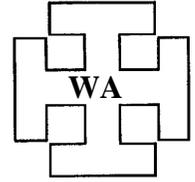


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

DECEMBER 2022

peace and love

Every act of love is a work of peace no matter how small. Mother Teresa

we do not want riches, we want peace and love. ...

“ Every human longs for peace and love. ...

“ When the power of love overcomes the love of power there will be peace. ...

“Peace cannot be kept by force; it can only be achieved by understanding.”

Glory to God in the highest, and on earth peace among those with whom he is pleased.

Luke 2:14 English Standard Version



Glory to God in the highest realms of heaven!

For there is peace and a good hope given to the sons of men.

Luke 2:14 the Passion Translation 2020

PEACE -- In the Old Testament, the word peace was used as a greeting (*Gen. 29:6*) and to describe God’s gift of tranquility. People and nations receive peace from being in a right relationship with God. (*Rom 5:1; Col 1:20; Phil 4:6-7*)

“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”

— Martin Luther King Jr.,

A Testament of Hope: The Essential Writings and Speeches

“Blessed is the season which engages the whole world in a conspiracy of love.”



“Be the change that you wish to see in the world.”

— Mahatma Gandhi

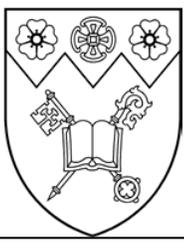
“And now these three remain: faith, hope and love. But the greatest of these is love.”

The Holy Bible
King James Version

“The reason of life
The meaning of life
And the road of life
Is LOVE.”

— Nurudeen Ushawu

Loving God, please make me more like You so I can use every opportunity You give me to share Your love with others.



Diocesan ACW Executive 2022—2023

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The Rt. Rev. Steve

Chaplain *

Rev. Christopher

President

Elaine

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Judy

Vice Presidents

First—Vacant

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Elaine

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Elaine

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Sandra

Social Action

Kathy

Life Members

Tracey

Education/Family Life

Ann Marie

***Book of Remembrance** Appointed

Melissa

***Lone Members** Appointed

Melissa

***In Touch Editor** Appointed

Willa

Regional Contacts**Cold Lake**

Gwen

Yellowhead / Edmonton West

Karen

Whitemud / Battle River

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

From your President – Elaine

Advent! My favourite season of the church's year, a time to finish up projects from the year prior and to prepare for a new year ahead. Let us together welcome in Advent with a visit to the Cathedral on Thursday Dec. 1, joining in the mid-week service of Advent songs and prayers. The service begins at noon. Coffee time will follow and you are encouraged to bring your own brown bag lunch and stay to visit. This will be followed at 1:30pm with an hour Advent bible study. What a great time to usher in the Advent-Christmas season. All are welcome, so invite friends and family. To avoid downtown traffic and parking charges, you might consider car-pooling or parking at an LRT station and using transit.

Three ladies from Edmonton attended the National Conference held in Cornerbrook, NL. I went both as your President and for my last time as the National Secretary. I am now retired from the National Executive. Margaret Warwick, (who attends Good Shepherd), was there for her last conference as National President. She is now Past-President. And, as I was busy doing National Secretary work at the conference, Tracey Fodchuk, our Life Member Secretary, attended to represent Edmonton at the conference. It was a warm and friendly conference (as it always is), and our hosts in Cornerbrook treated us to delicious food prepared by local parishes, lots of Celtic music, and first rate hospitality. However as much fun as these conferences are, they are expensive. For many ACWs, including the Diocese of Edmonton, the membership is declining and groups have difficulty raising money to pay for such conferences.. As well, having 40 ladies flying from all across Canada does have an impact on the environment and on local resources. With these concerns in mind, the Conference passed a resolution that for the next four years the National Conferences will held as follows: virtually (using Zoom) in 2023, in person in 2024, Zoom in 2025, and then in 2026 at an in person meeting where it will be decided whether to continue meeting alternately, going back to in person, or to meet virtually every year. What does this mean for us? Meeting virtually opens up amazing opportunities for a fraction of the cost. It is proposed that not just the Presidents attend the virtual meetings, but other members of the Executives. Social Action secretaries from across Canada could meet on Zoom to discuss common needs and share ideas. Newsletter editors could work on designing a national newsletter for everyone. Prayer Partners could put faces to names. So many possibilities. And the best part – almost no cost. This benefit is appreciated beyond measure for ACWs who are struggling financially. We are looking forward to what the 2023 ACW National Conference planning committees come up with for us and how we might participate more fully.

