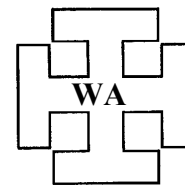


# IN TOUCH



DIOCESE OF EDMONTON  
ACW QUARTERLY NEWSLETTER

JUNE 2026

## FAITHFULNESS

### Commitment

I wandered off, I know not where  
To seek my Lord, and kneel in prayer  
Through veil of mystery that hour  
I saw the Cross with all it's power.

In sweet communion, on that morn  
I felt the need to be re-born  
To give myself to God alone  
But first for sin, I must atone.

My God My Father, while I stray  
Help keep me on the Homeward way.  
For things I do which are not pure  
Let me my punishment endure.

For all those sins I am aware,  
Forgive me, Father, hear my prayer!  
And, for those sins I cannot see  
O Lord be merciful to me.

From red as blood to white as snow  
O wash me Lord ere life doth go  
Then when all sin and pain shall cease  
In loving mercy grant Thy Peace.

Joan C. Lugg - Manville ACW  
1910 - 1998

*Now faith is confidence in what we hope for and assurance about what we do not see." Hebrews 11:1*

Prayer & Faith (and love) are twins that should never be separated.



***Open your ears to listen,  
And your eyes to see.  
And let your Angels guide to  
To where you should be.***

Be joyful in hope, patient in affliction, faithful in prayer. *Romans 12:12*  
As we're "faithful in prayer"(12:12), the Holy Spirit will help us love others and leave a legacy of faithfulness.

*"Faith is having a positive attitude about what you can do and not worrying at all about what you can't do." — Joyce Meyer*

**A faithful man will abound with blessings.**

*Proverbs 28:20*

(the best way to prosperity and security is through hard work, integrity and honesty, and trusting in God and in godly wisdom.)

In order to grow and mature in faith, we should do our best to set some time aside to pray, to read the Word of God, to meditate on it and put it into practice. When we pray, we talk to God; when we meditate, God speaks to us, and that this when we should take the time to listen to Him and obey Him.



## Diocesan ACW Executive 2025—2026

### Patron

The Rt. Rev. Steve London

### Chaplain \*

The Rev. Helen Chan Bennett

### President

Elaine Dickie

### Past President

Judy Korop

### Vice Presidents

First—Vacant

Second—Vacant

### Recording Secretary

Margaret Warwick

### Corresponding Secretary

Elaine Dickie

### Treasurer

Gen Ashwell

### Prayer Partners

### Social Action

Kathy Budd

### Life Members

Tracey Fodchuk 780-929-6149

### Education/Family Life

Ann Marie Nicklin

### \*Book of Remembrance Appointed

### \*Lone Members Appointed

### \*In Touch Editor Appointed

Willa Gorman

gormanwh@shaw.ca

### Regional Contacts

#### West ACW Region

Yellowhead / Edmonton West

Margaret Warwick

Good Shepherd, Edmonton

#### East ACW Region

Whitemud / Battle River/ Cold Lake

Immanuel

Wetaskiwin

### 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. I am pressing “pause” on my spring gardening project just long enough to write this report. I’ve been cruising gardening centres for a couple of weeks now, selecting what I will put in the two (too?) small “planting areas” in my down-sized yard. So many choices, so little space. Speaking of space, please allow me a little more space than usual here to say welcome to the start of a new ACW year and provide a thumb sketch review of the Annual Meeting on May 1 and 2. and what is to come.

To the thirty ACW members who joined us on May 1 via Zoom, my apologies again for the chaotic opening of the meeting. A huge thank-you to Margaret Warwick for rescuing the meeting and stepping up to moderate it when my computer refused to cooperate. I attended by phone (yes it can be done) and the meeting went ahead without further hitches. Our “Road Trip” to the Cathedral on May 2 was, thankfully, trouble-free and very lovely. Twelve of us gathered in the sun-dappled Commons Area for Morning Prayer, led by Bishop Steve with Gen Ashwell on piano, followed by an Alongside Hope presentation on solar suitcases by Jeff Hanger (more on that in next issue of In Touch), and we visited and later “lunched” with the Cathedral’s Patchwork Saints Quilters with Mary-Kay Brook and friends. Some of us then headed to the Alberta Art Gallery to spend quiet time contemplating sublime works of art created by Alberta artists – mostly women. So, in a nutshell, what did we accomplish and where do we go from here?

