IN TOUCH

DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

DECEMBER 2026

Advent: Hope Peace Joy Love

Romans15:13 May the God of **hope** fill you with all **joy** and **peace** as you trust in Him so that you may overflow with hope by the power of the Holy Spirit"

Jesus said "I am the Light of the world: He who follows me shall not walk in darkness but will have the light of life.

Remember in prayer the men and women serving in our military.
Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces and their families, at home and abroad. Defend them day by day with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.



Solar suitcase demonstrated by Elaine Dickie and Alongside Hope Director Will Postmas at National ACW Conference in Grand Prairie.

Bright light and a new born? -
Now that's a Christmas Story.

In this season of "Light" let us remember Alongside Hope and their Solar Suitcase Campaign. Monies raised go to purchasing solar powered lights used by mid-wives in rural areas of Mozambique and elsewhere. Alongside Hope has a gift catalogue of additional ideas for giving. For more information on all the work Alongside Hope does throughout the world, visit: https://alongsidehope.org/

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Presidents Report

Dear Friends – As the long, dark nights of winter descend on us and every trip outside requires a heavy coat and mitts, let us keep our hearts and minds focused on our bright and joyful journey forward through Advent and Christmas.

We are very excited to offer an Advent Devotions Guide, created by our Chaplain Rev. Helen. See the poster with ZOOM link. The poster will also be on the Diocese's webpage and Synod Scene closer to the starting date – Thursday November 26 at 7pm. For more information contact me (Elaine).

We are also planning an online Book Club to begin in February. Be watching for more information coming after Christmas on when the Book Club meets and which book is being read. If you have a book suggestion, please contact me with title and why you like it and I will add it to a growing list of good reads in the offering.

I had the pleasure of attending both the West and East Regional meetings this Fall. A recap of these gatherings is in this issue. Every meeting brings out the best of who we are and what we do– a love for gathering together, catching up on news with old friends and making new ones, eager to listen and learn with generous hearts and hands. And of course good food and music. I especially enjoyed "taco in a bag" lunch at Immanuel, Wetaskiwin; such a clever way to not have to do dishes! Thank you St.Tims, Edmonton and Immanuel, Wetaskiwin for hosting.

Margaret Warwick and I attended the National ACW Presidents Conference in Grande Prairie September 24-27. Congratulations to Margaret who was installed as treasurer for the National ACW. We are blessed to have a direct link to the National for the next 5 years. See more information about the conference in this newsletter. We also heard a report from the Canada Mothers Union rep. They have been serving in Canada for more than 100 years. More information follows.

And lastly, this is our first issue of In Touch under new (and struggling!) leadership. After 23 years, Willa Gorman has put down her blue pencil and passed back the responsibility to your executive. Please be patient with us as we try new things, forget to include others and basically work to bring news to our members.

May your journey through Advent be one of hope and peace and may the love of God, family and friends wrap around you like a light, warm blanket and bring you joy. May you be richly blessed in this season of light and love. Happy Advent and Merry Christmas

"I am the light of the world. Who ever follows me will never walk in darkness but will have the light of life"

Advent 2026: A Light of Hope in an Uncertain World

“The light shines in the darkness, and the darkness did not overcome it.” — John 1:5

Dear Sisters in Christ,

As we enter this sacred season of Advent, I invite you to pause and reflect upon the year that is drawing to a close.

Throughout 2026, we have witnessed much uncertainty. Here in Alberta, many families have faced economic pressures, illness, loss, and the challenges of everyday life. Across the world, war, displacement, natural disasters, and human suffering continue to remind us of our shared vulnerability.

Yet, amid these difficulties, we have also witnessed remarkable kindness, generosity, and compassion. Neighbours helping neighbours, communities supporting those in need, and ordinary people quietly offering hope through acts of love.

This is where the message of Advent speaks so profoundly to us.

Advent reminds us that Christ entered a world filled with uncertainty, suffering, and longing. God did not wait for the world to become peaceful or perfect. Instead, God came to dwell among us through the vulnerability of a child born in Bethlehem.

Emmanuel—God with us.

Christian hope does not deny the darkness around us. It gives us courage to walk through it, trusting that God’s love remains present.

As Anglican Church Women, we are called to carry this hope into our families, churches, and communities. Through prayer, hospitality, compassionate listening, and simple acts of kindness, we become bearers of Christ’s light.

This Advent, I encourage each of us to make room for stillness, extend compassion beyond our familiar circles, and reach out to someone who may be feeling forgotten or alone.

May this sacred season of Advent enfold you in the gentle embrace of God’s abiding love, renew your spirit with hope, and fill your heart with the quiet joy and peace of Christ’s presence.

