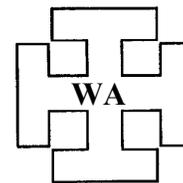


# IN TOUCH



DIOCESE OF EDMONTON  
ACW QUARTERLY NEWSLETTER

SEPTEMBER 2022

## Harvest



### Psalm 100:1-5

*A Psalm for giving thanks.*

Make a joyful noise to the LORD, all the earth!  
Serve the LORD with gladness! Come into his presence with singing!  
Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. 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.

### A Thanksgiving Prayer

We thank thee, God, for blessings –  
The big ones and the small –  
Thy tender love and mercy  
That guards and keeps us all.  
The fresh awakening of joy  
That comes with morning light,  
Sunlit hours to fill the day  
And restful sleep at night.  
The hope, the beauty, and the love  
That brighten each day's living—  
We praise thee, and our hearts are filled  
With joy, and with thanksgiving.  
The pride that's found in work well done,  
The love of those who care,  
The peace of mind, the sweet content  
That comes with quiet prayer.

*Author unknown*

Now thank we all our God  
With heart and hands  
and voices,  
Who wondrous things  
hath done,  
In whom His world  
rejoices;

The law of the harvest  
is inexorable  
(impossible to stop or  
prevent). As we sow,  
so shall we reap.  
-- *Hugh B. Brown*

The symbolic meaning of harvest in Scripture encompasses two main areas: **God's provision for us and God's blessing for others.** While we celebrate a harvest season just once a year, we experience the spirit of harvest all the time.

*What we plant in the soil of contemplation,  
we shall reap in the harvest of action.*





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**\*Book of Remembrance** *Appointed*

Melissa

**\*Lone Members** *Appointed*

Melissa

**\*In Touch Editor** *Appointed*

Willa

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Gwen

**Yellowhead / Edmonton West**

Linda

**Whitemud / Battle River**

Maxine

**Diocesan ACW (contact for all above)**

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## Diocesan ACW Report

Presidents Message by Elaine Dickie

Hello and blessings during these last summer days as we all try to soak up memories of this favourable weather before the inevitable winter weather arrives. We have had a wonderful summer as I hope you have had as well. After my unexpected hiatus to take care of my husband (who is doing very well now, and thank you so much for your prayers), I look forward to getting back to our ACW business starting with the Yellowhead Regional Meeting, Sept. 17 at Good Shepherd, the National ACW Presidents Conference from Sept. 28 to Oct 2 in Cornerbrook, NL, our own Reunion Communion (an Annual affair) on Nov. 30 at the Cathedral, and all the meetings, phone chats and coffee times in between.

It occurs to me, that with our desire for a greater focus on prayer in our day-to-day work, we could start out with one simple action and achieve a huge impact. At the start of every day – as part of your daily morning prayer time or whenever you think of someone – anyone in your life or someone you know by name only or someone you see who is in need – and bring them/their name before God in a simple prayer such as this one: *Heavenly Father, I am thinking of (name of person) and ask that You walk extra close with them today. May they glimpse your grace and be transformed. May they be at peace in themselves and with others. Amen.*

One person's prayer, said 365 days of the year for 365 different folks. That is a powerful lot of praying. No special training or equipment needed. Just think on them. Then pray. And begin....

I will be thinking about and praying for all our ACW members as I head east to the National Conference to meet with other diocesan presidents facing the same challenges as we are – dwindling memberships, fewer resources, and so many people and charities in need of help. *“Lord, show us the way”.*



Let the morning bring me  
Word of your unfailing love,  
for  
I have put my trust in you.  
Show me the way I should go,  
for to you I entrust my life.  
Palm 143:8

How might you use your natural abilities for Jesus? How might you enjoy serving with whatever abilities you have? Thank Him for the pleasure they bring.

## Education & Family Life

### **“Listening” in the Season of Creation**

When I was a young teen, I sang in the church’s Junior Choir. One of the anthem’s we sang was “Spirit of God,” a song written and made popular by Sister Miriam Therese Winter. One line that has always stood out for me is “Spirit of God, creation is groaning.”<sup>1</sup> Of course, the words were not specifically meant for the ecojustice issues of the 21<sup>st</sup> century, but I can’t help but think of this song whenever I hear the many voices on ecojustice.