Continued on page 3

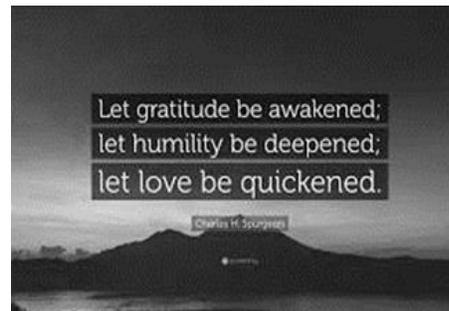
Continued from page 2

And finally, at our meeting in November the Executive Board adopted the theme of the 2022 National Conference “Walk Humbly with Your God” from Micah 6:8, to be our theme for 2023 at our Annual and Regional meetings and hopefully remembered in our devotion time of devotions in our parish chapters. Your Executive are committing themselves to prayer and study on what this theme might mean for us.

May I ask you each to do the same?

May God bless and keep you and yours in this holy Advent time.

Elaine



Hello to all ACW Members! You are invited to attend a service at the Cathedral for our

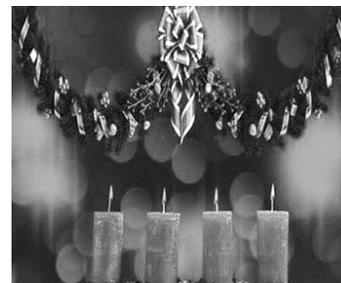
Reunion Communion II

We will join in with the Cathedral's mid-day Advent 1 service on Thursday, December 1st. The service begins at 12:10.

We are invited to bring a bag lunch to enjoy after the service. Coffee and cookies will be provided. After lunch we may stay for an Advent bible study being held from 1:30 p.m. to 2:30 if you are interested.

Bring along family and friends. All are welcome.

A wonderful opportunity to begin our journey in Advent with service, prayer, fellowship and food. Hope to see you there.



Always pray
to have eyes that see
the best in people,
a heart that forgives
the worst, a mind
that forgets the bad,
and a soul that never
loses faith in God.

Helen Barry
www.helenbarry.ie

Shrove Tuesday Feb. 21/23

Shrove Tuesday Prayer

God Our Father, As we prepare to begin Lent, help us to remember what today, Shrove Tuesday, is truly about.

Thank you that you Love all of us as your children and that through the death and resurrection of your Son Jesus, we can receive forgiveness for our sins. Help us to celebrate and live that message of forgiveness today by forgiving those who have sinned against you.

Lord, we know that you created the world and you created us. You created pancakes and you created our taste-buds too! Enable us to enjoy ‘pancake day’ in a spirit of celebration of the goodness of your creation. We make this prayer through Christ our Lord, Amen.

From the Education Secretary

We are entering the beginning of a new Church year. In many ways we see Advent as time of preparation for Christmas and the arrival of the Christ child. It is more than that. If we look at the Christmas season as encompassing three Church seasons: Advent with its preparation; Christmas with the actual birth; Epiphany showing us who the Christ child is and what that means, we get a fuller picture of what we are called to as followers of Jesus (which is what it means to be a Christian – not just belief but actual followers, which requires action as well as belief).

These three seasons are about the Kingdom. John the Baptist starts it off with a call to repentance. Repentance is not just about being sorry. It is also about making changes. Christmas gives us hope for change in the birth of the Christ Child. Epiphany shows us who the Christ Child is. It also tells us that with Jesus, the kingdom is near. Once again we are called, this time by Jesus, to repentance.

In the beginning, when God created the heavens and the earth ... Advent, Christmas and Epiphany call us back to our origins before the fall. In Genesis 1, God gives us dominion over the earth. Over time, we have tried to change the word “dominion” to stewardship. It is not – it is dominion. I am okay with that word. If we don't take the verse out of its context, it shows us how we are to relate to all of God's creation. Remember that when we are created, we are created in God's image. We are to exercise dominion the way that God exercises dominion – tending to creation. God does not exploit us. That is a key difference between the God of the Jews and the gods of the surrounding cultures. God tends us, comforts us, takes care of us, loves us. Many of the gods of the surrounding cultures were capricious, unpredictable and, often, narcissistic. Human beings were to be used and exploited and were disposable.