With prayers and blessings,

Reverend Helen+
ACW Chaplain



Thoughts from the Social Action Committee

November 2026

As I was thinking about what to write for this first edition of the "new" InTouch, it occurs that Advent is just a few short weeks away. The quiet, reflective time of Advent often gets overwhelmed by the noise of charities clamoring for us to participate in acts of charity and giving. Not that those aren't on our minds this time of year as I am reminded of what the merchants said in the first act of the famous "A Christmas Carol" - It is at this time of all others when want is keenly felt and abundance rejoices.

So how do we balance our own spiritual need for quiet reflection, time to repent and pray, and time to anticipate the birth of Jesus with the need to act, as we feel we must, to meet the needs in our own communities?

First, remember that God tells us in many places and in many ways in the Bible, that He holds the world in His hands and that we are asked only to do the part that we are called to do.

Next, remember that it is OK to participate with action and not always with money. Action such as ringing the bell for the Salvation Army kettle, taking someone who can't drive at night around to see the bright lights, joining the group to sing carols at the Lodge. But if you are in a position to act financially, maybe you can add a special donation to your local toys for kids' program or buy a toque and warm mitts for your local shelter.

And that leads to the last reminder – to find time throughout Advent for that quiet reflection – participate in a special Bible study, listen to an Advent podcast, read some special Advent stories. A great resource that I have found is at https://bibleproject.com/guides/advent/ where you will find a plethora of resources to check out.

However you approach Advent this year, I pray you have a peaceful and joyous season!

Kathy Budd

ACW Social Action committee

Life Members Secretary Report from Tracey Fodchuk

Greetings and welcome to Fall and the run up to the Christmas season. I hope this finds you well. Each year it seems harder to transition from the sandals of summer to big winter boots and all the extra layers we need. Having said that, get ready to bundle up and join us for the Advent Reunion Communion on Dec. 3, 2026 at noon at the Cathedral. Coffee and Christmas cookies will be served after.

This is a friendly reminder. If you need forms for Life Member applications or Book of Remembrance – give me a call. Did you know we reuse unwanted Life Membership pins? They can be mailed to the Diocesan office. Helpful hint: Place this little note in the drawer or jewellery box beside your pin to alert family and friends when they are packing up your possessions.

No longer needed? PLEASE RETURN ACW pins to
ACW c/o Anglican Diocese of Edmonton
10035 103 St. NW Edmonton, AB T5J 0X5

Report from:

2026 National Conference of ACW Presidents held in Grande Prairie

Presidents and representatives of ACW Diocesan Boards from across Canada meet annually in-person and via the internet.
The 2026 conference was hosted by the Diocese of Athabasca and held in Grande Prairie. The theme was "We are all God's Creation". Discussions were led by National President Janet Pike of the Diocese of Algoma. Common concerns for all ACW groups in Canada were aging memberships, feelings of isolation as chapters close, and escalating costs of doing business. The 2026 conference fees were $1700 to cover transportation, meals and accommodation. A resolution was passed to continue hosting conferences alternately in-person and via Zoom with an evaluation of cost-savings vs effectiveness of in-person conferences to be reviewed after every conference. Next year's conference is via Zoom, hosted by the Diocese of BC Islands and Inlets. Their ACW president lives on Pender Island. Hosting via Zoom is the only practical means of hosting a National Conference there. While we all acknowledged that using Zoom does reduce costs of long-distance travel, some information sharing and networking is lost in not meeting in-person. To that end, the ACW Diocese of Edmonton will be working with the National ACW Executive to bolster an online newsletter for all members to connect and share.
Elaine Dickie, ACW Edmonton

Advents Quiet Waiting

The winter nights grow cold and deep
While quiet woods and meadows sleep.
A single candle starts to glow
To light the dark paths down below.
We count the days, we watch and wait
For peace to stir the quiet earth
And welcome in a silent birth.

RECAP OF WEST EDMONTON ACW REGIONAL SEPTEMBER 19 GOOD SHEPHERD THEME: PILGRIMAGE

The day began with the Eucharist at 9:30 officiated by Rev. Jordan Giggey, rector of St. Timothy's. Rev. Jordan delivered a homily focused on our pilgrimage of faith.
After a coffee break, we viewed a wonderful video of the French Route of the Camino De Santiago. Two Camino pilgrim speakers followed: Diann Bowes from St. Timothy's, and Colin Matty, visiting home in Edmonton from his new life on Vancouver Island.
Diann spoke from her perspective as a Camino pilgrim going from Portugal along the coast, recalling her walking as a true pilgrimage of faith and treasuring her keepsakes from this life changing holiday. Colin remembered his Camino (the French route) as life changing, helping him draw closer to Jesus as Saviour and life long spiritual friend. He cherished his experience as central to helping him focus on life choices in personal growth and career development. A short discussion/question period followed, expressing much appreciation and inspiration for these presentations.
A lunch break followed. Rev. Jordan led us in a Bible study focused on Women of the

Bible, notably the story of Tamar in Genesis 38, when she was raped by her father-in-law Judah. She was the ancestor of King David.

