

Letter From A Friend Submitted by Judith Carling

Thank you, gladly to share it, I took this "Letter From A Friend" from a booklet which was given to me by my late Aunt in 1998 who was a Catholic Nun, titled, My Travel Companion "A Prayer Book for All" which I carry it with me all the time.

Letter From A Friend

I just had to write to tell you how much I love you.

Yesterday, I saw you walking and laughing with your friends; I hoped that soon you'd want Me to walk along with you, too. So, I painted you a sunset to close your day and whispered a cool breeze to refresh you. I waited -you never called- I just keep on loving you.

As I watched you fall asleep last night, I wanted so much to touch you. I spilled moonlight onto your face-trickling down your cheeks as so many tears have. You didn't even think of Me. I wanted so much to comfort you.

The next day I exploded a brilliant sunrise into glorious morning for you. But you woke up late and rushed off - you didn't even notice. My sky became cloudy and My tears were the rain.

I love you, oh, if you'd only listen. I really love you. I try to say it in the quiet of the green meadows and in the blue sky. The wind whispers My love throughout the treetops and spills it into vibrant colors of all the flowers. I shout it to you in the thunder of great waterfalls and compose love songs for birds to sing to you. I warm you with the clothing of My sunshine and perfume the air with nature's sweet scent. My love for you is deeper than any ocean and greater than any need in your heart. If you'd only realize how I care.

My Father sends His love. I want you to meet Him- He cares, too. Fathers are just that way. So please, call Me soon, because I love you.

You Friend, JESUS



Summer Message from Diocesan ACW President

I was delighted to see so many of you at our AGM on May 1 via Zoom. It was wonderful to have our new Bishop, John Stephens, attend for the whole time and I told him that the next time he attends, he should get a proper lunch with us. Rev. Bryan Rivers gave us an insight to his work as VGH Chaplain and we are pleased that Deacon Juanita Clark who works with Bryan has joined the ACW Board. Next year should be an in person meeting which we have all missed so much this last 16 months. Until then, keep going as you are doing, continuing to use Zoom or now that the weather is warmer, being able to meet for lunch or a picnic outside with your members.

We welcome three new members to the ACW Board this year and you will find some interesting facts about them as a way of introduction to you, further in the Newsletter. Welcome to Val Hampton, Amelia Foster and Deacon Juanita Clark.

The ACW Board for the past few years has discussed moving away from Area Meetings and instead holding 2 General Meetings each year, moving the location around the Diocese. We will start this fall with a Fall General Meeting at be held at St. Michael's Multicultural Church in Vancouver on Saturday, Oct 16. This meeting is open to all ACW members and others in the Diocese. Our hopes are that you might ask women who are still working to join us on this day and see all the good work that is done by all the branches.

Since our AGM, we have received several requests for funding and I am pleased to let you know that the following groups have been approved for financial assistance:

Kililum Lelum Butterfly- addressing mental health needs in the DTES

First Call- advocate for child poverty in BC

Anglican Foundation- Say Yes to Kids

PWRDF – Worldwide Vaccination assistance

PWRDF – Provide a Light

All these programs fall within our mandate to assist those in need.



We will again be offering the 2022 Anglican Church calendars and the order form can be found in this newsletter.

Next year is our 55th Anniversary and we are looking forward to holding a celebration. If there is anyone who would like to work on this committee, please let me know.

For the second year in a row, we are not able to meet for the National ACW President's Conference due the restrictions still in place. A meeting was not held last year but will be held via Zoom at the end of October this year with the Primate Linda Nicholls joining us as speaker.

With thanks to God for his many blessings in our lives, may you enjoy a great summer looking forward to normalcy in the fall.

Gail Revitt, President

Chaplain's Chatter

I've seen the graves in Bosnia, where a children's playground had been turned into a cemetery; in the Ukraine where hundreds of Jews were shot; in Western Iran where the soldiers of the war with Iraq were buried en masse; the memorial in Yerevan to the Armenian genocide; the memorials in Berlin and Jerusalem to the genocide from the Nazis. We could go on. And there are others which most of us have seen in person or on TV. But these were all in other places, other times –not Canada –the place we have so proudly called our home.

