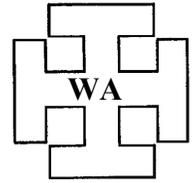


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

MARCH 2026

STRENGTH

STRENGTH

PHIL. 4:13
I CAN DO EVERYTHING
THROUGH CHRIST WHO
GIVES ME STRENGTH

REMEMBER WHEN YOU CAN'T
... HE CAN

Taken from : 'Gracie with Gifts from Above'



Strength grows when
we **dare**.

Unity grows when
we **pair**.

Love grows when
we **share**.

Relationship grows
when we **care**.

In his final exhortation to the Thessalonian believers in Jesus (1 Thessalonians 5:12-28), Paul isn't just giving unrelated, random instructions but is still instructing believers "how to live in order to please God" (4:1). They're to "encourage one another and build each other up" (5:11), admonish the troublemakers, comfort the disheartened, strengthen the weak, and be patient with everyone (v. 14).

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

Sing aloud to God
our *strength*;
shout for joy to
the God of Jacob.
Psalm 81:1
(NRSV)



Heavenly Father, thank You for
another day. Father, save me,
guide me, *strengthen* me. Let me
shine as a beacon in the dark
world, in the name of Jesus.
Amen



Diocesan ACW Executive 2022—2023

Patron

The Rt. Rev. Steve London

Chaplain *

The Rev. Helen Chan Bennett

President

Elaine

Past President

Judy

Vice Presidents

First—Vacant

Second—Vacant

Recording Secretary

Margaret

Corresponding Secretary

Elaine

Treasurer

Gen

Prayer Partners

Social Action

Kathy

Life Members

Tracey

Education/Family Life

Ann Marie

***Book of Remembrance** Appointed

***Lone Members** Appointed

***In Touch Editor** Appointed

Willa

Regional Contacts

North West ACW Region

Yellowhead / Edmonton West

St. Timothy's, Edmonton

Gen

South East ACW Region

Whitemud / Battle River/ Cold Lake

Immanuel, Wetaskiwin

Joy

Diocesan ACW

c/o Anglican Diocese of

Edmonton

10035 – 103 Street NW

Edmonton, AB T5J 0X5

email:

acw.dioceseofedmonton@gmail.

com

Diocesan ACW Report

Hello from my sun-filled kitchen on a surprisingly warm day in early February. This mild weather is such a relief from the weather we had been experiencing earlier. And yes, winter is not finished with us yet, but soon enough it will be spring and time for our Annual General Meeting. The business meeting will be held via Zoom on May 1, from 11am to 1pm. Our fun road-trip day follows on May 2 – a “magical history tour” (a play-on-words of the Beatles song) of Edmonton’s oldest churches in the Strathcona area. Special guests speakers will give updates on Diocesan projects and Alongside Hope and the day will end with a high tea – fresh scones and berries included. Forms to submit annual dues, donations and to register for the AGM, will be **emailed** to parishes and Life Members on March 18. Please watch your email box for your invitation. If not received by March 25, please contact me.

Coming up very soon is World Day of Prayer 2026, traditionally held on the first Friday in March. This is their 99th year of leading women around the world in prayer. All materials, including a prerecorded service are available at wdpcanada.ca. Matthew 11:28-30 is this year’s theme: “Lay down your heavy burdens and I will give you rest”.

This Lent many parishes are having conversations around “missions”, at home and abroad. ACW Chapters should be joining in these conversations even if, because of declining membership, they may only to share what has been done in years past.

I hear from parishes that memberships continue to decline and they worry for the projects they can no longer carry on. Take comfort in knowing your past work in your church and community is noticed and appreciated. The “magic” we will encounter on our May 2 AGM tour of Edmonton churches is seeing the work accomplished by many hands in years gone by. May this Lent be a time of resetting the balance between working for and resting in the Lord.

Blessings, Elaine

Three men, three crosses, one hill.

*One man cursed, one man prayed,
one man promised.*

*One died condemned, one died
forgiven, one died innocent.*

*One died in sin, one died to sin,
one died for sin.*

*One was held by death, one was
released by death, one conquered
death,*

*One lost life, one gained life, one
was life.*

*Thank you Jesus for your
sacrifice and Praise God we have
eternal life!*

Social Action Committee Report

As I am thinking about what to put in this article for InTouch, I am a little distracted with planning for Lent activities for our Sunday School. As many of you know, this is not an easy time to explain to young children and yet we try to be sure they are thinking of the “big picture”.