The early church fathers wrote of creation revealing God. If we think about it, those of us who paint, write, sew know that what we create with our hands reveals something of ourselves. The same with creation and God. The fathers did not elevate the Book of Creation to the level of scripture but did feel that it was important to “read” this book along side scripture.

Somehow, we have grown away from “reading” this book. We no longer “listen” to what creation is telling us. There are many voices out there, some speaking about the harm creation is facing, others denying there is harm at all. Climate change is but one area of dispute.

For Anglicans, care of the earth is a part of our baptismal vows: “Will you strive to safeguard the integrity of God’s creation, and respect, sustain and renew the life of the Earth?” This vow is almost word for word from the 5<sup>th</sup> Mark of Mission that was part of a paper prepared for Lambeth 1998. The Marks of Mission were adopted by the Diocese of Edmonton “*as a description, guide and framework for the pursuit of God’s mission in the Diocese of Edmonton.*”<sup>2</sup> The care of creation is now built into our very life as a diocese.

The Church, worldwide, has become concerned with climate. Many branches of Christianity have put aside a period of time from September 1, the Global Day of Prayer for the Care of Creation, to October 4, the Feast of St. Francis of Assisi, to speak of their concerns about this Earth we have been given to tend.

The theme for the Season of Creation this year is “*Listen to the Voice of Creation.*” Its logo is the burning bush from the book of Exodus, an apt theme given all the dangerous fires around the world. Of course, the holy fire of God did not consume the bush as those fires are consuming the areas where they are burning. The burning bush is also a symbol to remind us that God hears the voices of those crying out in suffering. These voices include those of God’s creation of which the Earth is a part.

As I read the burning bush passage in the book of Exodus (Exodus 3), I am reminded that God told Moses to take off his shoes as he was on holy ground. Years ago, at a worship conference where John Bell was one of the keynote speakers, we were encouraged by him to take our shoes off and feel the connection with the earth. Following this conference, whenever I held an outdoor service, I encouraged people to take their shoes off and feel the earth. There is a different connection when we place no barriers between us and the ground. When I was an active priest, I would preside at services in my bare feet. For me, it was holy ground and a reminder of our connection with all that God has created.

I encourage each of us to learn more about listening to the voice of creation. In the midst of the strident human voices clamouring for our attention over issues like climate change, creation provides a voice that does not mislead us. It can help us hear more clearly the voice of God calling us back to our commission in Genesis 1 and 2: to tend for the earth as God, God’s self, tends to us and the rest of all that God has created. Below, I offer some links to the resources of the Anglican Church of Canada and other churches worldwide to give us a framework from which to start to “listen” to what the Book of Creation is telling us today.

<sup>1</sup>Spirit of God <https://www.youtube.com/watch?v=5JmfUvItCgg>

<sup>2</sup>Canons and Constitution 2019, Diocese of Edmonton

<https://edmonton.anglican.ca/about-us/pages/canons-and-constitution>

Season of Creation <https://seasonofcreation.org/>

Anglican Communion Environmental Network <https://acen.anglicancommunion.org/>

Anglican Church of Canada Climate Action <https://cpj.ca/anglican-church-canada-climate-action/>



## Social Action Report

### – thinking of the fall 2022

I was given a rather large collection of beautiful, knitted toques when I first got the job as Social Action secretary. They will be a wonderful start to the collection drive I am hosting for the “Coats for Kids and Families” program for the fall of 2022. Last year, over 5 thousand coats and hundreds of winter items were distributed to Albertans and more requests for winter wear are expected this year.

Donations can be of clean, gently used, outgrown or new winter outerwear for children, women and men including coats, toques, mitts, scarves, snow pants, winter boots, insulated work wear, blankets and sleeping bags.

I will be taking the items I collect to the ‘In Kind Exchange’ on October 27. From there, the items will be sorted and distributed to various locations throughout the region.

Thank you in advance for your help with this collection drive!

If you have any items to add to this collection drive, I would be glad to arrange a place and time to meet and get the items. Please contact me through e-mail at [acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)

### *What is Prayer?*

The gospel of today talks about what I believe to be the most important tool in the life of every Christian – Prayer. What is prayer? Prayer is the Hotline that runs from our soul to Heaven, a line that makes all the phone lines in heaven ring if we dial properly from the right phone to the right number, at the right time, and on a line without obstruction. Prayer elevates, inspires, redeems. Through prayer, divine grace and divine light descend. Prayer is spiritual food for the soul. Prayer is a spiritual tonic. Prayer is a master key to open the realms of Heaven. Prayer helps the Christian to be in tune with God. Prayer works wonders. Its power is unbelievable. Through prayer, the Christian sits by the side of the Lord. Prayer expands and purifies the heart. Prayer is a strong spiritual injection. It fills the heart with immense power and strength. It is the only tool that allows us to enter into an intimate communication with God .