But nothing prepared us for the discovery of the 215 bodies of the children from the Residential School in Kamloops. Oh yes, we were told. The Anglican Church has been telling for a few decades now of the stories from the Residential Schools—but we kept telling ourselves tales to appease our sense of wrongdoing. We are, after all, good Christians who meant well.

The TRC told us about the effects of the Residential Schools; and we learned about the colonial attitudes, which have formed most of us since our own childhood. The sun never set on the British Empire and that was good –all was well with the world. Even if we knew that all was not well with the world. The hard truth is that it is all racism.

And it is a very painful truth to bear. For most of us are likely well north of our 60th decade and we grew up being taught and inwardly absorbing something very different. Now we hang our heads in the shame of what we have done, and the legacy of what we leave to our children and grandchildren.

It is hard, because unlike the overt colonialism and racism of the past, it is now insidious and we are programmed to think that our way is "right". Little things such as "what pencil crayon is flesh coloured"? But try we must. Let us be open to hearing what we thought we didn't quite agree with, with that which was of a different opinion. Perhaps read anew book on First Nations; view some First Nations art; listen to music; visit a First Nations; read the entire TRC. And/or read a book on White Fragility or racism or colonialism and its effects on all of us. We might consider returning in the Fall (hopefully in person) to spend a meeting sharing our painful thoughts from "what I learned over the summer". I promise you that it won't be easy if we are truly honest with ourselves.

God's blessings,
The Rev. Beverly Stewart

For now, I would like to leave you with this poem which came from last week's Diocesan News, in case you might not receive it.

*When they buried the children what they didn't know they were lovingly
embraced by the land held and cradled in a mother's heart
The trees wept for them, With the wind they sang mourning songs
Their mothers didn't know to sing bending branches to touch the earth
around them. The Creator cried for them the tears falling like rain.*

*Mother earth held them until they could be found
Now our voices sing the mourning songs,
With the trees, the wind, light sacred fire
Ensure they are never forgotten as we sing JUSTICE*

By Abigail echo-hawk



Feather by Gitksan artist Michelle Stoney.
Used by permission, not for profit.

Updates

ST. GEORGE, FORT LANGLEY

St George Fort Langley completed a successful year through virtual meetings held on Zoom. Key to our success was the collaboration with our Parish Outreach Committee on a series of presentations which brought awareness of the needs of so many community agencies supported in one way or another by the Parish. These included several at the Diocesan level: Mission to Seafarers, ACW Place, and the Urban Aboriginal Ministry with the late Vivian Seegers. By welcoming all to these sessions including other parishioners, our rector, and members of some other ACW groups, we learned collaboratively alongside one another.

That we also boldly embarked on a new fundraising endeavour during a time of pandemic is testament to the dedication of St. GEORGE'S ACW. Together we planned, collated and successfully distributed our first Neufeld Fields fundraiser that has subsequently allowed us to send funds to our regular annual outreach recipients.

Leslie Gaudette and Ann Turner, St George Ft Langley ACW

ST. CATHERINE'S, PORT COQUITLAM

Our St. Catherine's is planning to have a gathering soon outdoors with our lawn chairs & a bagged lunch. We will try & find a nice park for our picnic. We continue to collect knitting for the bales plus our Grains of Salt items. Donna Merrisson has volunteered to make more cloth diapers & as soon as Margaret Warwick can travel, she will be bringing us the flannelette.

Have a wonderful summer everyone.

Ann Blue (St. Catherine's ACW. Port Coquitlam)

ST. THOMAS, VANCOUVER

Our meeting was held Friday, May 21, 2021, outdoor on the patio in front of Salvation Army residence at East 58th & Kerr Street.

All Eight of our members were in attendance. Our Sunshine secretary, Mary, had received an email from a prior church member. It was very exciting to find that he was doing O.K. We made a donation to Aunt Leah's. One of our members volunteered with them on many of their projects in the past years.

The outreach goes to many areas helping young adults. We celebrated one of the members birthday. Juice drink boxes and three types of individual cookies.

Carreen Adams, St. Thomas, Vancouver

Roberta Elizabeth Tilton - May 30

Founder of the Women's Auxiliary of the Canadian Church, 1925 —Commemoration

This Saturday we remember Roberta Elizabeth Tilton, a worthy Anglican of Ottawa, who in 1885 founded the Women's Auxiliary — an organization which later became the Anglican Church Women.