Unfortunately, over the years, we have modeled our treatment of God's creation on the example set by the gods of the surrounding cultures. We should have modeled it on God's example in the Incarnation. We should be walking with all creation rather than lording it over creation. We have used and exploited the very gift that sustains our physical lives. In more recent times, various prophets have been calling us to repentance on this behaviour. These prophets include environmentalists and climate change scientists. We treat these prophets as the people of Israel and Judea often treated the prophets of their times. We either ignore them or we demonize them. As an example, look how people have treated Greta Thunberg.

I could write a treatise on this or at least go on for pages. However, the information is out there as to the dangers of us continuing with the wrong interpretation of “dominion over” creation. Where I want to go is a change that we could all make for Advent and Christmas. In the spirit of reclaiming an understanding of “dominion” as God would have us understand, I would like to suggest we look at having a sustainable Advent and Christmas. I have provided a few links below. Or you can just google “sustainable projects for Advent and Christmas” for more ideas and information.

<https://www.hausvonedden.com/sustainability/nachhaltiger-adventskalender-die-besten-ideen-und-designs/>

<https://www.everchangeproductions.co/25-eco-friendly-advent-calendar-activities/>

<https://learn.eartheasy.com/guides/how-to-have-a-green-christmas/>

<https://pebblemag.com/magazine/living/eco-friendly-christmas-38-ways>

Merry Christmas and a blessed New Year to you and your loved ones.

Seasons' Greetings to all of you.

May all your homes be filled with Love, Joy, Hope and Peace this Christmas Season.

I had four Parishes apply for prayer partners. I did make arrangements but so many distractions came first. Vacation times were involved, Lambert Conference, next my Cross Canada trip so as can see things got complicated. I am back now and started to inquire about how things were going.

Found out the ball has started to roll. Communications have started. Sorry about the delay.

Guess winter is here. So everyone keep warm, safe from sickness. Remember my ACW Sisters - keep in touch with each other. Living alone one always remembered when we make a phone call, visit if possible or go that one step further and send a note. You know we all love getting a note in the mail.

So to you all Wishing each one a Very Merry Christmas and God's Blessing.

Peace, Rev. Sandra

Greetings all!

One part of the job description for the *Social Action secretary* is to “communicate the needs of social service agencies”. As I am certain you all are aware, the needs of those agencies have seen a significant increase in the past months. I’d like to take some space here to focus on 2 groups that have been on my mind at this time of year.

The news tells us that **foodbanks** all across Canada are finding it increasingly difficult to keep up with demand. The cost of essentials for living (cost of food, rent, gas) is at a 30 year high. Food bank use across Canada is up by 35% (source: foodbankscanada.ca) Along with those increased demands, Foodbanks themselves are feeling the pinch of increased costs for transportation and utilities for their buildings. Recent surveys have shown that more families are buying not only less food but also lower quality food to help make ends meet.

Given that information, a question that many have asked is how can we make our donation dollars go further? My local foodbank recently put out some interesting information that I thought I would share here. Using prices from one local grocery store, they found a jar of peanut butter cost \$4.23. But in contrast, that same \$4.23, if given as a cash donation, can buy not only the jar of peanut butter but also a small tin of tuna and 2 tins of pasta sauce. Why might you ask? Because with cash donations, foodbank staff can take advantage of cheaper prices through bulk buying and in-store sales that are offered to charities. I know that foodbanks are grateful for any and all help, whether it is in the form of a food item or a cash donation but I thought this was interesting “food for thought” if you are trying to make your donations go as far as possible.

Red Kettle Christmas Campaign

The Salvation Army’s Christmas kettle campaign is one of Canada’s largest and most recognizable annual charitable events. Did you know that the kettle campaigns started in Canada 125 years ago? I found this history information on the Salvation Army website and thought I would share it here.

What is the history of Salvation Army kettles?

In 1891, Captain Joseph McFee wanted to help the vulnerable in San Francisco, especially during the Christmas season, but he didn’t know where to get funding to do so. He remembered, during his earlier days in Liverpool, England, seeing a large kettle where passengers of boats that docked nearby were able to toss coins to help the poor. Captain McFee placed a similar pot at the Oakland Ferry Landing and encouraged the public to “Keep the Pot Boiling.” He collected enough to host a Christmas dinner for the poor. The first time a kettle was used in Canada to collect funds for the poor was in Toronto in 1903.