At the May 1 AGM Business Meeting, a motion was passed for all positions on the Board to be shortened to a term of one year, to be renewed or replaced at the AGM. This shortened commitment will hopefully encourage more members to volunteer. It was further confirmed that elections be required for President, Secretary and Treasurer only, -for the purpose of signing authority with banks and government agencies. The remaining positions on the Board are made up of Members at Large either nominated by their own ACW to represent their Parish Chapter on the Board or Life Members in parishes with no ACW. Their application is approved by the Board. At our Executive Meeting in June the Executive will affirm all Members at Large and each will take responsibility for a portfolio. Having approved these Executive Board changes, a motion was then made and passed unanimously to adopt proposed additions and revisions to the Constitution, By-laws and Board Job Descriptions. The documents for this motion had been emailed to each Parish chapter and to Life Members on March 30, 2026. Some notable additions to the Constitution are a “notwithstanding” clause and “in case of dissolution.” A copy with the 2026 revisions and changes will be on the ACW website after July 1.

Long-serving Board members Willa Gorman (In Touch Editor), Mary Jean Locock (Book of Remembrance Secretary) and Melissa Lee (Lone Member Secretary) were acknowledged and thanked for many years of service and given well wishes as they retire from their positions. Cont.

ACW Report continued

In our time together on May 2 at the Cathedral , we discussed whether to continue a “Day 2 – Road Trip” portion of our Annual Meeting, as just twelve faithful people attended.. All present were in favour of continuing, however the newly elected Executive, now (hopefully!) with a representative from each ACW Parish, will discuss further and come to a decision.

And who is our new executive? President – Elaine Dickie, St. John Onoway; Secretary – Margaret Warwick, Good Shephard, Edmonton; Treasurer – Gen Ashwell, St. Timothy, Edmonton. Also returning is Rev. Sandra Arbeau as a Life Member at Large, and we await confirmation of Members at Large from each of our ACW Parish Chapters.

Dates to put on your calendar now: East Regional Meeting Oct 3, 2026 Immanuel, Wetaskiwin  
West Regional Meeting Sept 19, 2026 Good Shepherd, Edmonton  
Reunion Communion Dec.3, 2026 All Saints Cathedral

Now that this report is complete, I am back to planting! I pray you have a safe and happy summer with the abundant blessings and celebrations that are made possible with the warm days of summer.

Elaine, President (again!)

*Ezekiel 36:26 I will give you a new heart and put a new spirit in you.*

Accept what is,  
let go of what was,  
and have faith in  
what will be.

*~ Author unknown*

"Enter his gates with thanksgiving, and his courts  
with praise! Give thanks to him; bless his name!  
For the Lord is good; his steadfast love endures  
forever, and his faithfulness to all generations."

Psalm 100:4-5

## Education & Family Life

### Painted Prayer Rocks

Sitting on the tiered tray in my living room are some painted rocks. My one granddaughter loves to collect rocks and then have them painted. As I was thinking about this article, those rocks combined with what I had wanted to write about. Prayer rocks. In my sacred space (a sofa table in front of the east window behind my sectional) are a number of rocks. I have often used rocks to help with prayer.

We would have Taizé services where we would use rocks to help collect prayers. As we sang “O Lord Hear Our Prayer” I would walk around the circle with a basket. We would sing through once and then sit in silence as we listened to an instrumental verse. As we sat in silence, we would hold the person by whom I was standing in prayer. As the instrumental verse ended, they would place their rock in my basket and we would sing a verse. So it would go until all people had placed their rock in the basket. The basket would then be placed in the center of us.

When I use rocks on a solo level, each rock has something distinct about it. Each rock is assigned a prayer. This is a way of keeping track of my prayers. As I thought about this, I thought about a fun way to help our children and grandchildren to learn to pray.

Why not help them choose rocks. You can do this by going for a nature walk and having them scout out their own rocks. If mobility is an issue, you can buy rocks at any craft store. You can then talk to them about things or people they would like to pray for. As they choose something to pray for, the two of you can paint a rock and assign the prayer to that rock. Then move on to the next rock.

Or what about a blessing rock. The two of you could choose a rock, paint it and pray a blessing on it for whoever ends up with the rock. You could then go out and place rocks in special places. People know to pick up these rocks. They would then have a rock with a special blessing for them.

## Chaplain's Message

### Faithful Witness: Women at the Tomb and the Journey Ahead

In the Easter narratives, the first witnesses to the resurrection are women. In the early light of morning, they come to the tomb carrying spices—an act of care, devotion, and fidelity. The Gospels name them differently—Mary Magdalene, Mary the mother of James, Salome, Joanna—but their shared posture is unmistakable: they show up in love, even when hope seems uncertain. In a cultural context where women's testimony was often discounted, God entrusts them with the first proclamation: "He is risen." This is not incidental; it is revelatory. The good news begins on the lips of women.