A short business meeting at 1:45 included greetings from Diocesan President Elaine Dickie, who arrived late because she became a grandmother in the night, A motion from the floor passed, recommending that future Presidents' Conferences be held via Zoom, rather than in person for the sake of frugality of funds.
The hymn sing was abbreviated because of time constraints.
Margaret Warwick read a prayer from Alongside Hope and we closed with the Grace.
Submitted by Gen Ashwell

ACW East Regional Meeting Held at Immanuel, Wetaskiwin

on October 3, 2026. Thirty-seven people attended. The day begin with a lovely Service of Morning Prayer led by Rev. Lisa Wojna, based on John 16:33 "I have Said this to you, so that in me you may have peace." After a brief business and a delicious lunch, guest speaker Jeff Hanger, Alongside Hope rep for the diocese, spoke on the work Alongside Hope is doing in Canada and in the world. A discussion followed on the UN Sustainable Development Goals that Alongside Hope and their partners have identified as reasonable and achievable. The goals echoed the closing prayer of the day's service:

A blessing on you who are poor:Yours is the kingdom of God
A blessing on you who mourn: You shall be comforted
A blessing on you who hunger for justice: You shall be called children of God
A blessing on you who are persecuted for the cause of right: Yours is the Kingdom of Heaven. Amen.

Please be in prayer for Alongside Hope as they work to reach these goals.

Sustainable Development Goals

1. No poverty
2. Zero hunger
3. Good health & well being
4. Quality education
5. Gender equality
6. Clean water & sanitation
7. Affordable & clean energy
8. Decent work & economic growth
9. Industry, innovation & infrastructure
10. Reduced inequalities
11. Sustainable cities & communities
12. Responsible consumption & production
13. Climate action
14. Life below water
15. Life on land
16. Peace, justice & strong institutions
17. Partnerships for the goals

These goals adopted by all UN Member States in 2015 towards Agenda for Sustainable Development by 2030

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"

Mothers Union 2026

At the National ACW Presidents Conference we heard a report from the Canada Mothers Union, a member of an international Anglican Christian movement that through work and prayer builds up families and communities around the world. In 2025 they celebrated 100 years in Canada, and in 2026 Mother Union internationally was 150 years old. Their work supports women seeking a means to contribute to their family finances. In Canada particularly they assist clergy families in the North. Read more on their steadfast faith and work through the years, by visiting their website: **canadianmothersunion.ca**

You will find information there on making donations.

Puzzle Page & Past Time Pursuits

Large Print Advent Word Search

Puzzle 1 · Find all 18 hidden words

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

ADVENT	HOPE	PROPHECY
CALENDAR	ISAIAH	PURPLE
CANDLES	JOY	ROSE
DECEMBER	LOVE	SUNDAY
EVERGREEN	PEACE	WAITING
EXPECTATION	PREPARATION	WREATH

Knitting Knockers Patterns

Free patterns for knitting or crocheting are available online by searching **knittedknockerscanada.com**

What are Knitted Knockers you ask?
It is an entire network of folks working their needles to create breast-shaped bra stuffing for post-surgery breast cancer patients. Looking at their website they are also an upbeat and cheerful group helping ladies of all ages and cancer stages feel more comfortable about their appearance, post-surgery.
And more volunteer knitters and crocheter are needed to help them keep up with the demand. Check it out!
Joke from their website:
I just heard the best knitting joke: it left me in stitches.

Mom's Ice Box Shortbread Cookies
This is a recipe for cookie dough to keep in the fridge or freezer until you need it. Bake it all at once or just a few cookies at a time, as you like. Sit the cold/frozen dough on the counter to warm up (about 15 minutes) before slicing. You can press pecan, almond or glace cherry pieces into the thawed slices and then bake at 325F for 8 minutes or until light golden.

1 cup butter
½ cup icing sugar
1 tsp vanilla
2 cups flour
¼ tsp salt
¼ tsp baking powder

Mix butter, icing sugar and vanilla. Sift together other dry ingredients. Blend wet and dry together into dough.. Roll dough into 2" by 6" or 8" logs. Wrap each roll in wax paper and then in Saran Wrap. Store in fridge (for up to one week) or freezer (6 weeks).