If you would like to sign up for a 2 hour shift to “ring the bell” at a red kettle in your community, you can do so at <https://salvationarmy.ca/alberta/abnt/events/christmas/>. And did you know that you can donate online at fillthekettle.com? A tax receipt will be issued for your cash donation.

Here’s wishing you and your families a blessed Christmas season and a Happy New Year!

Kathy Social Action secretary

A Prayer

Father, we commend to your loving care those who face lifelong pain or disease. Give them the special courage that such a situation calls for. May they realize how much their patience and cheerfulness can influence others for good. Strengthen them when they are weak and low in spirit and help them to see beyond the pain to the glorious future that you have prepared for those who love you. Through Jesus Christ our Lord.

Hello everyone! Hope you were able to enjoy the fabulous fall weather before we had instant winter. I attended the National Conference in Newfoundland, they too were having wonderful fall weather and the colors were amazing. The conference was well organized and filled with warm hospitality and fellowship. Every report included the huge amount of hard work and service that our A.C.W.'s perform across the country. PWRDF and the Anglican Foundation gave informative presentations to share with our home dioceses. The services, meals and entertainment we attended were wonderful. One of the common concerns that every diocese seemed to have was the continuity of our A.C.W.'s, with numbers going down and no young people to continue. How will our A.C.W. traditions change with the new generation? What will A.C.W. look like in 20-30 years? How can we preserve and transform these traditions so that the ideals of service and duty to our parishes are maintained and valued? These concerns and questions require our thoughtful prayers going forward.

The loss of Queen Elizabeth was filled with much sadness. Her steadfast service and duty through her long reign, even through all the changes she saw, is such an example to all. Looking ahead to our Reunion Communion II at the cathedral on December 1st. What a wonderful way to begin our Advent journey. An invitation was e-mailed out to life members. If I didn't have your e-mail, the invitation was mailed out to you.

Please send an e-mail to me at tfodchuk@telus.net so that I can have your e-mail address on file. Sending e-mails is the best way to keep costs down.

I would like to wish everyone and their families a very Merry Christmas and may your New Year be filled with hope, joy, love and peace.

May God Bless,
Tracey
Life Member Secretary

St. Columba A.C.W. in Beaumont has chosen the Youth Empowerment Support Services in Edmonton as one of our main outreach projects for many years now. We have organized and collected youth packs containing toiletries and personal items for the youth. This year we have made pillowcases for them to use while they are there and to take with them. We also supply knitted toques and mittens and have purchased gloves and scarves as well. These donations help to improve their well-being.

Whitemud/ Battle River Regional meeting

St. Mary's Anglican church Ponoka

First in-person meeting of the Region since 2018. The meeting was held on "Indigenous land in Treaty 6 Territory – this land is home to 4 First Nations – Samson Cree, Ermineskin Cree, Louis Bull Tribe and Montana First Nation."

A Eucharist was held by Rev. Regula Brandle at 10am with 29 people attending. Three Life members from Wetaskiwin ACW were installed. A freewill offering yielded \$340.00 this amount will be submitted to the Diocese for the Medical Cards for women and children of the Buyé Diocese in Burundi.

Rev. Regula, an Edmonton Diocese Hospital Chaplain, gave a humorous and inspiring talk on her work at different hospitals in Edmonton.

A heart healthy lunch was served at noon. It included recipes from a Hospital Dietitian, Lori Labrie, from Ponoka Hospital. Great food with many returning to the table for seconds.

The Annual meeting was presided over by Ponoka ACW Pres. Deb Stevens. The National ACW Prayer was said by those present. All who attended introduced

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The ACW Book of Remembrance



<i>Name</i>	<i>Book</i>	<i>Page</i>
<i>Camplin, Constance.....</i>	<i>2.....</i>	<i>21</i>
<i>Coates, Pamela Marjorie ...</i>	<i>2.....</i>	<i>26</i>
<i>Kettle, Esther.....</i>	<i>2.....</i>	<i>23</i>
<i>Kew, Doris A.</i>	<i>2.....</i>	<i>25</i>
<i>Noble, Ellen Ada</i>	<i>2.....</i>	<i>25</i>
<i>Ulvestaad, Lorna Hazel... 2.....</i>		<i>27</i>