We think about Lent as a time for giving things up like giving up chocolate, doom scrolling on the internet, or dessert. But really it is about recognizing those activities that pull our attention away from what is really important, our relationship with God. Actually, that is not bad advice for us adults too!

With kids, we also try to talk about having them try to include things that are positive (not just take things away). We talk about “doing things to be more like Jesus”. Examples of this include praying every day, being kind in how we treat others and making our everyday choices answer WWJD? And actually, that is also not bad advice for us adults.

By the time you read this, you will be well into the time of Lent for 2026. I thought I might include here a few sites that I have found useful when searching for ideas for both Sunday School and our ACW devotions. I hope you enjoy them as well.

First off is a site at <https://www.kidscorner.net> There you will find a booklet called “Preparing for Easter: A Family Lenten Devotional”. I liked this one because it had some nice explanations, a weekly reading and short commentary, a challenge activity for the family and a bible verse to pray on.

If you would like a new bible reading plan to follow each day of Lent, I liked the one at <https://www.biblegateway.com/reading-plans/lent> It not only has a reading for each day but active links to take you to the exact chapter and verse in whichever version of the Bible you choose.

And of course, I have to mention one of my favorites found at <https://www.lentmadness.org> This site not only has a “Journey through Lent” poster which shows a reading or activity for each day of Lent but it also has the just-for-fun “Lent Madness”. Some of my Bible study friends have enjoyed this for a few years now as we learn about many “saintly characters” in history. Please do check it out, if you have a chance.

I pray that whatever you have committed to for this season of Lent, it helps you grow closer in your relationship with Our Lord.

Respectfully submitted by
Kathy Social Action committee

World Day of Prayer 2026

From their website: wdpcanada.ca

Informed Prayer. Prayerful Action. Imagine Christians from over 170 countries coming together in spirit, uniting on a common day to pray for relevant issues affecting women and children. Next year this movement will celebrate 100 years. Each year a different country writes the service materials. The World Day of Prayer is generally celebrated on the first Friday of March. The writing committee this year is from Nigeria.

“I Will Give You Rest: Come” Matthews 11:28-30

Check on-line for many resources. To send a donation their address is Women’s Inter-Church Council of Canada
47 Queen’s Park Crescent East,
Toronto, ON M5S 2C3

Submitted by: Tracey



The Lord is my strength and
my shield;
my heart trusts in him, and he
helps me.
My heart leaps for joy,
and with my song I praise him.
(Psalm 28:7, NIV)

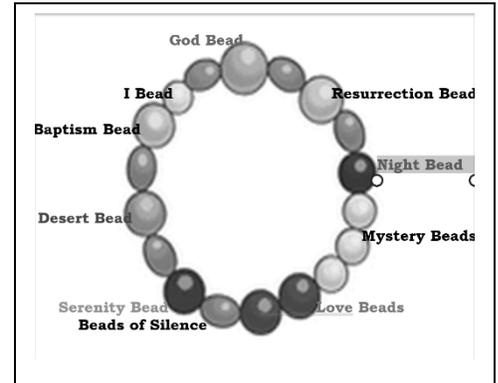
Education and Family Life

Wreath of Life

Following on my last article. This may be a fun way to engage your grandchildren in prayer. I was first told it was called the Wreath of Life. Wikipedia calls it the Wreath of Christ. It is a Lutheran Rosary that provides a structure for “free flowing” prayer.

You need:

- 1 large gold bead – the God bead
 - this should be largest bead
- 6 small white oblong beads – beads of silence
- 1 brown bead – desert bead
- 1 blue bead – serenity or joy bead
- 2 red beads – love beads
- 4 small white round beads – the “I” bead and
 - 3 mystery beads
- 1 black bead – night bead
- 2 white beads – Baptism and resurrection beads



String them together in the order in the picture. I put mine on elastic and can wear it as a bracelet if I choose.

Praying this rosary is simple. Hold the rosary in your hand. You start with the God bead. Spend some time here opening yourself to God and marvelling at how beyond everything God is. Move to the silence bead and sit in the stillness. This is a chance to let your thoughts from the God bead seep in even deeper.

The “I” bead is next. Compared to the immenseness of God, we are so small and insignificant. And yet – the Baptism bead – God’s love for us is never ending and all encompassing. We sit in silence and bask in this love.

Next is the desert bead. This is where our struggles are. We may need help with the temptations before us. We may feel dry and withered. We sit in silence in the wilderness, knowing that God is present with us.