From biblical times to the present, women have continued this ministry of presence and proclamation. The women at the tomb embody a spirituality that is attentive, embodied, and courageous. They do not wait for perfect clarity before acting; they move toward Christ with what they have. In doing so, they become bearers of resurrection hope to the community. Their witness reminds us that vocation is not confined to public platforms; it unfolds in faithful steps taken in ordinary and liminal spaces alike.

For women today, the Easter story speaks into the complexity of our varied callings—whether in ministry, family life, professional roles, or seasons marked by limitation or transition. Our worth is not measured by productivity or visibility, but is rooted in Christ. We are named, known, and sent. Like the women at the tomb, we are invited to trust that what we carry—our compassion, wisdom, and lived faith—is sufficient for God's purposes.

At the same time, the rhythm of discipleship includes tending to our own souls. The women came bearing spices; we, too, are called to practices that nurture life. Self-care, in a Christian sense, is not self-indulgence but stewardship of the life God has entrusted to us. Reflective practice—through prayer, Scripture, journaling, or spiritual direction—creates space to listen for Christ's voice and to discern the next faithful step. In these quiet disciplines, our hearts are shaped, and our vision clarified.

As we continue our Easter journey, we hold together proclamation and presence, service and rest. We count our blessings with gratitude, noticing the signs of grace in daily life. We honour our limitations without shame, trusting that God works within them. And we go forth, as those first witnesses did, to share the hope we have encountered. Christ is risen—and in that truth, our lives, in all their particularity, are gathered into a story of redemption, purpose, and enduring love.

### Blessing

May the risen Christ meet you in the quiet dawn of your days, calling you by name and filling you with peace.

May you know your worth as beloved in Christ, your vocation held within God's faithful purpose.

May you be strengthened for service,

gentled in your limitations, and renewed through rhythms of rest and reflection.

And may the Holy Spirit guide your steps,

that you may bear witness to resurrection hope in all you are and in all you do. *Amen.*

The Rev. Helen Chan

## Quilters

How about a Sunday morning drive. Attend morning Service at St Andrew's Camrose. (the sign says 10:30am) and have a look at all the quilts in the church hall. They started putting them up for acoustics but they are wonderful to look at.

A reminder that Parish Chapter dues are to be sent to our Treasurer Gen Ashwell.

As well, please send to Elaine, President, an account of which charities and how many \$'s did your chapter support in 2025. Please send these before July 1, 2026 so it can be reported in the next In Touch.

## Life Member Secretary

May long weekend is here and the weather is quite variable. It's a blessing to live in Alberta and to experience five seasons. All the signs of spring were very welcome, it's a beautiful world.

Please remember to share the new contact e-mail with all the members of your A.C.W.'s

acw.dioceseofedmonton@gmail.com

If you need an application for a new Life Member or have news or information about existing members please use this e-mail. We are trying our best to keep our listings as up-to-date as possible. Having the right e-mail or phone number is key to keeping everyone on the same page or at least in the same book.

Please keep in mind all of your A.C.W. members and put forward any names who you believe are deserving of a Life Member pin and certificate.

Please remember in your prayers these life members who have passed away:

Jean Leskow ..... St. Mary's, Edgerton

Louise Bell ..... St. Augustine's Parkland,  
Spruce Grove

Dorothy Houghton..... St. Mary's, Ponoka

Gwen Davies ..... St. Michael & All Angels  
Edmonton

Wishing all A.C.W. members a joyous spring and a wonderful summer with family and friends.

May God Bless,  
Tracey

## Lone Members

Melissa is not taking on any more new Lone Members.

Lone Members should be being cared for by local Branches and how many (and who) be included in their annual report about their Branch.

"If you are a Lone Member and would like to be included in the Executive Meetings (they are by ZOOM mostly) please contact Elaine Dickie at (elaine.mike77@gmail.com)." We would be pleased to have you join and keep up-to-date.



## Book of Remembrance

*Barbara Beth McCallum* 1946-2019  
Emmanuel, Gibbons

*Una Boutillier* 1928-2019  
St. Timothy, Edmonton

*Muriel Peacocke* 1929-2019  
St. Stephen the Martyr, Edmonton



## St. Timothy's. ACW

October 2025 to May 2026

We have supported the church renovation fund, purchased coffee supplies for coffee hour, purchase Altar linens, donated to E4C (City Centre Church Corporation) and The Bishop's Discretionary Fund.

