



## THE ANNUAL GENERAL MEETING

On a beautiful sunny day, May 5, 2018, the Anglican Church Women held their 51st Annual General Meeting at St. Mark's, Ocean Park, with the theme "The Love of Jesus Calls Us to Learning, Worship and Service. 77 members were in attendance as well as guests from St. Jude's Anglican Home, the Catholic Women's League, Mother's Union and the Vancouver Council of Women. It was a pleasure to have Bishop Melissa Skelton join us.

After coffee and fabulous goodies, the business meeting was held with the new executive for the coming year elected as:

President Gail Revit  
 Treasurer Mary McIntyre  
 Secretary Alberta Rudolf  
 Area Representatives:

Greater Vancouver/North Shore Sylvia Enga  
 North East Fraser Margaret Strocel  
 South West Fraser Paulette Smith

Members at Large:

Ann Blue  
 Beth Fortin  
 Lesley Goodbrand  
 Marjorie Henry  
 Vera Morgan  
 Genny Sveinson  
 Ann Turner

Past President Sheila Puls  
 Chaplain Ven. Beverly Stewart



The 2018-2019 ACW Board - missing: Mary McIntyre, Ann Turner  
 Photo: Marni Crossley

During the meeting a special Certificate of Recognition was given to Winnifred Cairns of St. Matthew's, Abbotsford for 80 years of service to the Anglican Church and Anglican Church Women.

The business meeting was followed by Holy Eucharist with (Arch)Bishop Melissa Skelton presiding with assistance from the Reverend John Mash, of St. Mark's and the Venerable Beverly Stewart giving the homily.

A wonderful lunch prepared by the ladies of St. Mark's was salads, shepherd's pie, buns and for dessert a delicious cake with warm lemon sauce. Thanks to St. Mark's for an excellent meal.

The afternoon took on a different format this year with "Musings and Music", readings led by Sheila Puls and music by Lynn Turner ably accompanied by Cecelia Wong, organist from St. Mark's.

The afternoon finished with a large circle for The Grace.



## PRESIDENT'S REPORT

It is with grateful hearts we continue to gather as Anglican Church Women throughout the Diocese of New Westminster. Our Annual General Meeting at St. Mark's, Ocean Park on May 5, 2018 was a wonderful day full of the Spirit. I hope you have all had a chance to read the reports from your parish groups to find all the amazing ways we help at the local, community and wider world. If you need extra copies of our Annual General Meeting booklet to share with other members who were unable to attend, please let me know. I thank all who helped make that day a success.

We are so lucky to have the ability to give financial assistance to many varied groups keeping in mind that we "Feed the Hungry, Clothe the Indigent and Support the weak through our prayer, work & stewardship". Our focus is Feeding Children, Senior Support and Youth Programs. This fits in with our theme for the coming year of "The Love of Jesus Calls us to Learning, Worship and Service".

Our new Constitution and Bylaws were approved at the AGM and we will send a copy to each branch when we have received the final copy.

Please remember that we will have our Spring Open House/Barbeque on Sat., June 16 from 11AM until 2pm. If you haven't visited before, come along and see how we make Bales and Layettes. We welcome children and husbands that day as well.

Lord, thank you for those  
who have washed my feet  
in a thousand ways,  
especially those known to you.  
Thank you for your love for me.  
It shames me.  
I am grateful.  
Help me to pass on your love today,  
to those closest to me,  
to those estranged from me.

Robert Raines,  
From Creative Brooding

Wishing all of you a warm wonderful summer with good weather and blue bird skies, a time to refresh yourself, work in your garden and enjoy your life.

Blessings

*Gail Revitt,*  
President

## A COUPLE OF "MUSINGS" FROM THE ANNUAL MEETING

A poem carved on the walls of an old English tavern more than 200 years ago - poet unknown.