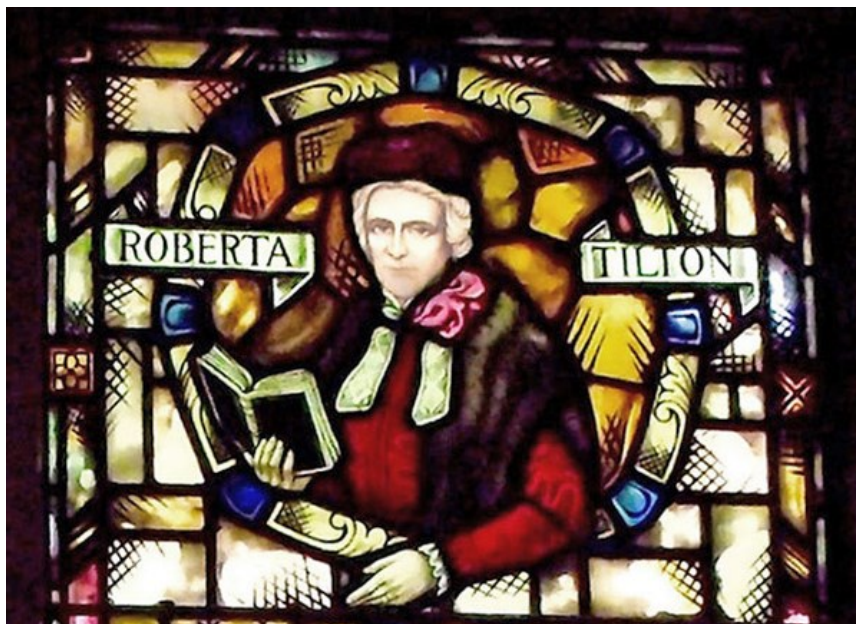
She was born in Maine and raised as a Unitarian, but married a New Brunswicker named John Tilton and, after several years of thought and prayer, became a convinced Anglican. In 1868, she and her husband moved to Ottawa and joined St. John's parish. Sustained by a constant habit of prayer, she involved herself in a wide range of activities, teaching Sunday School and Bible Classes and working in the Orphan's Home and the Young Women's Christian Association.

In 1885, she developed the idea of a national organization for Anglican women in support of the Board of Foreign and Domestic Missions. With six other women she presented her proposal to the bishops of the Canadian Church and with their approval launched the Women's Auxiliary. Under her wise and prayerful guidance the new organization prospered and at her retirement from its General Board twenty-three years later there were diocesan and parochial branches right across Canada.

She died in 1925, and at her funeral on May 30th, Archbishop John Roper summed up her life in this way: "God gave to his servant Roberta Elizabeth Tilton great light of spiritual vision, wide sympathies with wisdom and strength of character, to enable her to use them for the extension of his kingdom in all our mission fields The secret of her life — and of its influence and power — was the personal service of our Saviour, Christ.

- Excerpt from "For All the Saints"

- Taken from the Diocese of New Westminster E-news for May 27, 2021



Church of the Ascension
in Hamilton, Ontario.

WELSH CAKES By Ann Adair-Austin

2¼ cups of all-purpose flour
2 teasp. baking powder
1 cup of butter
1 cup of gran. sugar
¼ teasp. cinnamon
¼ teasp. ground ginger
½ teasp. ground nutmeg
¾ cup of currants
1 medium sized egg
1 tablespoon milk

Sift the flour and the baking powder into a bowl.

Rub the butter into the flour until like bread-crumbs. Add the sugar, spices, and currants

and stir. Add the egg and milk, and mix together until a dough forms. Roll out dough to ¼" thickness and cut with round cookie cutters. Fry in a frying pan or on a griddle on a low to medium heat on both sides until golden brown. Cool on a cooling rack. Sprinkle with berry sugar on one side while still warm.



A VERY big favourite at ACW Place!!!!