Next is the serenity or joy bead. I choose which one depending on my need. Sometimes I wish to express joy. Other times I need to feel the peace that comes with sitting in God’s presence. We move into silence. Following this are the love beads: Love received from God and from others; and the love we give to God and others.

Next are the mystery beads. These are for when we have no words. God knows what is on our hearts. God knows what we need. We spend time with these beads, opening ourselves more fully to God’s presence, trusting in God.

The night bead is for when we feel the darkness in our lives. We may think of it as the crucifixion bead, when we feel abandoned by God. We move into silence.

Next is the resurrection bead. God is the God of life. There is nothing greater or more powerful than God. Even in the darkness God is present, bringing about life. We move into silence and back to God.

Anne Marie

from St. Timothy’s ACW:

We are renewing our memberships and planning a fundraising year: bake sales, Christmas Craft sale bottle collections, book sales, and time to socialize.

We look forward to hosting the Regional ACW on September 19. The theme will be Journeys in Life, specifically the El Camino in Spain. We will have a panel discussion with a few souls who have walked the El Camino for 400-600 miles. More info in the June In Touch.

Gen

Our Chaplain

Knowing Our Worth, Remembering Our Dust

As we move through this season of reflection, we are invited to consider the life journey we have travelled so far—the paths chosen, the unexpected turns, the relationships that shaped us, and the quiet moments that formed our character. Scripture reminds us, “Remember that you are dust, and to dust you shall return.” These words are not meant to diminish us. They locate us within the truth of our humanity. Our lives are finite. Our days are precious. And precisely because time is limited, it is holy.

Parker Palmer offers a gentle image: “We need a coat with two pockets. In one pocket there is dust, and in the other pocket there is gold.” The pocket of dust holds our vulnerability—our disappointments, losses, illnesses, and grief. Each of us carries chapters marked by uncertainty and sorrow. Yet the pocket of gold holds another truth: we are beloved of God, created in divine image, accompanied and sustained through every season.

When we look back over our story, we can often see how both pockets have been present. Blessings sometimes emerged from hardship. Wisdom was shaped through struggle. The joys we now cherish—community, purpose, love—stand alongside challenges that still ask for courage and trust. Faith assures us that God is not present only in the golden chapters. God remains with us in the dust—steady, compassionate, and near.

To deepen this reflection, consider a brief Examen:

First, pause and become aware of God’s presence.

Second, give thanks for moments of gold—grace, connection, meaning—along your journey.

Third, gently notice the dust—sorrows, fatigue, regret, or pain—without judgment.

Fourth, reflect on where you sensed God’s companionship today or in a difficult season.

Finally, look ahead with hope, entrusting tomorrow to divine care.

As you hold both dust and gold in your life story, what invitation might God be placing before you now?

Sisters-in-Christ,
Helen+

Book of Remembrance

Barbara Winifred Wright	1926-2018	St. Timothy, Edmonton
Constance Margaret (Connie) McClung	1934-2018	All Saints' Cathedral, Edmonton
Ida Snelgrove	1930-2019	St. Timothy, Edmonton
Bernice Lillian Straub	1923-2018	St. Michael and All Angels, Edmonton



Lord, you are my true strength and my glory-song, my champion, my Savior!

Psalm 118:14 (the Passion Translation 2020)

Puzzle Page & Past Time Pursuits

Knitted Lap Robe or Blanket

It is created using only knit (K) and purl (P) stitches.

Looks the same on both sides.

Knitted in a multiple of 10 sts. And a 20 row repeat.

Row 1. RS: *P1, K1;rep from * to end.

Row. 2 * P2, (k1, p1) 3 times, k2;rep.from * to end.

Row 3. * P3, (k1, p1) twice, k3, rep from * to end.

Row 4. * P4, k1, p1, k4; rep from * to end.

Row 5 – 6 . * P5, k5: rep from * to end.

Row 7. * K1, p4, k4, p1: rep from * to end.

Row 8. * P1, k1, p3, k3, p1, k1; rep from * to end.

Row 9. * K1, p1, k1, p2, k2, p1, k1, p1; rep from * to end.

Row 10. * P1, k1; rep from * to end.

Row 11. * K1, p1; rep from * to end.

Row 12. * P1, k1, p1, k2, p2, k1, p1, k1; rep from * to end.

Row 13. * K1, p1, k3, p3, k1, p1; rep from * to end.

Row 14. * P1, k4, p4, k1: rep from * to end.