*Rev. Anthony*



## TREASURER'S REPORT

### SEPTEMBER 2022

#### **COSTS OF AGM MAY 7, 2022**

Printing - reports, service bulletin .....	267.41
Lunch expenses .....	156.97
Lunch expenses - Costco sandwiches .....	135.00
Coffee expenses .....	96.66
<b>Total .....</b>	<b>656.04</b>

#### **DISBURSEMENTS TO CHARITIES**

Anglican Foundation (Yes to Kids) .....	300.00
Diocese of the Yukon .....	730.00
On Eagle's Wings .....	643.50
PWRDF .....	675.00
Emmanuel and St. Chad .....	130.00
Bishop Steve Discretionary Fund .....	400.00
St. Faith's Anglican (Prayer Works Hall) .....	1400.00
<b>Total .....</b>	<b>4278.50</b>

Respectfully submitted  
Gen

The Diocesan Board is grateful to all ACW members who have contributed to making our AGM successful financially.

One request about sending donations - please make your cheque payable to ACW Anglican Diocese of Edmonton. If you write the target charity, it has to be mailed to them, causing confusion and changing our totals if we should miss your mistake.



ACW Annual May 7/22 (Miriam)

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

*Paul the Apostle*

## Life Member Report

It is mid-August already, where does the time fly? Our family has had another busy summer. We travelled to Manitoba for a family wedding and visiting time with other family. It was so good to see people in person and get some serious hugging. I was given an awesome reading list of books from my cousin for my summer reading. Not much reading done, it will just have to be my winter reading program. Looking forward to a glorious fall with the usual full agenda. Our first A.C.W. meeting will be filled with news from everyone's travels and summer pastimes. We will also begin brainstorming ideas to create outreach projects in our community. Rev. Stephanie is planning a bible study in the fall, which I always enjoy. We will be hosting Bishop Stephen for a service and lunch in September. I really enjoyed following his journey and stories from the Lambeth conference. The Pope's visit to Alberta was another highlight of my summer in our journey for Truth and Reconciliation.

I have continued to up-date our Life Members' list. Thank you for all the input and information given. This fall at the Whitemud Regional in Ponoka these ladies will be receiving their life membership pins and certificates: Muna Khoury, Gloria Ann Rogers and Fiona Brownlee from Immanuel, Wetaskiwin. Congratulations to these women and for their lifelong service to A.C.W. Sadly Lois Ward from St. Peter's has passed away. She was 98 years old and a very active member of her A.C.W. She regularly attended our annual meetings. Let us lift up hearts full of thanksgiving for a life well-lived and for work well done, may she rest in peace.

Praying for a smooth transition for all teachers, staff and students as they return to school.

May God Bless

Tracey, Life Member Secretary



Don't judge each day by the harvest you reap  
but by the seeds that you plant.

- Robert Louis Stevenson



New Life Members Andrea, Lois, and Life Member Secretary Tracey



Ursula new Life member and Elaine ACW President.



## Book of Remembrance

All names are taken from Book 2

Name	Page
<i>Bowen, Nellie (Babe) Agnes</i> .....	27
<i>Burke, Dorothy</i> .....	31
<i>Galliford, Emily</i> .....	23
<i>Jones, Mary Elizabeth</i> .....	29
<i>Middlemass, Tillie</i> .....	20
<i>Parker, Elma Ruth</i> .....	22
<i>Tookey, V. Ethel</i> .....	42
<i>Turnbull, Elizabeth</i> .....	24

I would love to hear stories of any of these ladies and the remembrances you have of them. Send your information to 'The In Touch Editor' [acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)