*O Lord, give us a bit of sun,  
a bit of work and a bit of fun;  
Give to us in this struggle and sputter  
Our daily bread with a bit of butter;  
Give us health, our keep to make,  
with a bit to spare for poor folks' sake'  
Give us sense for we're some of us duffers  
and give us a heart for all who suffers;  
Give us, O Lord, a bit of a song,  
and a book and a poem to help us along.  
Give us our share of sorrow's lessons  
that we may learn that grief is a blessing;  
Give us, O Lord, a chance to be  
our goodly best - brave, wise and free -  
our goodly best for ourselves and others  
until we learn to be sisters and brothers.*

## THE VALUE OF SINGING IN THE CHOIR

*You learn to sing even the songs you don't like  
- that's tolerance.*

*You learn to practice a song 15 times, even though  
you learned it the second time (because some can't  
read music as well as you)  
- that's patience.*

*You learn silence when another section of the choir  
is going over their part  
- that's discipline.*

*You learn to smile when someone else gets the  
solo part  
- that's humility.*

*You learn how to be helpful without making others  
feel foolish  
- that's sensitivity.*

*You learn to seek the anointing of the Spirit, so the  
songs will touch the hearts of people  
- that's ministry.*

*You learn that people still speak to you after you've  
blown your lines  
- that's love!*

## CHAPLAIN'S CHATTER

Dear sisters in ACW,

I know that many of you are struggling with something "difficult" - as we all do from time to time. These difficulties are made lighter by knowing that others care deeply and hold us in prayer. But they are also made lighter by knowing that, as Christians, we have Jesus walking with us through these dark times.

Faced with hearing challenges recently, and knowing that it is not going to go away (except that I now wear two hearing aids!!) A friend recently gave back to me something I had written many years ago when she was going through a dark time. It revived my soul, though I could hardly remember writing it! For it was really written for someone else - and the gift was that it came back to me - so I share it with you, in the hopes that you might put it aside for a time when it may be helpful to you.

"Can you, perhaps, find yourself once again walking the Galilean hillside and then Jesus comes up beside you and is simply present with you. He says very little, just listens - perhaps places his hand on your back, and you feel the warmth of his healing flow through you. Then you feel a little weak in the knees and he offers his arm to you. You place your arm in his, and find that the ground is a little lighter to walk upon - the sky is a deeper blue, the approaching storm appears as though it has moved further to the south, away from you. You notice the fragrance of the herbs of the fields and you breathe deeply all that is of God - and breathe out all that is heavy upon your heart. You taste sweet wine upon your lips; you eat of the bread before you; and you realize that Jesus is no longer beside you, and yet he has never left you . . . he has never left you . . ."

May each of you and your loved ones be blessed this summer with warm sunshine and rest for your winter weary souls.

Yours in Christ,

*Beverley*  
The Venerable Beverley Stewart  
Chaplain

## MORE MUSINGS

### AND GOD SAID NO

*I asked God to take away my pride,  
and God said "NO".  
He said it was not for Him to take away, but for me  
to give up.*

*I asked God to make my handicapped child whole,  
and God said "NO".  
He said her spirit is whole, her body is only  
temporary.*

*I asked God to grant me patience,  
and God said "NO".  
He said that patience is a by-product of tribulation,  
it isn't granted, it's earned.*

*I asked God to give me happiness,  
and God said "NO".  
He said He gives blessings, happiness is up to me.*

*I asked God to spare me pain,  
and God said "NO".  
He said suffering draws you apart from worldly  
cares and brings you closer to me.*

*I asked God to make my spirit grow,  
and He said "NO".  
He said I must grow on my own, but He will prune  
me to make me fruitful.*

*I asked for all things that I might enjoy life,  
and God said "NO"  
I will give you life so that you may enjoy all things.*

*I asked God if he loved me,  
and God said "YES"  
He gave me His only Son, who died for me, and I  
will be in heaven someday because I believe.*

*I asked God to help me love others  
as much as He loves me,  
And God said "Ah, finally you have the idea"!*

More information about our outreach project  
"Basic Human Needs" school in India can be  
found at <http://www.basichumanneeds.org/>

## LUNCH AT THE AGM

*St Mark's Ocean Park served us a delicious lunch - for a crowd of almost 100! Several people asked for the recipes, so thank you Janet Van Nes, St. Mark's Ocean Park, for sharing:*

### BROCCOLI SALAD

5 cups bite sized broccoli  
1 cup green grapes  
1 cup red grapes  
1 cup slivered almonds (optional)  
3 or 4 green onions, chopped finely  
8 slices crisp cooked bacon, chopped finely

Dressing:

1 cup Miracle Whip or Mayonnaise  
1/3 cup sugar  
1 tablespoon white vinegar

Mix together and pour over the broccoli mix.  
Nuts and/or onion can be omitted if desired.