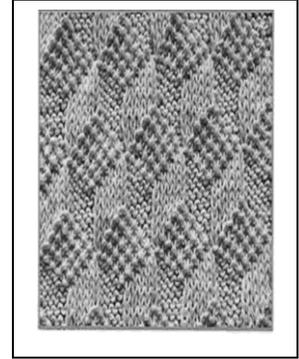
Row 15. – 16. * K5, p5; rep from * to end.

Row 17. * K4, p1, k1, p4; rep from * to end.

Row 18. * K3 (p1, k1) twice, p3; rep from * to end.

Row 19. * K2, (p1, k1) 3 times, p2: rep from * to end.

Row 20. * K1, p1; rep from * to end.



Secret Message Puzzle

- find all the words and the remaining letters are a message.
(the letters are in order of the message)

D	A	E	T	N	A	C	P	E	D	O	I	S	L	T
C	I	S	U	M	C	A	M	N	E	H	P	A	E	P
H	E	I	R	Q	T	I	E	O	O	S	S	M	O	D
S	X	V	T	E	I	B	D	I	V	R	S	S	E	E
S	P	O	S	R	V	N	D	B	A	E	I	A	F	T
A	R	R	W	U	I	U	H	E	A	T	M	O	H	N
L	E	P	I	T	T	E	H	C	I	L	O	E	T	C
C	S	M	R	S	Y	E	T	O	E	T	A	W	N	L
A	S	I	L	O	R	N	N	T	W	T	I	N	G	T
S	I	Y	H	P	A	R	G	O	E	R	O	H	C	U
T	V	M	H	T	Y	H	R	R	L	U	A	G	E	E
E	E	O	F	P	I	K	S	T	H	E	O	E	S	O
P	E	R	F	O	R	M	A	N	C	E	A	R	T	U
S	L	I	D	E	T	W	I	S	T	L	S	P	I	N
E	X	E	R	C	I	S	E	L	F	F	U	H	S	P

ACTIVITY	REHEARSAL
BALANCE	RHYTHM
BEND	SHUFFLE
CHASSE	SKIP
COREOGRAPHY	SLIDE
CLASS	SPIN
EXERCISE	STEPS
EXPRESSIVE	STRUT
FOOTWORK	STUDIO
IMPROVISE	SWIRL
LEAP	TAP
MOVEMENT	TECHNIQUE
PERFORMANCE ART	TEMPO
PIROUETTE	THEATER
POSITION	TWIRL
POSTURE	TWIST

BLAC MANGE and JELLO

Prepare 3 colors of jello separately and set each in a flat cake pan. Cut jello into squares and place around Blanc Mange to serve

BLANC MANGE

2 c cold milk 1/2 c sugar
1/2 c cornstarch 1/2 tsp vanilla

Combine sugar and cornstarch, stir in milk. Cook over medium heat until thickened. Stir in vanilla. Pour into a mould and let set until firm.(check the size of your mould - you may have to double the Blaac mange) Unmold and serve with jello, maple syrup or sweetened berries.

Use Easter color jello. Often an Easter dessert when I was growing up.

Life Members

Winter has returned today with lots of snow, wind and colder than it has been. We cancelled A.C.W. today so we could take our time shoveling out.

Miriam Roberts from All Saints' in Drayton Valley reported that two life members from their congregation passed away. She has written to us about these two ladies and their lifetime of dedication and service to the church.

Hyacinth (Hy) Dahl born February 10, 1937, died November 15th 2025. She came to Drayton Valley c.1960 after she trained as a Registered Nurse at the Royal Alexandra Hospital and her marriage to Merl. They had a boy and a girl. She worked at the Drayton Valley Medical Centre following which she trained as an emergency medical technician, and worked with the Drayton Valley Ambulance for a number of years. She was a member of All Saints' Anglican Church from the 1960s until her passing. She also was a member of ACW becoming a Life Member the 1980s. Hy was a very active member of Vestry and being Rector's Warden, People's warden for much of the time and treasurer, and Lay Reader. As well as being a very active member of All Saints' she put her strong faith into action. She immersed herself into many worthwhile causes in the community, Red Cross, Meals on Wheels, Food Bank, Life Support Society, Pembina Educational Society as well as other organizations. She was a strong leader in the community until her early 80s, when her health began to fail which she felt a great loss, as well as the death of her daughter five years ago to cancer.