# Puzzle Page & Past Time Pursuits

GOD IS LOVE

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

ABIDE	LIST
ANCHOR	LONGER
BAPTIZE	MEAL
BELL	MERCY
BETTER	MERE
CHIC	NEED
CHORUS	PEOPLE
COMMUNION	PRAISE
COMPASSION	REBORN
DESTINY	RENDER
EVERLASTING	REPEAT
EVERMORE	RETURNS
FAITH	RIGID
FOREVER	RIVER
GIFT	SAINT
GIVES	SECURE
HAPPY	SEE
HEART	SEEKS
HEAVEN	SINGERS
HEIST	SMILE
HELP	SPEECH
HIGH	STRENGTH
HOLD	UNIVERSE
HOPE	WATCH
HOST	WHISPER
JESUS	WHOSOEVER
KINDNESS	WINE
LAST	WISDOM
LIGHT	
LIMITLESS	

Answer 8 letters, page 8

## Knitting Worsted Afghan (Knit)

Materials required: 14 balls – 50g knitting worsted;  
#8 mm needles  
Tension: 7 sts = 2” (5cm) in garter stitch (knit every row).

### PANEL Instructions (make 3)

Cast on 54 sts.

*Bottom Border:* knit 6 rows

*Pattern Stitch*

Row 1: (right side) Knit

Row 2: Purl

Row 3: \*(K2 tog) 3 times; (YO, K1) 6 times; (K2 tog) 3 times; rep from across row.

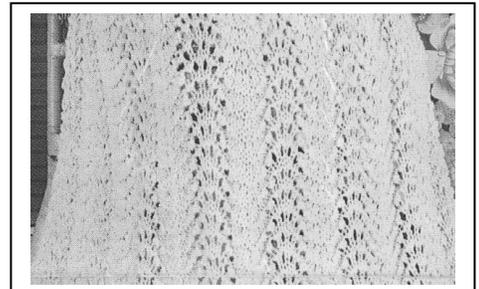
Row 4:Knit.

Repeat Rows 1 through 4 until piece measures about 59” (150 cm) long, ending by working Row 2 of Pattern Stitch

*Top Border:* Knit 6 rows, bind off loosely.

*Finishing:* With right sides facing, join two panels along edge with overcast stitch, taking care to match rows carefully. Do not pull yarn too tightly as you sew. Join third panel in the same manner.

To make a lap robe you could stop at 35 inches rather than the 59 inches I think.



## LENTIL SHEPHERD'S PIE *Meatless*

2 tsp oil            1 can (19 oz) stewed tomatoes  
1 onion, chopped        3 cups mashed potatoes  
2 carrots, chopped      1 cup cottage cheese \*  
2 cloves garlic, minced   4 green onions chopped  
1 can green lentils - rinsed & drained

In large skillet, heat oil and cook onions, carrots & garlic till softened. Add tomatoes and break-up; reduce heat and simmer 15 to 20 minute. Stir in lentils, season with salt & pepper and transfer to a 8 cup baking dish.

Combine potatoes, cottage cheese and green onions, season with salt & pepper. Spoon over lentil mixture, covering completely. Bake at 400F for 35 minutes or until heated through.

6 servings at 230 calories each

\* Recommend low fat cottage cheese

## Angel Food Cake with Ginger

*(I was asked to put this in In Touch)*

1 box angel Food cake mix  
Candied Ginger in Syrup  
All purpose flour

Use a 9X13" pan DO NOT grease.

Dice your ginger quite finely and dry on a paper towel. Dust lightly with flour. Have your ginger prepared before you start the cake mix. Prepare cake mix as directed, fold in prepared ginger and bake as directed by the mix. Turn upside down to cool.

*(I have not been able to find Ginger in Syrup in the regular grocery stores but want to try The Italian Center shop. I prepared my own from a computer recipe. Yes found it at Italian Centre Shop!)*

## EDMONTON WEST/YELLOWHEAD REGIONAL MEETING

You are invited! ANGLICAN CHURCH of the GOOD SHEPHERD SATURDAY SEPTEMBER 17,2022

Hope your are enjoying a wonderful summer break as September will be here before you know it.

This is just a reminder for the Yellowhead/ Edmonton West Regional A.C.W. Meeting to be held at the Good Shepherd Anglican Church in Edmonton on September 17. Our theme will be "COME FOLLOW ME".