### LARGE SHEPHERD'S PIE

5 lbs beef  
oil  
2 1/2 cups celery  
2 1/2 cups finely chopped onion  
10 heaping tsp flour  
5 tsp salt  
3 cups peas  
4 cups diced carrots  
15 cups mashed potatoes (8-9 lbs + butter & milk)  
5 beef bouillon pkg (Bovril)  
1 1/4 tsp pepper  
Gravy as needed

Combine beef & oil and lightly brown and chop up finely. Put celery and onion to cook until onion is translucent. Stir in flour, salt and pepper. Mix bouillon and boiling water and stir until dissolved then add meat mixture - stir until thickened and add gravy if needed. Cool and cover with warm mashed potatoes. Bake at 350° 1-2 hours (baking time depends on thickness and size of pan). Sprinkle Parmesan cheese on top if desired.

If preparing ahead for a crowd, it is easier for the meat portion to be cool before spreading the mashed potatoes.

### FOR A 9X13 INCH PAN

1 lb ground beef	3 cup mashed potato
2 tbsp oil	1 cup peas
1/2 cup celery	3 carrots
1/2 cup onion	1 can corn (if desired)
2 tbsp flour	1 beef bouillon cube or pkg Bovril
1 tsp salt	12 cup boiling water
1/4 tsp pepper	

Follow directions above - bake uncovered 30 mins at 350°

### DESSERT

White cake with a lemon sauce.

To make the lemon sauce, use 1 pkg lemon pie filling mixed with 1/3 cup cold water, add 2 cups boiling water. Mix together and microwave 1 1/2 mins and stir. Add extra time to make a thin, pourable sauce. NOTE: Use **NO** eggs.

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## ST JUDE'S ANGLICAN HOME

It is St. Jude's 70 birthday this year. St. Jude's was started by a group of Anglican women who purchased the large house on the corner of Willow and 27<sup>th</sup> Streets in Vancouver. Today, St. Jude's is home to 55 elders and has one of the best reputations in the lower mainland for the exemplary care we provide. Together, ACW and St. Jude's, we have a lot to be proud of. I hope we can become closer going forward. As experts in elder care, I am more than happy to come out to speak at meetings and for St. Jude's to be a resource for families who are struggling.

Here is the link to St. Jude's latest newsletter for you to get caught up on all the great things happening at St. Jude's. There is also a "subscribe" button on the top left corner and we will send this out to you quarterly.

<https://us2.campaign-archive.com/?u=0ad161e453b6531d2a983ae97&id=c3642740fb>

our website is [www.stjudes.bc.ca](http://www.stjudes.bc.ca)

**Michele Cook**

## WINNIFRED CAIRNS



Bishop Melissa congratulates Winnifred Cairns  
Photo: Sheila Puls

At the Annual Meeting, Gail Revitt was pleased to present a Certificate of Recognition to Winnifred Cairns, a member of St Matthew's ACW.

Winnifred was born in New Westminster, BC in the home of her parents, in 1924. She was christened in St Mary's, Sapperton the same year. She attended the church with her parents and was confirmed in 1939. She then joined the Junior WA at St Mary's and the Junior Choir and this continued until 1942, at which time the family moved to White Rock. They joined Holy Trinity and Winnifred joined the WA, where she was President of the evening branch for 5 years. In 1950 she moved to Nanaimo and immediately joined St Paul's Anglican Church. In 1954 she was back in White Rock and rejoined the evening branch WA at Holy Trinity, and again was President for 5 years. Winnifred helped to raise money for a new kitchen and eventually a new Church.