2021-2022

NEW WESTMINSTER DIOCESAN BOARD

President: Gail Revitt, revittgail@gmail.com

Vice President: Kelly Bowman, kellybowman@telus.net

Secretary: Alberta Rudolf, alberta.rudolf@gmail.com

Treasurer: Mary McIntyre, mlmcintrye@telus.net

Area Representatives

Greater Van/North Shore & Camp Artaban:

Sylvia Enga, sylviaanneenga@gmail.com

North East Fraser: Ann Blue, blueann@shaw.ca

South West Fraser: Paulette Smith, marshan@telus.net

At Large: Judith Carling, judith_carling@yahoo.com

At Large: Juanita Clark, deaconjuanita@telus.net

At Large: Amelia Foster, fosda@hotmail.com

At Large: Val Hampton, val_hampton@shaw.ca

At Large: Sheila Puls, sheila@puls.,ca

Appointed Assistants *Chaplain:*

Beverley Stewart, stewart@direct.ca

Social Action: Beth Fortin, rcee99@hotmail.com

Vancouver Council of Women:

Alberta Rudolf, alberta.rudolf@gmail.com

Membership: Vera Morgan, morgan05@shaw.ca

Newsletter: Beth Fortin/Gail Revitt

Memorial Roll: Gail Revitt

Calendars: Sylvia Enga



**TODAY,
I choose to live with Gratitude
for the Love that fills my Heart,
the Peace that rests within my
spirit,
And the voice of Hope that says all
things are Possible.**
Helen Barry

God's Accuracy submitted by Sylvia Enga

One may observe God's accuracy in the hatching of eggs... those of the canary in 14 days; those of the barnyard hen in 21 days; eggs of ducks and geese in 28 days; those of the mallard in 35 days; eggs of the parrot and the ostrich hatch in 42 days.

(Notice, they are all divisible by seven, the number of days in a week!)

See God's Wisdom in the making of an Elephant... The four legs of this great beast all bend forward in the same direction.

No other quadruped is so made. God planned that this animal would have a huge body...too large to live on two legs. For this reason, He gave it four fulcrums so that it can rise from the ground easily. The horse rises from the ground on its two front legs first. A cow rises from the ground with its two hind legs first.

How wise the Lord is in all His works of Creation!

Each watermelon has an even number of stripes on the rind. Each orange has an even number of segments.

Each ear of corn has an even number of rows. Each stalk of wheat has an even number of grains. Every bunch of bananas has on its lowest row an even number of bananas, and each row decreases by one so that one row has an even number and the next row an odd number.

Amazing! There's more...

The waves of the sea roll in onshore twenty-six to the minute in all kinds of weather. All grains are found in even numbers on the stalks.

God has caused the flowers to blossom at certain specified times during the day. Linnaeus, the great botanist, once said that if he had a conservatory containing the right kind of soil, moisture, and temperature, he could tell the time of day or night by the flowers that were open and those that were closed.

The Lives of each of us may be ordered by the Lord in a beautiful way for His glory if we will only entrust Him with our lives. If we try to regulate our own lives, we will have only mess and failure.

Only God, who made our brains and hearts, can successfully guide them to a profitable end.

When you carry the Bible, Satan has a headache; when you open it, he collapses. When he sees you reading it, he loses his strength, and when you stand on the word of God, Satan can't hurt you! And did you also know... that when you are about to forward this e-mail to others, the devil will probably try to discourage you, but..... **do it anyway!!!**

Life without God is like an unsharpened pencil - it has no point.

I pray God will bless you in ways you never even dreamed of. I didn't think twice about forwarding this one.

The Rev. Juanita Clark, Member at Large

I am a second generation Canadian and cradle Anglican. My British grandparents immigrated to Canada in the early 1900's (Merritt, BC and Toronto, Ontario). I was born in Kamloops in 1957 and have two older sisters. Thanks to our Dad who was an aspiring civil servant, we had the great opportunity to live and experience a variety of destinations Canada-wide.

Although being Christian and taking an active role in the life of my faith community has always been a focal point of my life, it wasn't until 2008 (thanks to the strong lay leadership at St John's church North Vancouver) that I learned to listen with the ears of my heart and follow the contemplative path unfolding before me. This led to seminary at VST and the discernment of a call to the Diaconate. I was ordained as a vocational Deacon on June 23, 2018.

Four months prior to my ordination I retired from a rich and varied career with the federal Department of Indigenous Affairs. This included the provision of services in the areas of human resource management, historical research and project management. My work also provided the means to pursue my love of travel: experiencing the world through beautiful walking holidays across the UK, Europe, Portugal and SE Asia. Closer to home, I enjoy hiking in our BC forests and have an incurable sweet tooth which has led to my delight in baking (especially coveted family recipes) and offering hospitality to friends and family.