Registration will be at 9:30am followed by Eucharist at 10:30 am. Following the service will be roll call, a Speaker, lunch, and a business meeting. If you have any members receiving their Life Memberships can you please notify us with the names before the beginning of September. Also can you please include the names of any members of your group called to Higher Service since last September. We are asking each parish to prepare a short report of their activities over the past year and you can email your information to Linda Hagley email address ( [lindaandterry@shaw.ca](mailto:lindaandterry@shaw.ca)). or mail them – Linda Hagley – 700 Warwick Rd. NW – Edmonton AB – T5X 4R3. A lunch we be provided at the cost of \$20.00 per person and can you please contact Betty or Linda and let us know if you will be attending and how many.

[acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)

Looking forward to seeing you on September 17, 2022  
Linda Hagley        A.C.W. Regional President

## Homemade Stem Ginger in Syrup

600g fresh ginger        600g granulated sugar  
600 ml Water            [next time I am going to add ½  
tsp ground ginger to the cake mix (??)]

Day 1 - Freeze ginger overnight to tenderise.

Day 2 - Remove ginger from freezer and wait for about 5 – 10 minutes for the ginger to warm slightly then peel and slice into pieces. There should be about 450 g of ginger after peeling and chopping. (use a teaspoon or potato peeler to peel).

Cook the ginger in a large sauce pan with the lid on for 2 ½ hours in 1.4 litres water until the ginger is tender. Drain the ginger but reserve the water.

Measure 600 ml of ginger water – add water if you have less. Pour back into the sauce pan and add the sugar. Bring the water & sugar to a boil. Add the ginger back in and bring back to a boil then simmer for 5 minutes. . (I may have cooked mine longer than 5 minutes).

Turn off the heat and behold your stem ginger in syrup.

To Store your ginger, scoop out the ginger and pack into sterilized jars, topping the jars up with syrup to completely cover the ginger. (Another recipe says store in the refrigerator for up to 1 year.)

## Social Action Report – thinking of September

Even though we are going into one of the hottest weeks in the summer, I know that fall is just around the corner and with it comes the beginning of a new school year. I love the way Dr. Seuss puts it: “You’re off to great places, today is your day, your mountain is waiting, so get on your way!”

Excitement, anticipation, anxiety, pangs of fear are in the air for children of all ages, their parents and teachers as they get ready to start the new school year. But getting ready can also be a real hardship for some families. New shoes and clothes for growing kids along with that extensive supply list can take dollars out of, for what is many, an already tight budget.

Information from the United Way Capital Region resource center states that over 12 thousand backpacks filled with school supplies for students from Grades 1 through 12 were distributed last year. This year, they are expecting an increase in requests for assistance largely due to the increased cost of living. It isn’t too late to consider contributing to the backpacks project (the deadline for most collection locations is September 15<sup>th</sup>).

If you are out shopping and wonder what is most needed to fill the backpacks, a supply list for each grade can be found at <https://www.myunitedway.ca/tools-for-school/#tools-donate>. Staples and many other local stores also have bins available to drop off items to be used in the backpacks.

Please add the children, their parents and teachers to your prayer list this September. *Lord, we pray that You keep the children and teachers safe as they go to and from school. Inspire them to be excited about learning as they begin this new school year. Amen.*

### Deadline Dates for Life Member Applications

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

Diocesan Annual Meeting (May meeting) ..... End of January  
Cold Lake (Jun meeting)..... End of February  
Yellowhead/Edmonton West (Sept meeting)..... End of May  
Whitemud / Battle River (Oct meeting)..... End of May

### Contacts for Life Members & Book of Remembrance

Life Members: Tracey

Book of Remembrance: Melissa

Contact [acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)

From Willa

Hi Ladies - I am not a knitter, have been doing lots of crocheting to use up bits of leftover wool (toques) so I hope the knit pattern works; it came off the sleeve of a ball of wool and looks very pretty.

I was asked in May for the Angel Food with Ginger recipe so here it is now. I have a gingerbread-in-a-mug recipe and may get it in the next issue. (I love gingerbread).

Look forward to seeing everyone at Good Shepherd on Sept. 17 for the Regional meeting. Sorry I have little information on the Whitemud/ Battle River Regional meeting at Ponoka on October 1.

Hope everyone is managing with their gardens and harvesting their produce. I have done beets (3 ways) and will soon be making crabapple jelly. Have shared a few cucumbers but not as many as last year, tomatoes are just starting.

*“See a need, fill a need.” Mr. Bigweld Robots Blessings Willa*

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**Next deadline for submitting articles is November 15, 2022**

Wonder Word Answer: 8 letters  
HUMILITY