In 1950 she and her husband moved to Cloverdale where she joined the Guild of Christ Church, and again was President for 5 years. She again helped raise money for a new church. She became their Rector's Warden.

In 2007 Winnifred moved to Abbotsford, and in 2015 joined St Matthew's Parish and the ACW.

Winnifred has been a loyal, trustworthy, faithful and devoted servant of the Anglican Church of Canada with over 80 years of outstanding service.

Congratulations, Winnifred - and thank you!

## OUTREACH

*The following request was received by the Board, and a donation of \$1,000 was approved at the Annual General Meeting.*

I write on behalf of Surrey Women's Centre, the largest community-based victim services agency in Canada. SWC is a crisis centre for survivors of power-based crimes, including domestic violence, sexual assault, and child abuse. Its mission is to work with the community to increase the safety and supports for women and children who are fleeing violence. Services include a resource centre, a crisis line, counselling, hospital, police, and court accompaniments, legal advocacy, coordinated victim service responses with Ministry of Child and Family Development, and the victim services program has workers colocated with RCMP's special victims and domestic violence units.

Recently, Surrey Women's Centre – with the generous support of the community – added a mobile outreach component to its SMART program. SMART workers and volunteers accompany sexual assault victims to the hospital, provide emotional support through forensic examinations, and link them to police and other external supports. Adding mobile outreach – which meant putting a van on the streets and directly connecting with women in need, proving already to be a huge success. Volunteers and workers are employing harm reduction strategies to help keep women safe, and they are building rapport with women who sometimes deal with repeat assaults. SWC presence in what we have come to call the SMART van means women are being linked to the RCMP and reporting assaults that would otherwise go unreported; reporting assaults leads to higher rates of incarceration than we would otherwise see, and ultimately keeping women safe.

SWC is a not-for-profit agency, very often dependent on the outstanding generosity of community donations. Your support in any way is greatly and sincerely appreciated. It would be used to purchase supplies for the van, anything from a few groceries to a bus pass or simple things that we take for granted – a pair of underwear or feminine hygiene.

Thank you for considering Surrey Women's Centre as recipient of any support you're able to provide.

Deb Sider,  
Program Director

## TAKHINI SCHOOL LUNCH PROGRAMME



Lunch!

Photo: Barbara Curtis

*Our Outreach Budget again supports the lunch programme at the Takhini school in Whitehorse, YT. This is the school close to the University where many children of parents attending the University attend. This is an update from their nutrition coordinator.*

Takhini Elementary School's Nutrition Program is thriving in a variety of ways.

This year we have incorporated opportunities for students in various grades to participate in everything from preparing grocery lists and shopping, to food preparation and distribution. This provides our students circumstances to learn about nutrition, and budgeting in real life situations; and, they are experiencing a growing sense of ownership by becoming leaders in their school's food programs. Our students are coming to staff with ideas that they would like to try in the kitchen, and we love their enthusiasm and creativity! This



Barbara giving lunches - and Tristan likes to dance!

translates into children learning to advocate for themselves and their peers, and to try new foods. Another change is that we have arranged to have fruit, and other options depending on teachers' preferences, available in our classrooms. Students

come to collect snacks for their classes once or twice a week. This ensures that fresh food is readily available, and students do not have to wait for breaks to get something to eat: they are eating when they are hungry. Consequently, this year's numbers are up, and on average we have almost 80 food items being accessed by students each day.

For breakfast we have hot or cold cereal available, along with a variety of fresh fruit, and yogurt. Our snacks include our breakfast foods, as well as fruit muffins, unflavoured rice cakes (with or without melted cheese), and peanut free cereal bars. Our lunch options are made up of sandwiches, wraps (containing meat and vegetables), homemade soups, meat and cheese melts, and a variety of fresh produce, and yogurt. (We take special care to consider our students' food allergies, and limitations when preparing our meals.)