We meet on Sunday after church monthly, and hold a bake sale monthly.

Plans change now at Good Shepherd

**September 19.** Coffee at 9:30 am, Eucharist at 10, followed by two speakers who have walked on 'The Camino Road de Santiago (Way of St. James) - the famous Spanish pilgrimage of 700 miles.' We will discuss and share our personal pilgrimages and create a memory book to compensate for not going on the Spanish journey. *Not sure of activities.*

**Gen**

# Puzzle Page & Past Time Pursuits

## Chevron Cowl (Knit)

**Size:** 8.5 Inches X 28 inches; **Material** 2 balls 'Loops & Threads Impeccable 100g each); Gauge 18 sts and 24 rows = 4inches

Abbreviations: K=knit, K2tog=knit 2 stitches together, P=purl, Pss0=Pass slipped stitch over, Rep=Repeat, Rnd=Round, S11=Slip 1 stitch knitwise, St(s)=Stitch(es), Tog=Together, WS=Wrong side, Yo=Yarn over.

Instructions: Cast on 131 sts. Do not join rnd. Knit 4 rows (garter st), noting first row is WS.

1<sup>st</sup> row: (WS) Purl 2nd row: K1,\*Yo. K3. S11. K2tog. pss0. K3. Yo. K1. Rep from\* to end of row. 3rd row: Purl. 4th row: P1. \*K1. Yo. K2. S11. K2tog. Pss0. K2. Yo. K1. P1. Rep from \* to end of row. 5th row: K1. \*P9. K1. Rep from \* to end of row. 6th row: P1. \*K2. Yo. K1. S11. K2tog. Pss0. K1. Yo. K2. P1. Rep from \* to end of row. 7th row: As 5<sup>th</sup> row. 8th row: P1. \*K3. Yo. S11. K2tog. Pss0. Yo. K3. P1. Rep from \* to end of row.

Rep 1<sup>st</sup> to 8<sup>th</sup> rows 5 times more.

Knit 4 rows; Cast off knitwise (WS) Sew side edges tog to form loop.

## ALPHA-BIBLE-BYTES

There is one place for each letter of the alphabet in the 26 empty squares in the diagram. Fill in each letter so that a word of at least 5 letters is formed reading across only. Not all the letters in each row are used; it's up to you to discover which ones are needed to complete the right words. Some of the letters may fit in more than one of the empty squares to complete words; however only one arrangement of all the letters of the alphabet will complete a word in each row. Plurals not allowed.

## OLD FASHIONED LEMON TARTS

*(Please explain as they are made in a blender.)*

1 Lemon (ripe) 4 eggs  
2 cups sugar 1/2 cup butter  
30 tart shells

Cut the lemon in slices and remove the seeds. Place all ingredients in the blender and blend until smooth. ( Works best if the sugar is on top) Pour into unbaked tart shells and bake at 350 F for 20 - 25 min. until golden brown on top.

MAKE SURE THE LEMON IS NOT GREEN  
OR THE TARTS WILL BE VERY BITTER. LET THE LEMON SIT ON THE COUNTER FOR A FEW DAYS.

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

Use the handy alphabet key to cross off each letter as you use them.

A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, ~~W~~, X, Y, Z. The first one is done for you.

## Social Action Committee

Greetings all! I hope everyone is looking forward to the future days of warmer, sunnier weather and some time to get outdoors and enjoy spring and summer activities. Our annual Mother's Day Plant Sale was a great success at St Augustine's-Parkland. Now to find time to get all of those treasures into pots and into the ground.

I want to thank Elaine and Margaret for their work to organize and conduct the Annual General Meeting at the beginning of May. Unless you have had to do that yourself at some point, I don't think any of us can really appreciate the time and effort that goes into getting things ready for that day. Thanks to both of them for all of their work on behalf of our Diocesan ACW groups!

And what a huge task it has been to get the Constitution, By-laws and Manual of Duties updated and revised. The purpose of the ACW groups is now much clearer and I hope it can become the basis of many discussions as we go through the next year.

The new revisions have the purpose defined as "...to be a forum and voice for women's ministry within the Anglican Diocese of Edmonton; to provide opportunity for the members to share faith and fellowship, learn from each other and support each other in activities and projects within and between parishes in the Diocese and in the Anglican Church of Canada." As we move forward, I hope that means we will continue to be in contact with each other to share project ideas, successes and prayers and to pray for each other through all situations. Communication continues to be the key to sharing our fellowship and support.

