5.- D, 6.- D,  
7.- C, 8.- A,  
9.- D, 10.- D,

## Deadline Dates for Life Member Applications

Deadlines for applications to be in to have the presentation at:

Yellowhead/Edmonton West (Sept meeting).....End of May  
Whitemud / Battle River (Oct meeting) .....End of May  
Diocesan Annual Meeting (May meeting).....End of January  
Cold Lake (Jun meeting).....End of February

## Contacts for Life Members & Book of Remembrance

Life Members: Tracey

Book of Remembrance: Melissa

Contact at:

**Diocesan ACW**

c/o Anglican Diocese of Edmonton, 10035 – 103 Street NW  
Edmonton, AB T5J 0X5

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## Be In Touch

We welcome all submissions. The Editor reserves the right to edit submissions selected for publication. Send submissions and queries to:

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**Next deadline for submitting articles is August 15, 2022**