Although our needs are increasing, ongoing funding is becoming more difficult to obtain. This year all schools in the Yukon were effected by a 20% decrease in available funding. If not for your generous support of our program we would have had to limit our students' access to nutritious meals and snacks. Your gift made it possible for us to provide our students with fresh produce at every meal, to offer foods from all the food groups, and to allow for the classroom snacks.

This year we are averaging approximately \$600 worth of groceries a month. We are also the grateful recipients of a donation of one case of apples a week from Wykes Independent Grocers, where we purchase our groceries. (We do; however, anticipate the recent jump in fuel prices will be reflected in Yukon grocery store prices very soon.)

Thank you again for your generous donation, and your willingness to invest in the children of Takhini Elementary School.

Sincerely,

Barbara  
Curtis



15 minutes after first photo.

Barbara  
Curtis

## FISH N CHIP SWEATERS



Hello Ladies,

I am just amazed at how you are all working so hard to help the Mums in Rwanda. We are becoming truly international!

Thank you so much for your efforts. It is most appreciated.

On my last trip to Rwanda in February we were pleased to gift the jumpers to another 180 mums in a Healthy Mums Program we have just started in the North of Rwanda.

If at any time, you wanted me to give an update presentation I would be more than happy to do so.

I have attached a document with some pictures to show to the ladies who have so kindly knitted the jumpers.

Blessings to you all.

*Hilary*  
Hilary King, Executive Director



*Babies were sent home from birthing centres wrapped in newspaper - hence "Fish n Chip" babies. Our members and friends have been knitting these simple sweaters/hats in various sizes and over the last few years have knitted hundreds! Pattern is available at ACW Place.*

## CROSSES AND ANGELS

My name is Deborah Vaughan and I was a priest in the Diocese of Toronto for 20 years. I am sending this little note to tell you about a ministry that I have been offering for several years to churches, religious schools and organizations.

I create crosses and angels to inspire and affirm people in their walk with Christ. Every year I make hundreds of crosses for catholic school children who are making their First Communion, those who are being Confirmed and for those who are graduating. My one-of-a-kind crosses can be offered for any occasion and many church groups in the past have used them for fundraisers, gifts at various landmark occasions, for Lenten and Christmas gifts for shut-ins... a perfect token for anyone in need of comfort and support.

The crosses are made from vibrant polymer clay, fitted with a jump ring and a necklace cord, backed by a prayer card and packaged in a clear cello envelope.

I also make angels from colourful crystal, glass pearl and semi-precious beads, using the best findings. I have been blessed to offer these to funeral homes for their annual memorial services over the years and to church groups who find that they "fly" off the table at coffee hour. Who doesn't need a reminder that they have the protection of a guardian angel?



My purpose in writing is to get the word out to women's groups in parishes who are looking for a way to raise funds -- or are looking for a token as they visit parishioners or members. I know personally how important our ACWs are in service to parishes and hope to make them aware of these tools of ministry.

This is a very special ministry to me. I love making the crosses and the angels, and prayerfully make each one with much love. I do sell the crosses at full price for \$15 and up, but for churches and schools I offer a special bulk price of \$5 (without cords) with a minimum order of 25 pcs. Necklace cords can be included at a nominal cost. The angels are \$4.50 each and come packaged with a lariat and a Guardian Angel backing card.

It was put on my heart to contact ACW groups across the country. I would be very grateful if you can let your groups know about my ministry. My website is <http://www.bishopdeb.com/forchurchgroups.htm> where you can see more pictures of the crosses and angels. I also lead workshops on many topics, including a meditation on the Transformational Cross.

I have a special cross for our Lenten walk to Easter, called the Halleluia Cross. It has shades of purples with white, yellow and pink. Very popular with school groups doing Lenten activities and Good Friday walks, but also wonderful to hold in the hand and reflect on the Grace of God and the Infinite Love of Christ for each of us.

Thanks so much for your time and consideration.

