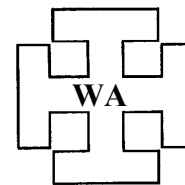


IN TOUCH

DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER



MARCH 2023

Do everything you can . . .
and leave the rest to **God**.

Shift your focus.

Instead of measuring your lifestyle with that of the rich and famous, focus more on the less fortunate. As your gratitude for your own gifts grows, you'll find yourself less interested in comparing your life with the life of others, and more inclined to share what you have with those in need.

Father, we thank you for our daily work. Whatever the difficulties, help us to do it with cheerfulness and courage. For the sake of Jesus Christ, our Lord and our Master.
Amen

Christ says today, "Come to me, all you who are weary and burdened, and I will give you rest" (**Matthew 11:28**). Come to Christ with all your unanswered questions. Come with the burden of what you don't understand, and listen to his promise, "I will give you rest for your soul."



Lend and expect nothing back . . . and you will be sons of the Most High God. For he is good to the ungrateful.

Luke 6:35

Finish every day and be done with it. You have done what you could.

Ralph Waldo Emerson

At the end of the day, avoid second-guessing your every move. The day is over, and you can't go back and change a single thing about it!

What had seemed easy in imagination was rather hard in reality.

Lucy Maud Montgomery

If your good plans aren't working out the way you had thought they would, maybe you need to go about them differently. Ask God for guidance. He's the one who charted the path, so He knows the way.

*Thank you, Father,
that you give us all
things richly to enjoy.*



Diocesan ACW Executive 2022—2023

Patron

The Rt. Rev. Steve London

Chaplain *

President

Elaine

Past President

Judy

Vice Presidents

First—Vacant

Second—Vacant

Recording Secretary

Corresponding Secretary

Elaine

Treasurer

Gen

Prayer Partners

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

Yellowhead / Edmonton West

Karen

Whitemud / Battle River

Maxine

Diocesan ACW

c/o Anglican Diocese of Edmonton

10035 – 103 Street NW

Edmonton, AB T5J 0X5

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Diocesan ACW Report

Hello again. The hustle and bustle of the Christmas season is behind us, and we now find ourselves in that doldrum time of weather that is not so-much winter anymore and not quite spring yet. It can be a blue time for many, and if this is you, I hope you are taking extra good care of yourself with lots of walks – even indoors, mugs of hot tea and good books to keep you company. And SAD lights may help too if you have them.

It is a time when mentally and physically we miss the sun. Our life hope to get through this season is knowing the sun will return in full strength very soon - an allegory for our Lent season coming up, to be followed up with the triumphant return of our Savior at Easter. A quick Google search for “Lent devotions” provides lots of reading to keep you looking forward through Lent to Easter.

Your ACW Executive is looking forward as well to the May 6 Annual Meeting at St. Matthias Church. Yes! We know it is the same date as the Royal Coronation. We expect many will be taping the event to watch later as it will take place in the very, very early hours here in Edmonton.

This years Meeting theme is “Walk humbly with our God” and our focus will be on the future of the ACW in the Diocese and in our parishes, and how we may best proceed. Please plan to attend and pray for a positive and fruitful meeting.

We have vacancies on the Executive. Please prayerfully consider putting your name forward for Vice President/President Elect or for Secretary. For more information about these positions, you may contact me at acw.dioceseofedmonton@gmail.com.

Invitations and registration forms will be sent out by email where possible. Please be on the look out for them. Registration forms to ACW parish chapters will include a request for the annual dues (\$50), and any United Thank Offerings and Cent-a-Day Givings. Cheques are to be made out to **ACW Diocese of Edmonton**.

And a reminder that March also brings us to World Day of Prayer. This year’s service is from the women of Taiwan and is based on *Ephesians 1:15-19*, Paul’s letter of gratitude sent to a faith community. While traditionally held on the first Friday of March, WDP now encourages us (churches and ACWs) to hold a service on a day that best suits your group. Information and a complete recorded service can be found at <https://wicc.org/world-day-of-prayer/how-to-participate>. Please also remember to forward a donation to WICC to support this international organization.

Blessings to you and yours now and in the coming Easter season.

Elaine

Education & Family Life

Ash Wednesday is rapidly approaching. By the time you read this, it will have passed. There are a number of traditional practices around the beginning of Lent, which Ash Wednesday marks. How many of us have attended a Shrove Tuesday pancake meal? How many of us know the significance of eating pancakes on this day? It has been a part of my life ever since I can remember. It wasn't until I became a priest and started researching the why's behind our various traditions that I realized why we mark the last night before Ash Wednesday with pancakes. It ties into the fasting we are to practice during Lent. Pancakes are made with eggs, fat, and milk. These are all foods from which we have traditionally abstained during Lent. We would gather these foods and use them up before Lent started on Ash Wednesday.