Rachel Beckett born March 24, 1924 in England, and came to Canada in 1929. After her marriage to Lyle in the 1940s they made their way to the very isolated hamlet of Drayton Valley on roads more like trails. The couple had two sons and two daughters, a strong work ethic was instilled in them. When I came to Drayton Valley in 1970, she was a member of the church choir. She was member of ACW as well and became a Life Member. At one time she was the envelope secretary for the church. Rachel and other church members would go to sing with the residents of Shangri La Lodge. Rachel loved horses, her wish on her 100th birthday was to go horseback riding, she was disappointed when it didn't happen. She died on November 15, 2025.

Our A.C.W., St Columba Beaumont, has been part of the organizational meetings for World Day of Prayer. Looking forward to gathering as a community in prayer.

The Diocesan executive meets regularly and it's a full agenda. We continue to maintain current information lists and if there are changes please let us know so we can all be well informed of events and news.

May this Lenten season provide you with quiet times of prayer and reflection as we all journey towards the cross and a joyous Easter,

May God Bless

Tracey

Life Member Secretary

Upcoming Events

--a WDP Service, at St. Matthew's in St. Albert

- 7 pm March 6. and

- LDS Church, Beaumont – March 6 at 7pm

--ACW Annual May 1 by ZOOM The business meeting from 11am to 1pm.

Our fun road-trip day follows on May 2 – a “magical history tour” (a play-on-words of the Beatles song) of Edmonton's oldest churches in the Strathcona area.

Upcoming Events Good Shepherd

We have a concert on APRIL 25, Saturday, at 7:00 pm It will be THE SONGKRAFT SINGERS from Muttart Conservatory. Come and hear a variety of amazing voices singing songs from the 80's

Craft and bake sale - May 9 at 10a.m to 3p.m

Ice Cream Social at 12p.m.- donation

High Tea - September 12 at 2p.m. - 4p.m.

Craft and bake sale - November 14 at 10 a.m. - 3pm

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

Quick and Easy Cake (too Good to be True)

1 pkg Cake mix 480 gm - any flavour
1 can pie filling - any flavour
3 large eggs
Mix all together and place in a 9X13" pan
Bake at 350 degrees for 30 – 35 min. or until a toothpick come out clean when sampled in the middle.
Your choice of flavours:

White cake & blueberry pie filling
Yellow cake and strawberry – rhubarb pie filling or apple pie filling
Chocolate cake and cherry pie filling
And I want to try spice cake and pumpkin PIE Filling (not pure pumpkin).

Maybe spice cake and raisin pie filling would also be good.

I have also done white cake & cherry pie filling

Seve with a chocolate or caramel drizzle, cool whip or/and ice cream

From Willa

Dear Ladies

I write to you to offer my resignation as Editor of In Touch. I will issue the next two copies, ending in September 2026. That will be 22 years of doing In Touch. I thank everyone for the kind comments I have received over the years and do enjoy doing it very much. I will gladly assist whoever may take over and pass on my files. I use the computer files 'Word' and 'Excel' to produce In Touch. It is issued four times a Year – March, June, September and December. The big work starts the first of the month before the issue and ends 2 to 3 days before the end of the month when I like to mail the copies so everyone receives them by the first. At present we are at approximately 110 copies per issue. Typically each issue is 8 pages – 4 double side but on occasion I would do 10 pages, 5 double sided. If you do any more the postage increases greatly.

Please feel free to contact me at 'gormanwh@shaw.ca' if you are interested and I hope I can answer any questions you may have.

Faithfully
Willa

PUZZLE ANSWER

Dance is the hidden language of the soul.



In Touch Subscriptions

To subscribe— Cost is \$10 per year— subscribe for up to 3 years. Mail your name, address, phone number and cheque (*payable to ACW Diocese of Edmonton*) to:

In Touch Editor,
5808 – 136 Ave NW,
Edmonton T5A 0N5

To renew—Check the date marked on your envelope. If it is highlighted in YELLOW, your subscription has expired— please complete the enclosed renewal form.

Be In Touch

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

Mailing Address:

In Touch Editor,
5808 – 136 Ave NW,
Edmonton T5A 0N5

Email: gormanwh@shaw.ca

Next deadline for submitting articles is May 15, 2026

Deadline Dates for Life Member Applications

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

North West Region (Yellowhead/Edmonton West)(Sept meeting)

Deadline for applications End of May

South East Region (Whitemud / Battle River /Cold Lake) (Oct meeting)

Deadline for applications End of May

Diocesan Annual Meeting (May meeting)..... End of January

Contacts for Life Members & Book of Remembrance

Life Members: Tracey

Book of Remembrance: ACW Diocese of Edmonton
10035 103 St. NW Edmonton AB T5J 0X5