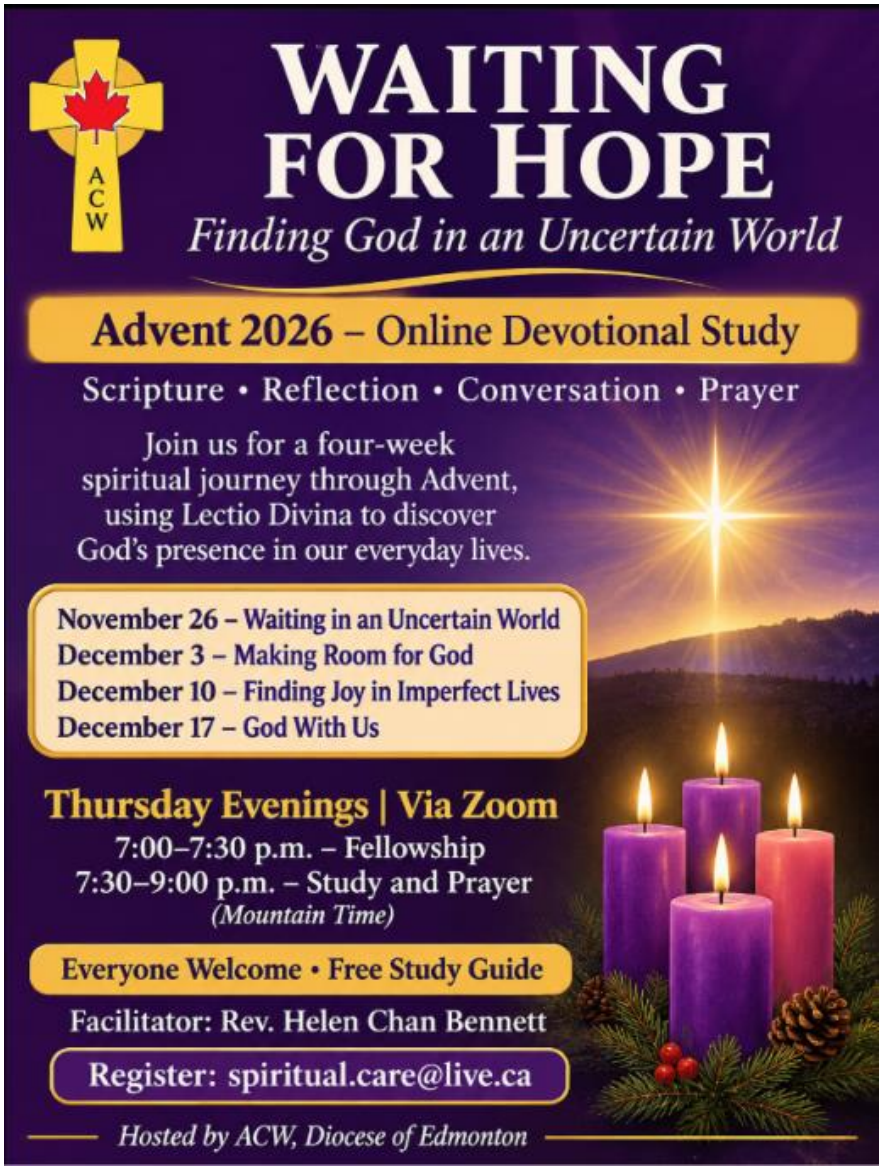
Coming in 2027 – Book Club

Book Club – like CBC Canada Reads but for our ACW members.

Do you have a favourite book title you would share with us? Send suggestions to **acwdioceseofedmonton.ca**, the Executive will decide on the winning title at our meeting in January and we will host our first ever book club online starting in February. Alternatively, you can hold a book club meeting at your ACW Chapter meeting.
You can request notes and questions to keep the conversation going by emailing or giving me a call – Elaine at 780-967-4836 – but not until we know what book we all are reading!

Advent Begins Quietly…poem by Tanner Olson

Advent begins quietly like the sun slipping into the sky
Before we even notice the starts have stepped way.
It starts small, soft, almost forgettable, and yet
Something in us knows …knows this season is whispering **slow down. Pay Attention.**



JOIN THE ADVENT SESSIONS

▶ CLICK HERE TO JOIN THE ADVENT SESSIONS ON ZOOM

Register for your FREE ADVENT DEVOTIONAL GUIDE
spiritual.care@live.ca ***Everyone welcome!***

Deadline Dates for Life Member Applications

Deadlines for Life Member applications for presentation at:
West Region ***May*** for September Regional Meeting
East Region ***May*** for October Regional Meeting
Diocesan Annual Meeting ***January*** for May Meeting

Contacts for Life Members & Book of Remembrance
Life Members: Tracey Fodchuk 780-929-6149
4801-42 St. Beaumont AB T4X 1H2
Book of Remembrance: ACW Diocese of Edmonton
10035 103 St. NW Edmonton AB T5J 0X5



Dec 3
12 Noon
All Saints Cathedral

ACW Reunion Communion &Celebration of Advent 1
Join us for a glorious service of praise and thanksgiving. Bring friends and stay after for tea and Christmas cookies.

O Emmanuel, hope of the nations and their Savior Lord Jesus, come soon.

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

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Next deadline for submitting articles is February1, 2027