This brings us to the practice of fasting. Until a few years ago, I thought fasting meant simply not eating. I actually didn't make it a practice to fast during Lent. As I started to research, I discovered that unknown to me, I had been sort of practicing fasting since my early childhood. Each Ash Wednesday we were given little cards with forty slots for dimes. Later it was quarters and then Loonies. The idea was that we were to add a dime a day through Lent. I never quite got the hang of it. Each Good Friday I would be stuffing my card from a roll of dimes my parents gave me.

This card was a part of the threefold practice of fasting. This practice can be found in the Ash Wednesday Gospel reading of Matthew 6:1-21. The three aspects of this fasting are abstinence, almsgiving, and prayer. Once I discovered the beauty and value of this practice, I would facilitate a structured way for my parishioners to practice fasting through Lent. Although the idea is to fast for 40 days, I structured only one day a week. One day each week for the six weeks of Lent we would gather for morning and mid-day prayer. In the evening, before our Lenten study, we would gather for a Taize service. This took care of the prayer part of fasting. The actual fasting was to eat only half of breakfast and lunch. We would eat a full supper as this meal would generally occur after sundown. Out of this, we would then practice our almsgiving. We would put a monetary value on the meals for which we fasted. We would then donate half the value, the part we abstained from eating, to a community cause.

There are several benefits to the above practices. They serve to keep us mindful during Lent. They are quite simple. They can give us the assistance of the community. They can also be practiced individually. They facilitate living out our Lenten fast as much as we are willing or able to do so. We can do these simple tasks one day a week or six days a week. (Sundays are a feast day rather than a fast day. Sundays mark the Resurrection and are to be celebrated). As we enter into Lent, we might consider adjusting these fasting practices in our lives for the forty days before Easter.

May you have a holy and meaningful Lent.

Love and Prayers,

Ann Marie

My ACW Sisters.

Was just getting ready to enjoy the warmer temperatures we were having but looked out the window and more snow. Been an interesting winter a lot of sickness, days could not get out and many days could get out. Hope each one of you is in the best of health and keeping warm.

Lent is coming shortly. Then Easter. Wishing each a Very Blessed Easter.

As Prayer Partner Secretary I am asking that each Parish that has a Prayer Partner please send me the name of your Parish and name of your Prayer Partner. Even if you may have sent the name in before please resend as only a couple sent them in when requested .

Enjoy the last remaining weeks of winter by staying well, keep safe and warm.

HAPPY EASTER

Peace, Rev. Sandra

Prayer Partner Secretary

Life Members

I am hoping that our groundhog's prediction of an early spring will come true. This winter has been a real mixed bag of weather, waiting 10 minutes for a change in weather is sure true lately. Looking forward to spring and quiet reflection and prayer in Lent is just around the corner.

We were a small group gathered for our Reunion Communion on St. Andrew's Day at the cathedral, although the weather did not co-operate for travelling. I hope this will be an annual event, so wonderful to be at the cathedral and inspirational to hear our Bishop's words. "Your presence in so many of our parishes across our diocese is an essential witness to the good news of Jesus Christ...." Bishop Stephen taught us about St. Andrew, A.C.W.'s patron saint. "St. Andrew walked with Jesus many times and this idea of walking together is a central metaphor for being in relationship together". Our theme for the Annual Meeting in May is "Walk Humbly with our God". As A.C.W. members we too can walk with God and learn to be in relationship together. These two life members have been attending the annual meetings faithfully for many years; Carol Gonnet for 75 years and Melissa Lee for 50 years. Is there someone in your parish A.C.W. that should be honoured with a Life Member pin? Please let us know and we can send you an application.

We offer a prayer for four life members who have passed away: Julie Malone from St. Stephen the Martyr, Carol Farquharsson and the Rev. Nancy Selwood from St. Philip's Westlock and Jean Woodger from Emmanuel Gibbons.

We shall miss the presence of our dear sisters in Christ. As we mourn the passing of our friends, let us lift up hearts full of thanksgiving for lives well-lived and for work well done. Let us humbly pray that we may be given grace and strength and wisdom to enable us to perform our duty in the pathway of life's service. We miss their presence and so for now we say "Farewell, believing that the time will come when we once more will say, Hello!"

I still love getting mail the old fashion way. Walking to the mailbox and finding an envelope with my name and knowing that someone has written to me with news is a very good feeling. If you would like a penpal amongst the Life Membership, please let me know and I will randomly match up members so we can write to each other and keep In Touch the "old-fashioned" way. My address is 4801 – 42nd Street Beaumont, AB T4X 1H2 or my e-mail address is tfodchuk@telus.net Thank you to the many life members who sent me their e-mail addresses, it is the most cost effective way of getting information to all of you. Wishing all a quiet and prayerful Lent that will lead to the joy of Easter.

May God Bless,
Tracey, Life Member Secretary

I Need Thee Ev'ry Hour,

I need Thee ev'ry hour,
Most gracious Lord;
No tender voice like thine
Can peace afford

(Refrain)

*I need Thee, O I need Thee;
Ev'ry hour I need Thee!
O bless me now, my Savior,
I come to Thee.*

I need Thee ev'ry hour,
Stay Thou nearby;
Temptations lose their pow'r
When Thou art nigh.