Blessings in your day,

Deborah Vaughan  
Holy Angels Ministries  
Box 1856  
Niagara on the Lake, ON  
L0S 1J0

<http://www.bishopdeb.com>  
905-468-9502





## 17TH CENTURY NUN'S PRAYER

*LORD, Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.*

*Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains; they are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.*

*I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.*

*Keep me reasonably sweet; I do not want to be a saint - some of them are so hard to live with - but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so.* AMEN

## SEAFARER'S COWL

Seafarers cannot wear scarves as the ends can get trapped in machinery - rather dangerous! So to keep the neck warm, a cowl is the answer. This is a simple pattern:

Wool:- Red Heart soft

Needles:- 5.5mm round or straight

Cast on 88 stitches  
Knit 2 plain, 2 purl  
for 8 inches  
Cast off.

If using straight needles, sew ends together.  
- behold one cowl



## CROSS-CULTURAL TRAINING TOUR JUNE 22, 2018

You're invited to a guided cross-cultural training tour! This bridge-building experience has been described as a fascinating and unsettling experience.

The day includes a guided visit to a Muslim mosque, Sikh temple, Hindu temple and a Buddhist temple. Registration is \$69 includes a delicious ethnic lunch!

The expected outcomes include:

- + Creating diversity awareness in Lower Mainland and other surrounding communities
- + Beating racism with education and increased cultural tolerance
- + Enhancing cross-cultural communication skills
- + Providing ongoing outreach/resources to help create healthy communities
- + Appreciating and celebrating diverse multi-cultural communities

Time: 10:00am - 3:00 pm Saturday, June 22, 2018

Place: Surrey, BC

For more info email [multicultural2002@gmail.com](mailto:multicultural2002@gmail.com)

## SUMMERTIME - TIME TO PLANT A GARDEN

Plant three rows of peas Then four rows of squash  
Peas of mind, Squash gossip  
Peas of heart Squash indifference  
peas of soul Squash grumbling  
Squash selfishness

Plant four rows of lettuce Then some turnips  
Lettuce be faithful Turnip for meetings  
Lettuce be kind Turnip for service  
Lettuce be patient Turnip to help one another  
Lettuce really love one another

To conclude the garden, we must have Thyme  
Thyme for each other  
Thyme for family  
Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden, because you reap what you sow.

## ACW Place

### OPEN HOUSE/Barbecue

Saturday - June 16th

10:00 a.m. to 2:00 p.m.

7012B Merritt Avenue,  
Burnaby

Come get a tour, see what we do, and who  
we help!

Bring the children, and grandchildren!  
Activities for children.

### MARK YOUR CALENDARS!

#### GREATER VANCOUVER/NORTH SHORE AREA MEETING

Tuesday October 9<sup>th</sup> 2018  
at  
St Hilda's, Sechelt

A beautiful ferry ride away!  
Let's arrange car pools and make this  
a fun outing!

#### SOUTHWEST FRASER AREA MEETING

Tuesday November 13<sup>th</sup> 2018  
at  
St Michael's, Surrey

Guest Speaker: The Rev. Peter Smyth  
Mission to Seafarers

We're all asked to bring something  
for the Seafarers  
*Magazines, cookies,  
toques, hot socks or one of those  
knitted cowls!*

#### ST HELENS, SURREY

10787 128 St Surrey

Strawberry tea and concert  
June 23rd

Concert at 2 pm. Followed by tea.  
Early bird. \$20. Reg. Price \$25

Vacation bible school.  
July 30th to August 3rd  
Ages 5 to 12.

Lunch and snacks offered.  
For more info phone 581 4800.

#### ST MARKS OCEAN PARK

12953 20 Ave Surrey

Lunch and sale.  
Saturday June 16  
11 am to 2 pm

#### ST CATHERINE'S PORT COQUITLAM

ACW luncheon  
June 4th,  
1:30 am

Samz Pub in Port Coquitlam.

A parish picnic with St. Catherine of Alexandria  
Sunday, August 12<sup>th</sup>, 9:00 am to 2:00 pm  
Lions Park, Port Coquitlam.

#### REQUEST FROM ACW PLACE

**BLANKETS NEEDED**  
for packing the bales.

Double or larger

Also flannelette diapers  
and plastic pants