With prayers for wonderful summer activities....  
Kathy Social Action committee

## Upcoming Events

- \*Pie & Coffee July 1 after the parade St. George's Ft. Saskatchewan
- \*Pie & Coffee at the Town wide Garage Sale Emmanuel Gibbons Saturday Sept 12 (10am – 3pm)
- \*High Tea - September 12 at 2p.m. - 4p.m. Good Shepherd (get tickets)
- \*East Regional Meeting Oct 3, 2026 Immanuel, Wetaskiwin
- \*West Regional Meeting Sept 19, 2026 Margaret Edmonton (location change)
- \*Craft and bake sale - November 14 at 10 a.m. -3pm Good Shepherd
- \*Reunion Communion Dec.3, 2026 All Saints Cathedral

*Life goes by too quickly.  
So laugh, love and try new things.  
Forgive, forget and don't hold grudges.  
Choose to be HAPPY.*

## Thank you and so long to 3 long-time volunteers

To Melissa who has held almost every position within the ACW over many years, thank you. We hope you will still be available as our unofficial historian - when we have a question about "who did what when", Melissa is our go-to for answers. Melissa isn't completely retiring yet, she wishes to continue corresponding with her "Lone Members" who have become dear friends. Best wishes and a speedy recovery, friend.

To Mary Jean who has also held many positions in the ACW, and "semi-retired" a number of years ago to produce the certificates for "Life Members" and "Book of Remembrance pages" thank you for the beautiful and careful work you have done preparing these important momentos. You will be hard to replace, we know. God bless you as you fully embrace retirement.

To Willa, our trusty In Touch Editor, who after 22 years is laying down her pencil, thank you. Your newsy articles, puzzle and recipes have been long enjoyed by Edmonton and across Canada. You will be missed, and we wish you a long and happy next chapter in keeping busy.

**Postage Stamps:** please remember to save all the used postage stamps you receive 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.

**Good Shepherd Edmonton.**  
Good Shepherd Anglican Church, 15495 Castledowns Rd., are hosting a Doug Mitchell concert June 20, 2026 at 7:00 pm. Doug is a young man on a guitar playing 60's, 70's, and 80's music. Come and rock with the music. Coffee and sweets will be served. Cost is by donation. The donations are in support of Y.E.S.S.  
September 12, 2026. Good Shepherd Anglican Church, 15495 Castledowns Rd., ACW Annual High Tea. Come and enjoy gourmet sandwiches, sweets, and tea, 2:00 to 4:00 pm. Contact Joyce or Kathy for tickets. Proceeds go towards Y.E.S.S.  
Good Shepherd Annual Fall Bazaar, Bake Sale and fall vendors. 15495 Castledowns Rd., November 21, 2026, 10:00 am to 3 pm. A light lunch will be available for a cost. Proceeds go towards Y.E.S.S. and the Food Bank

**ALPHA-BIBLE-BYTES ANSWERS**  
Here are the missing letters from top to bottom: V, I, W, R, L, B, N, U, O, M, D, X, P, H, T, F, E, Z, C, K, S, Y, A, G, Q, J

**Deadline Dates for Life Member Applications**  
Deadlines for applications to be in to have the presentation at:  
**West Region** (Yellowhead/Edmonton West )(Sept meeting)  
..... End of May  
**East Region** (Whitemud / Battle River /Cold Lake) (Oct meeting)  
..... 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  
acw.dioceseofedmonton@gmail.com

From Willa  
Hi Ladies - this one and one more and I am finished Editing In Touch. Will you take over? I will gladly help you to get started. E-mail me and let me know. The poem 'Commitment' is by Joan Lugg an ACW member and poet from Mannville. Joan passed away in 1998. She was always busy coming to ACW functions on the Greyhound Bus with her shopping bags filled with baking for a bake table. Joan became a great friend of mine. My husband and I would drive to Mannville to go out for supper with her once in a while. What fun we would have.  
A new kind of puzzle for you to try. Good Luck!  
Lots of things to do in "Up Coming Events" fill your calendar.  
Thank you to everyone for your cards, e-mails and calls regarding my retirement from In Touch. It was wonderful to hear from everyone.  
*Loving God, please help me rest in Your perfect plans for my life.*  
  
Blessings, Faithfully  
Willa

ACW Executive meeting  
Jun. 20 10:30am  
St. Andrews Camrose.  
We would love to have at least one person from each Branch attending.  
Call Elaine at

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