Puzzle Page & Past Time Pursuits

Gold Christmas Cake

Sorry no craft just more baking

1½ cups butter	3½ cups flour
2 cups sugar	½ tsp salt
6 eggs, separated	2 cups golden raisins
½ tsp cream of tartar	1 cup chopped dried apricots
1 cup milk	½ chopped candied orange peel
1 tsp brandy extract (or ¼ cup brandy)	1 cup chopped pecans (or walnuts)
	1 tsp vanilla

Beat butter until light and creamy. Gradually add sugar, beating until smooth. Beat egg yolks together lightly and add. Combine milk, brandy and vanilla. Mix flour and salt together. Alternately add milk mix and flour mix to butter mixture. Fold in fruit and nuts. Beat egg whites with cream of tartar until stiff but not dry. Fold whites into batter gently but thoroughly. Pour mixture into two buttered and floured six cup moulds. Bake at 275F for 2 ½ hours or until they test done. Cool. Unmold.

Homemade Eggnog Pudding

Ingredients

1/3 cup granulated sugar	2 Tbl cornstarch
Pinch salt	¼ tsp cinnamon
2 ¼ cup eggnog	3 egg yolks

(I added a sprinkle of nutmeg)

Instructions

Place sugar, cornstarch, salt, and cinnamon in a medium-sized pot. With a whisk, stir in the eggnog and egg yolks until combined. Set heat to medium and whisk constantly until pudding is thickened and it coats the back of a spoon, about 5-8 minutes. Pour pudding into a medium-sized bowl, and place plastic wrap on top, touching the top of the pudding. Place in the fridge to set, 3 hours.

Divide among four small glasses, top with cinnamon whipped cream, and garnish with more ground cinnamon, both optional.

Small Batch Eggnog Pudding (My Way)

1 c eggnog	4 tsp. Birds Custard Powder
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Sprinkle of cinnamon & nutmeg (each)

Cook over medium heat stirring constantly until it comes to a boil. Divide into 2 dishes.
(the eggnog has lots of sugar - but add 2 teaspoons if you must)



CHRISTMAS WORD SCRAMBLE

1. KIOEOSC
2. LMAIFY
3. EREDIENR
4. AYDCN EANC
5. BIORSNB
6. LROASC
7. NDSELCA
8. RHTNO LEOP
9. NEGRRBGIAD E ANM
10. ANTORMSEN

Upcoming Events

- Advent Songs & Prayers Dec. 1, noon All Saints Cathedral (Our ACW joint Service)
- St. Augustine's Elvis concert on Dec. 10 call 780-962-5131 for more information or e-mail staugustinesparkland@gmail.com
- Pancake Day Feb. 21/23

STAMPS

Please remember to save all your postage stamps especially at Christmas and turn them in so we can send them to the Canadian Bible Society for help with their programs of suppling and translating bibles. Just turn them into an Executive member and I will take them out to our contact. (my friend lives right next door) **OR BRING THEM ON DECEMBER 1**

Whitemud/Battle River Regional

Continued from page 6

themselves. Reports were given by various ACW groups. Although St. Thomas ACW Wainwright could not attend they were able to submit a report. Immanuel, Wetaskiwin, will host the meeting in 2023 – the Lord willing.

The meting adjourned at 2:15 pm. After a short period of visiting and refreshments this inspiring day ended. Thank you all who attended and may god Bless you.

Maxine - St. Mary's ACW Ponoka

ANSWERS

1. Cookies
2. Family
3. Reindeer

4.Candy cane

- 5.Ribbons
- 6.Carols
- 7.Candles

8.North Pole

- 9.Gingerbread
-man
- 10.ornaments

Deadline Dates for Life Member Applications

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

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

Contacts for Life Members & Book of Remembrance

Life Members: Tracey

Book of Remembrance: Melissa

From Willa

First I hope to see many of you at the Cathedral on Dec. 1 at noon.

Sorry no craft this time but extra baking for you.

I love the apricots in the Christmas cake.

If any one has a craft they would like to share for In Touch please contact me, or some type of craft you would like to see in In Touch and I will try and find it.

Bring all your used stamps to the Annual meeting – last year we had a whole large box full. They were all delivered to go to The Canadian bible Society.

With many Blessings to each of you for a wonderful Christmas and New Year

Willa

May you have the spirit of Christmas which is Peace, the gladness of Christmas which is Hope, and the Heart of Christmas which is Love.

In Touch Subscriptions

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In Touch Editor,

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,

Email: :

acw.dioceseofedmonton@gmail.com

Next deadline for submitting articles is February 15, 2023