In December of 2019 I completed a 16-month Diaconate placement at St John's N. Vancouver. My ministry included leadership in contemplative and meditative prayer practices (including lectio divina, praying the rosary, leading quiet days and pastoral care). I also had a lot of fun volunteering in the North Vancouver Shelter's kitchen and, as I love to sing, performing with St. John's *Choir to Go!*



In 2020 I felt blessed to have found my workplace ministry as the Deacon on Chaplain Bryan Rivers Spiritual Care team at VGH. Thanks to the generosity and financial support of the ACW, I am now registered for the CPE (Clinical Pastoral Experience) program scheduled to begin this Fall. This program - which integrates the student's understanding of head and heart, emotions and thoughts, theology and practical experience - will help me to better assess a patient's needs, feel more confident and become more effective when offering pastoral care.

Thanks to the ACW I am also enjoying the opportunity to volunteer with the Northern Bales program (which I had previously read about and piqued my interest) and share in this meaningful work and wonderful camaraderie offered by ACW's membership.

Thanks be to God!

Be thankful for yesterday because
you have wonderful memories to think
about.

Be thankful for today because you
are able to wake up to celebrate life.

Be thankful for tomorrow because
you will be able to fulfill your dreams
and wishes.

But most of all be thankful to GOD
for HE is with you everyday.

Amelia Foster, Member at Large

I come from a big family with many Anglican clergy I'm the youngest of eight siblings and divorced with two refined sons who are part time Pastors in another denomination with 4 adorable grandchildren between them.

Before immigrating in 2005 I worked as a fulltime Paramedic ,First Aid Instructor part time and a volunteer for Red Cross for 46 years in Cape Town. I continued working in Canada and started my own First aid training company in 2009 to present under the Red Cross umbrella.

Before moving to the Sunshine Coast I was a member at St Helen's in Surrey [2005-2009] and very much involved in various ministers. I then became a member at St Hilda's By The Sea [2009-present] in Sechelt I'm a Parish Council member, Synod delegate, Sacristan ,Reader, ACW president and many other ministers ,I'm a people's person love the out doors, kayaking, dragon boating, hiking, walking, dancing, reading and travelling. I also devote time to do various voluntary work in our community.



Valerie (Val) Ann Hampton, O.D.N.W. Member At Large

I have been a member of St. Michael's Anglican Church, Surrey, since 1989. From 1991 until 2002 I served as the office secretary. I have been a member of the Altar Guild for over 30 years, and became an active, full-time member of the ACW after I retired in 2002. I also served as the Church Council secretary for many years, spent two terms as People's Warden and was an alternate Synod Delegate. I miss participating in the church choir since the beginning of the pandemic, and continue to look back with fond memories to the days when several of us volunteered with Alice and Elmer Clarke in cooking and providing hot meals for the homeless and disadvantaged members of society in Whalley.



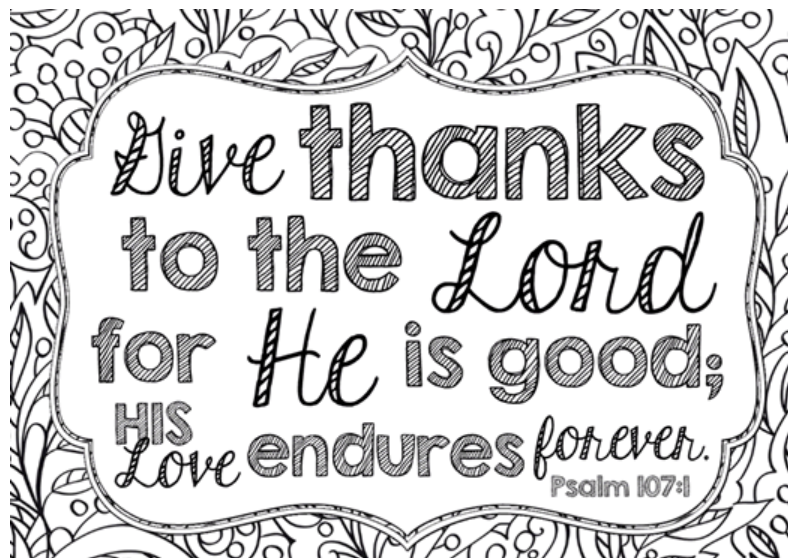
Interestingly, I was baptized on March 25, 1937 in St. Paul's Anglican Church, Port Alice, BC, where my Dad worked in the Pulp Mill.

Before moving to Surrey and St. Michael's, the first Anglican Church I attended was St. Mary the Virgin, South Hill in Vancouver and from there I spent several very special years at St. Thomas, Vancouver. My earliest Sunday School experiences were with the Salvation Army and the United Church. As a young single (divorced) mother of two, I became quite active in the United Church where I taught Sunday School and was also elected as an "Elder", a member of the Church Committee. With many thanks to St. Michael's Church family, on the second of November, 2014, the Order of the Diocese of New Westminster was conferred upon me by then Bishop Melissa Skelton. What a blessing, honour and privilege!

On a more personal level, I have been a widow for two years. My daughter, Deb Hampton, is an active member of St. George's, Maple Ridge. My eldest son, David, passed away in 2017 from multiple myeloma. My second son, Alan, is an assistant trades and utilities manager at St. Paul's Hospital. My youngest son, Scott, his wife, Alison, and their two sons (my grandsons) share a home with me (upstairs/downstairs). I'm also blessed to have three granddaughters, a great-grandson and a great-granddaughter. I'm really looking forward to my participation as a member of the Board and to working with a group of very special, dedicated and gifted women.

**Thank you, God for everything in life.
The good and the bad.
Some were blessings and some
were lessons.**
Anonymous

**Sometimes I Just
look up, smile and say
'I know it was you, God.
Thanks'**
Anonymous



Give Thanks

I	J	X	Z	Q	N	W	X	I	U	L	X	V	H	F	B	A	
K	M	N	Q	V	I	I	Q	T	E	H	D	F	G	O	O	D	BIBLE
H	O	G	C	X	F	C	D	U	E	B	W	L	P	I	G	L	LOVE
L	Z	O	C	H	K	H	S	P	A	R	K	S	V	L	V	Q	PSALM
D	C	D	C	E	S	G	X	Y	V	R	N	J	Q	S	D	H	AWANA
U	J	V	S	C	A	X	T	D	T	L	E	E	K	W	C	W	SPARKS
Q	B	V	L	Q	Y	K	J	X	W	O	T	S	E	P	N	O	GOD
L	P	H	O	C	X	O	X	V	O	F	J	U	W	S	I	B	JESUS
R	L	M	R	G	U	Q	K	H	F	B	N	S	D	A	P	V	GOOD
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M	E	S	F	X	W	A	T	H	L	J	Q	T	L	M	T	O	
Y	G	M	B	I	P	N	N	B	T	G	X	O	M	E	G	V	
I	E	L	G	K	G	A	M	S	G	N	Y	E	D	Y	Z	E	

The News N Views is compiled together by Gail Revitt and Beth Fortin.

2022 CALENDAR ORDER FORM

We are pleased to offer the Anglican Church Calendar for 2022. It contains 12 full sized and 12 thumbnail pictures of churches across Canada.

The theme of the calendar this year is "Connection".

For many of us, the Church represents connection—to our relationship with God, to our communities (from local to global) and to a rich spiritual tradition. While 2020 and 2021 have assured many of us that the Church exists beyond its buildings, our buildings are nonetheless a symbol of these connections.



The funds raised will assist the Anglican Church Women to continue with their many outreach programs. We appreciate your help with these commitments.

Make cheques payable to the ACW Diocese of New Westminster, noting your parish name on the cheque.

Name of Parish _____

Name of Contact Person _____

Phone # _____ **email** _____

Number of calendars ordered _____ **x Cost \$6.00 each = \$** _____

PLEASE have order and payment in before September 3, 2021 to

ACW Calendar Secretary,
c/o ACW Place, Unit B, 7012 Merritt Avenue, Burnaby, B.C. V5J 4R6

Orders can be mailed with the payment to our NEW secure mail box or emailed to the Calendar Secretary: sylviaanneenga@gmail.com.



Thank you for your support Anglican Church Women Diocese of New Westminster