(Refrain)

I need Thee ev'ry hour,
In joy or pain;
Come quickly and abide,
Or life is vain,
(Refrain)

I need Thee ev'ry hour,
Teach me thy will,
And Thy rich promised
In me fulfill.
(Refrain)

*Annie Sherwood Hawks (1835 – 1918)
Robert Lowry (1826 – 1899), refrain*

"It was only a sunny smile,
and little it cost in the
giving,
but like morning light
it scattered the night
and made the day worth
living."

-F. Scott Fitzgerald

Social Action February 2023

Is it just me or have you noticed an increase lately in junk mail and phone calls asking for donations? I know the world is in sad shape but it seems that every group, no matter how small or ineffective, is looking for money. With that said, it might be a good time to remind ourselves that while there are many legitimate agencies out there trying to fund raise for worthy causes, there are also many scammers at work who are just trying to line their own pockets.

If you use computer, tablet or cell phone, it is a good idea to keep current on what cybercriminals have as new threats. Get wise to phishing scams, make sure that your home WiFi has a secure connection and use a password management system. One popular internet security program is called Norton has a website with a lot of very useful information if you are interested in finding out more. Go to <https://ca.norton.com/home> and search for scams.

With income tax time coming in the next few months, the Government of Canada has been warning everyone about scams related to income tax filing, refunds and payments. There is a wealth of information, both written and in videos, on their website. Go to <https://www.canada.ca/en.html> and search for scams. And finally, remember, that you are under no obligation to respond or reply to those junk mail requests even if they send you address labels, notepaper or even coins. Your support for causes that are important to you will always be appreciated!

Cheers!

Kathy

Social Action committee

2023 Lenten Study Series Justice

It's the Gospel Thing to Do - Series Starts March 1

Walk through Lent with Bishop Steve as he explores the call to justice at the core of the Gospel of Jesus Christ. Is 'doing justice' part of the Gospel or an extra? This is one of the central questions that the Christian church has been wrestling with over the last century as we have lived through and meditated on the experiences of WWI, WWII, the holocaust, the civil rights movement, women's equality, the Cold War, Apartheid, the Residential School legacy, LGBTQ+ inclusion, the Great Depression, the climate crisis and many more. Does the Gospel of Jesus Christ have anything life-giving to say to the great challenges of our time? The answer is a resounding yes.

Every Wednesday in March, from 7:00-8:30 pm

Zoom Link:

<https://us06web.zoom.us/j/86437570642>

Taken from Synod Scene



DID YOU KNOW

Although both originate in Britain and people often interchange the terms, afternoon tea and high tea are two very different things.

High tea is an early evening meal that can include fish, meat, vegetables, buns, biscuits and hot tea. Afternoon tea consists of elegant teapots and an assortment of small pastries and sandwiches. The traditional time for afternoon tea is around 3 or 4 pm.



Book of Remembrance

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Hickley, Janet	35
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McKee, Mary Anne 1923-2016	49
McLay, Rose	35
Thomas, Dorothy 1935-2016	49
Thompson, Jean	31

All names are taken from Book 2

Puzzle Page & Past Time Pursuits

Starlight Hat Materials: Crochet Hook size 7 (4.5 mm), 13 cm pompon

Usage: 5.3 (7) 7 (8.8) oz. or 150(200) 200 (250) g Hobbii Starlight Buy yarn

Hat Circumference: 17.7" (18.9") 20.1" (21.2") or 45 (48) 51 (54) cm, – The hat has approx. 1.6"- 2.4" stretch in the width. Gauge: 14 sts x 12 rnds = 4" x 4" in pattern, measured lightly stretched.

Abbreviations: Ch: Chain St: Stitch Rnd: Round Sc: Single Crochet Tog: Together

Dc: Double Crochet Bpdc: Back Post Double Crochet Fpdc: Front Post Double Crochet

Sl st: Slip Stitch

The pattern consists of dc sts that's worked alternately from the front and the back around the dc-post from the previous rnd. The pattern should be divisible by 4 sts. The hat is worked from the bottom and up.

Row 1. Cast on 64 (68) 72 (76) ch. Gather the rnd using 1 sl st. 2. Make 1 ch. Work sc around and finish with 1 sl st. 3. Make 1 ch. Work dc around and finish with 1 sl st in first dc. Continue in pattern, like this: 4.

Make 1 ch. Work 1 fpdc around the post of the dc in which you've just made a sl st. Work 1 fpdc around the next dc-post. Work 1 bpdc around the next 2 dc-posts. Work "1 fpdc around the next 2 dc-posts. Work 1 bpdc around the following 2 dc-posts". Repeat "to" around. Finish with 1 sl st. Repeat the procedure from round 4 until the work measures 6.7" (7.1") 7.5" (7.9") or 17 (18) 19 (20) cm. Start decreases: 1st rnd: Make 1 ch. "Work 1 fpdc around the first 2 dc-posts, work the next 2 bpdc tog to 1 st". