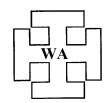


In Touch

DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER



DECEMBER 2025



LOVE



Love in Action

Romans 12:9-13

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practice hospitality.

Thank You, God, for loving me and letting me share Your love with others.

Colossians 3:12-14

12 Therefore, as God's
chosen people, holy and
dearly loved, clothe
yourselves with compassion,
kindness, humility,
gentleness and patience.

13 Bear with each other and
forgive one another if any of
you has a grievance against
someone. Forgive as the
Lord forgave you.

14 And
over all these virtues put on
love, which binds them all
together in perfect unity.

Waiting in Hope

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

The apostle Paul urged
God's people to be "devoted to one another in love . . . joyful in hope, patient in affliction, [and] faithful in prayer" as we "share with the Lord's people who are in need [and] practice hospitality"

(Romans 12:10–13).

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most."

Ruth Carter Stapleton

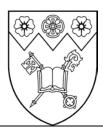
Always remember you are:
Braver than you believe
Stronger than you seem
Smarter than you think
And *Loved* more than
you know.

IT'S NOT OUR JOB TO FIX PEOPLE, CHANGE PEOPLE, OR JUDGE PEOPLE IT'S OUR JOB TO LOVE PEOPLE.



Do small acts with BIG LOVE.

Loving God, I love because You first loved me. Please keep increasing my love so Your Spirit will shine through me.



Diocesan ACW Executive 2022—2023

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Chaplain *

The Rev. Helen Chan Bennett

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Elaine

Past President

Judy

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First—Vacant

Second—Vacant

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Corresponding Secretary

orrespon Elaine

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Gen

Prayer Partners

Social Action

Kathy

Life Members

Tracey

Education/Family Life

Ann Marie

*Book of Remembrance Appointed Melissa Lee

*Lone Members Appointed

Melissa Lee

*In Touch Editor Appointed

Regional Contacts North West ACW Region

Yellowhead / Edmonton West Gen

South East ACW Region

Whitemud / Battle River/ Cold Lake Betty Ann

Diocesan ACW

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Diocesan ACW Report

December is fast approaching and with it is my sincere invitation to join us at the Cathedral on Thursday Dec. 4 at noon for mid day communion service.

Our 'reunion communion' as we fondly call it, began as a way of grouping together when parishes were slowly reopening post-COVID. In years prior ACW Life Members met annually for corporate communion on Nov. 30, the Feast Day for St. Andrew, patron saint to the ACW. Post-COVID we borrowed that tradition of a corporate worship service, and opened it up to Life Members and all ACW ladies. Yes, friends and spouses are invited too. We chose mid-day first-Thursday-in Advent service because it is in the same week as St. Andrews Day, the Bishop, our patron, already attends, it is a sung service with beautiful music, and it is open to all.

It offers a sacred opportunity for peace and reflection at the beginning of the bustling Christmas Season. If you've been before, I'm sure you will want to be there again. If you haven't ever been, I hope this is the year you will gather a friend or two together and join us on Thursday Dec 4 at noon at the Cathedral. Parking is next door, and there will be coffee and goodies afterwards in the hall.

In other news, members of the ACW Executive were pleased to join members in both Regional Meetings, the West Region, on September 27 at St. Timothy's Edmonton, and the East Region on Oct 4 at St. Mary's, Ponoka. The organizers are to be commended for all their work. Well attended, the program, food and fellowship were wonderful. Thank you all.

We look forward to hearing plans for the Regional Meetings in 2026, tentatively to be held again at St. Timothy's, in the West and Immanuel, Wetaskiwin in the East. Dates and more information to come.

The Executive has been busy with housekeeping matters: updating email lists, sorting items for archives and moving minutes, etc. into digital form for safe keeping.

We will report on this at the annual business meeting (via Zoom) May 1, 2026, followed the next day, May 2, with our annual road trip. If your group would like to host this event, please get in touch and I can give you the details.

I wish you a blessed, hope-filled Advent Season as you gather with friends and your ACW chapters to celebrate this special season. And I look forward to greeting you in-person at our Reunion Communion on Dec. 4.

As we gather together in this Season, we thank you for the gift of time shared together. Guide us to be a light of love, peace, and hope for one another. May our conversations be filled with kindness and time together bring us closer to you. Help us on our Advent journey to slow down from the busyness and noise of the world, and to focus on the meaning of this season. Amen.

Elaine

Choral Communion at the Cathedral

Reunion Communion (only what we call it as ACW members.)

This is a Choral Communion at the Cathedral on the first Thursday of Advent. This year Dec. 4 starting at noon. EVERYONE is welcome and we would be happy to see many of you, both men and women, whether you have an ACW or not. We would appreciate it if you could let us know how many may be coming so we can plan the refreshments for after the service. Please contact Elaine with your numbers. acw.dioceseofedmonton@gmail.com
Pay parking is right next door. Hope to see many

of you - come and enjoy the Cathedral Choir and a

Social Action

Caring for our communities at Christmas.

In the past years, those attending the ACW Reunion Communion at the Cathedral at the beginning of Advent have been asked to bring something for missions. This year, we all know that the needs in our communities are great and we ask that our local ACW chapters focus on their own communities.

If you have a Christmas care project planned (big or small) to respond to those community needs, please send me a note to tell about it. A picture would be wonderful as well! We will be reporting on our projects in the March edition of *InTouch*.

Thank you!

Kathy

Education & Family Life

Prayer

visit with friends.

Prayer is a very personal thing. Each of us will find, often through trial and error, the way that works best for us. I have not come across any wrong ways of praying. I have come across many, many helpful ways. I like having a number of forms of prayer in my prayer station. One day, one will resonate most strongly with me and another day, an alternate form may.

There are many prayers we can teach our children and grandchildren from rote. My granddaughters are learning three, including the Lord's Prayer. They start with a prayer from the heart – it often doesn't make sense to me, but I am sure God understands – and then move into their rote prayers.

An easy free-flowing style of prayer to teach our children and grandchildren is the Hand Prayer. You hold your hand, palm up, in front of you. Either touch your thumb with your other hand or wiggle it. This is our signal to go into silence, to sit still and calm all the thoughts in our mind.

When we feel ready to move on, we touch or wiggle our index finger. This is our "God" finger. This is when we open ourselves up to God, remembering how awesome God is. This is the time we sit and soak in God's love for us.

We then move on to our middle finger. This is our "sorry" finger. We bring before God the things we have done and not done that have caused harm to our relationship with God, with others, and with ourselves. We can do this confident that God's love for us is so strong, nothing can separate us from it.

Our ring finger is our "thank you" finger. Here we remember all the good things, all the learnings etc. that we have received. We thank God for these.

Our pinky is last. This is our "please" finger. Here is where we petition and intercede. We ask God for help for ourselves and for others.

I have used the simple names for the fingers, ones appropriate for children to learn. You may have recognized that these follow the form we were taught many years ago – ACTS: Adoration, Confession, Thanksgiving, and Supplication.

Rev. Ann Marie

As believers in Christ, the Spirit will provide the opportunities and empowerment to follow in Jesus' footsteps and do good works. The fruit of the Spirit's work in us is "**love**, joy, peace, forbearance, kindness, goodness, faithfulness gentleness and self-control" (*Galatians* 5:22-23).



Life Members

We have had a beautiful fall season and at this house we are ready to take on winter. Looking forward to ice fishing with our family, we have been blessed with children who are avid outdoor enthusiasts.

For me, All Soul's Day, brings to memories all those who I have known and loved. As life member secretary I am given names of those who have passed away and on to higher service. Sadly we have lost:

- Doris Polstrup from St. Timothy's
- Good Shepherd lost three life members: Larain Williams, Mary Fiddes and Edith Braglin.
- Larain Williams -- Larain and her family were members of the Good Shepherd Church for many years. Their 3 daughters and son were baptized and confirmed in the Church on 127St. Larain was leader of the Altar Guild for about 8 years; she sang in the choir up until the early 2000; she was leader of the Prayer Chain; was a Synod Delegate; and served on Vestry. Larain became a Life Member September 25, 2004 and passed away May 6, 2024.
- Mary Fiddes. -- Mary and her family were members of the Good Shepherd for many years. Her son and daughter were baptized in the Church on 127 St. Mary sang in the choir up until she moved to Osoyoos, BC to be near her son and daughter-in-law; she served as a Vestry member; was envelope secretary; was Rector's Warden. Mary became a Life Member September 25, 2004 and passed away October 25, 2025
- Edith Braglin -- Edith attended the Good Shepherd on 127 St., then moved to Westlock for a number of years then returned to the Church on 127 St. and was a member up until her passing. Edith served as an Altar Guild Member; was a member of the Prayer Chain. Edith became a Life Member September 28, 2004 and passed away October 28, 2025.

We remember these women for their service and dedication to God, the Church and to God's people.

East Regional Meeting in Ponoka was such a good day. We heard histories of the parishes in our regional and all the reports from these A.C.W.'s So nice to see the ladies from Wainwright. Chelsey Bowman spoke on rural ministry. Lunch was delicious, the soups were excellent. Life Member list to be as current as possible.

Looking forward to seeing many of you at the Reunion Communion. If I don't see you or hear from you may all our A.C.W. members and their families have a very Merry Christmas and a New Year filled with God's love and joy. May God Bless,

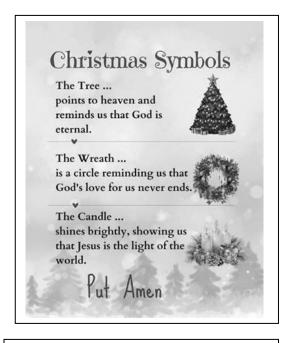
Tracey

Beaumont A.C.W.



At our October meeting at St. Columba, Beaumont A.C.W. made Anglican rosaries. Kathy (our host for the meeting) provided the materials and guidance. She followed the lesson and method taught at St. Andrew's "road trip" in May. It was a wonderful time learning a new craft and such a valuable tool for prayer.

Pictured Left to Right Maida, Andrea, Kathy and Jane Photo and Article by Tracey



"Have yourself a merry little Christmas. Let your heart be light." Judy Garland

Book of Remembrance



St. Augustine's Parkland,

A Dramatic Reading of A Christmas Carol with Musical Interludes on Dec. 13 at 7pm Tickets are \$25, 12yrs and under \$15 at St. Augustine's Parkland, Call 780-962-5131 or e-mail staugustinesparkland@gmail.com

7 Rules to be Happy in Life

- 1) Never hate,
- 2) Don't worry,
- 3) Live simple,
- 4) Expect a little,
- 5) Give a lot,
- 6) Always smile,
- 7) And keep in touch with GOD.

"Just remember, the true spirit of Christmas lies in your heart." The Polar Express



News from St. Augustine's-Parkland ACW

This year our group has been using the theme of "Women in the Bible" for our devotional time when we meet.

At our first meeting, our theme was based on those bad and not-so-bad women of the bible and we specificall B y talked about Rebekah. Her "bad side" shows through when she deceives her husband to play favorites with her sons. But the word also shows that she was compassionate and generous. So when we take a closer look, Rebekah was "a little bad <u>and</u> a little good" – much like we are today. More about Rebekah can be found in the Book of Genesis. Or, if you are looking for a fun commentary on women of the Bible, please check out the book "Slightly Bad Girls of the Bible" by Liz Curtis Higgs.

The theme for our next meeting was "nameless women of the Bible". Groups of nameless women appear throughout many bible passages and when a person takes a closer look, they show courage, great faith and often a unity of cause for what is good. We focused in on the group of nameless women midwives who saved babies from death under Pharoah's rule. They followed their belief and did what was needed at great personal risk to themselves. These women worked quietly and tirelessly in the background to help their community. (Does that sound familiar to our ACW groups?) The story of these nameless women can be found in Exodus Chapter 1 & 2.

We are looking forward to exploring more about the women of the bible at our meetings in the New Year. Respectfully submitted by

Kathy ACW President

St. Augustine's-Parkland Spruce Grove

Puzzle Page & Past Time Pursuits

Perky Little Hat

Materials - US 15 circular needle, 1 skein Malabrigo Rasta or similar bulky yarn, tapestry needle

Gauge 2 Sts per inch

Instructions - Cast on 40 stitches;

Round 1: Knit, Rounds 2-3: Purl,

Round 4: Knit,

Rounds 5 - 12:*YO, K2tog; repeat from * to end of

round

Round 13: Knit

Rounds 14 -15 Purl

Rounds 16-29 Knit

Round 30: K2tog (20 stitches remain)

Round 31: K2tog (10 stitches remain)

Break yarn and draw through remaining stitches.

Weave in ends.

Optional - add pom-pom.



Name the Christmas Carol

- 1. Approach, Everyone who is Steadfast
- 2. Are you Experiencing parallel Auditory Input?
- 3. Celestial Messengers From Splendid **Empires**
- 4. Creator Grant you cheerful Thoughts, **Noble Sirs**
- 5. Delighted Days Off
- 6. Ecstasy Toward the Orb
- 7. Embellish The Corridors
- 8. The Event Occurred at one Minute After 11:59pm – Visibility Unlimited
- 9. Hail Nativity Conifer
- 10. Hey, Minuscule Urban Area Southwest of Jerusalem
- 11. I Auditorily Perceived Clapper Containers At The Peak Of The Yuletide Season
- 12. I Observed a Trio of Vessels Returning From Yachting

DOUBLE CHOCOLATE SHORTBREAD

2 oz bittersweet chocolate

1 candy cane

1 cup butter

In a heatproof bowl over hot water melt bitter chocolate, stirring occasionally (or just microwave but DO NOT overheat). Remove from heat and let cool.

In a bowl beat butter with sugar until fluffy (NO granules left). Stir in chocolate and vanilla. Add flour and salt which have been well mixed; stir until blended. Stir in chocolate chips. Divide into 3 pieces and form into flat circles about 6 inches across. Place on rimless baking sheets with parchment paper. Cut into wedges. Bake at 300 F for 30 min. (I baked mine in a convection oven at 325 for 20 min.) Recut wedges immediately after removing from oven. Let cool. Melt semisweet chocolate and drizzle over cookies and sprinkle with crushed candy cane.

DO NOT EAT THEM ALL BEFORE YOU WANT TO USE THEM!



"For to us a child is born, to us a son is given." Isaiah 9:6

World Day of Prayer

Greetings all

I am writing on behalf of ACW Edmonton President, Elaine Dickie, to request your thoughtful consideration of either "hosting" or 'participating in' the 2026 World Day of Prayer.

We do know that a few of our Branches have, over the years, participated in the World Day of Prayer on a rotation with other churches in their community, while others have continued to host the event and extend an invitation to others. The Executive believes this is a worthy extension of our mission as ACW members and would encourage you to participate in whatever method would work best for you.

Attached is the latest information President Elaine has received from the WICC Organizing Committee regarding preparation for the celebrations in 2026. I would note, from personal experience, that while in the past it was always celebrated on the First Friday of March – in recent years there has been a much more flexible schedule and the celebration can be held at a time that is more convenient for the local community. Margaret

Blessings on your day, Margaret, Recording Secretary Diocesan ACW Board – Edmonton

"We are happy to bring you all the information you need to coordinate a service:

By **November 1, 2025**, the WICC website, wdpcanada.ca, will have all the WDP service resources you need. Use your email address to register and gain access to these materials. If you do not have an email address, please recruit a friend or relative or church member who is willing to share theirs and receive information about WDP." The Ladies of Nigeria have written this year's service.

(Please go to the website. There was too much information for me to print in In Touch. Willa)

All Saints' Drayton Valley are having a Baby Shower honouring Jesus on November 30 together with Living Spirit United Church, Drayton Valley, along with participation of ACW.

Baby Essentials, part of Brighter Futures, will be collected.

Jean a member of the congregation volunteered to bake mincemeat tarts for ACW to sell. ACW will continue to support some of the missions we support.

Regards Miriam

Christmas is the day that holds all time together. –



"But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people."

Luke 2:10

THE EAST REGIONAL ACW MEETING-October 4th, 2025, St. Mary's Anglican Church, Ponoka, AB.

Deb, the president, introduced the dignitaries from the Diocesan ACW Executive: Elaine -President, Margaret -Recording Secretary, Gen -Treasurer, Kathy -Social Action, Tracey - Life Members, Willa - In-Touch Editor. Thank you to all of you for making this meeting special.

Deb announced that the Rev. Helen Chan Bennett has been appointed the new ACW Chaplain for the Edmonton Diocese. She is also a hospital chaplain, part-time military chaplain and clergy supply most Sundays. She looks forward to meeting many of us at our Reunion communion service at the Cathedral on December 4th, the first Thursday of Advent.

PARISH REPORTS: The following Parishes presented their reports- St. Columba Beaumont, St. Andrew's Camrose, Immanuel Wetaskiwin, St. Thomas's Wainwright and St. Mary's Ponoka. Ft. Sask. delegates were unable to attend. Due to an oversight, Gibbons and Cold Lake Parishes were not contacted regarding this meeting. Thanks to Willa from the Gibbons ACW, who gave a short version of their year's activities. She has since submitted addresses for each Parish and a written history and report. Maxine has written a letter to the Cold Lake ACW contact.

FREEWILL OFFERING: During the morning Eucharist led by Rev. Christa a freewill offering was taken. A sum of \$433.90 was collected and it was moved that this offering be donated to the Diocese Buye medical Card collection. All in favor.

Elaine reported that the National ACW Conference has changed our Prayer Partner to the British Columbia Islands and Inlets Diocesan ACW. Qu'appelle Diocesan ACW is praying for the Edmonton Diocesan ACW. St. Mary's ACW made up some Hospitality mugs which were blessed during the Eucharist. They consisted of a packet of tissues to navigate our joys and sorrows, a Alongside Hope bookmark, a keychain light to show us the Way and a piece of chocolate to represent TLC. All those present were encouraged to take one. The Parish to host the 2026 Annual Regional meeting was originally Ft. Sask. The Secretary will contact Sandra regarding their decision about this matter. Immanuel Wetaskiwin's President, Betty volunteered to host 2026 if Ft. Sask. is unable to do so. Thank you Betty.

THANK YOU'S- A special thank you to Archdeacon Chelsy who was our guest speaker. She gave us an inspiring talk on "What Rural Ministry Is". and how we, as rural parishes, exude Hospitality. The coffee pot is always on! It was wonderful to have her join us for the day. Thank you also to the many region ACW members who attended this special meeting. Thanks also for the Parish histories they shared. These histories were given to the Archdeacon. A special thank you to all the St. Mary's ACW members who worked so hard on the gifts, decorations, food and hospitality greetings.

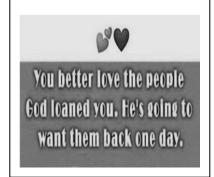
NOTE: Maxine contacted Ft. Sask and they have decided that they are regretfully unable to host next year's Regional meeting at this time. NEXT YEAR'S REGIONAL IS AT IMMANUEL, WETASKIWIN.

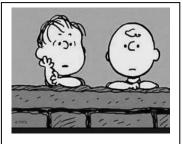
"Let us have music for Christmas...
Sound the trumpet of joy and
rebirth;
Let each of us try, with a song
in our hearts,
To bring peace to men on earth."

Mildred L. Jarrell



Page 8 IN TOUCH December 2025





"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month."

Harlan Miller

Diocesan Prayer Partners

Edmonton Diocese is to pray for Diocese of BC's Islands and Inlets

History of the Diocese

For thousands of years these islands and inlets have been home to the Kwakwaka'wakw, the Nuuchah-nulth and Coast Salish peoples. European fur traders arrived on these lands now known as British Columbia in the 18th century and established trading posts. By the 1820s the Hudson's Bay Company, with its headquarters in Victoria, owned a monopoly on fur trading in the Pacific Northwest. Company chaplains began delivering Anglican services in the colonies in the 1830s.

Establishing the diocese

The Diocese of British Columbia was created in 1859 by royal decree. The diocese originally covered the colonies of Vancouver Island and British Columbia. The first and longest serving bishop of the diocese was Bishop George Hills, who was consecrated by the Archbishop of Canterbury in 1859. Until the creation of the Anglican Church of Canada in 1893, Anglican bishops in Canada were under the authority of the Archbishop of Canterbury. The diocese did not have its own governing body, known as a synod, until Bishop Hills called a governing assembly, also called a synod, in 1875. Synods were not held in England and colonial influence meant there was some resistance. Not all parishes sent delegates and not all clergy attended. However, enough did attend and the Anglican Synod of the Diocese of British Columbia was born.

Dividing up the diocese

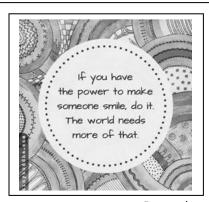
In 1879, the synod divided the diocese into three. The Diocese of Caledonia covered the north mainland. The Diocese of New Westminster covered the south mainland. And the Diocese of British Columbia, despite its name, only covers Vancouver Island, the Gulf Islands and Kingcome Inlet. In 2021, the diocese adopted the official operating name, the Diocese of Islands and Inlets. The eastern part of New Westminster was further divided into the Diocese of Kootenay in 1899 and the Diocese of Cariboo in 1914. All five dioceses, as well as the Diocese of Yukon, are part of the Ecclesiastical Province of British Columbia and Yukon, which was established in 1911.

Qu'Appelle Diocese is to pray for Edmonton

The Diocese of Qu'Appelle is the southern part of Saskatchewan including Regina.

The Diocese of Islands and Inlets

We are a local expression of the Anglican Communion ministering on Vancouver Island, across the Gulf Islands of the Salish Sea (Strait of Georgia), Broughton Archipelago and Kingcome Inlet through forty-five worshipping communities.



Up Coming Events

- Dec. 4 Choral Communion (Reunion Communion) – All Saints Cathedral Everyone welcome
- Dec. 13 A Dramatic Reading of A Christmas Carol with Musical Interludes on at 7pm at St. Augustine's Parkland, Call 780-962-5131 or email staugustinesparkland@gmail.com for tickets \$25
- Early March World Day of Prayer various locations

Puzzle Answers:

- 1. O come All Ye Faithful
- 2. Do You Hear What I Hear
- 3. Angels from the Realms of Glory
- 4. God Rest Ye Merry Gentlemen
- 5. Happy Holidays
- 6. Joy to the World
- 7. Deck the Halls
- 8. It Came Upon a Midnight Clear
- 9. O' Christmas Tree
- 10. O Little Town of Bethlehem
- 11. I Heard the Bells on Christmas Day
- 12. I Saw Three Ships Come Sailing In

From Willa

Hello ladies, another 3 months and a whole year have flown by. I had a busy week – something to do every day. I take a friend walking 3 days a week. This week included a trip to Khulmann's (for potatoes for me) but they have the Christmas items out so lots to look at there; then Thursday we went to Gibbons (our church serves soup & a bun on Thursday's) and Saturday we went out for my birthday supper (schnitzel) plus 2 craft sales on Saturday too.

I really hope you will try to come on Dec. 4 at noon to the Choral communion at the Cathedral. It is a wonderful time with the choir singing. Please let Elaine know how many may be coming so she can make sure for goodies after the service.

I wish each of you a wonderful and Blessed Christmas and may your New Year be full of much health and happiness.

Faithfully Willa May your spirit rejoice in the wonder of His birth.



<u>Postage Stamps</u>: please remember to save all the used postage stamps you receive (especially at Christmas)and turn them in (at a Regional meeting would be great). We pass them on to the Canadian Bible Society who use them to fund their programs.

Deadline Dates for Life Member Applications

Contacts for Life Members & Book of Remembrance

Life Members: Tracey

acw.dioceseofedmonton@gmail.com

Book of Remembrance: Melissa

acw.dioceseofedmonton@gmail.com

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Next deadline for submitting articles is February 15, 2026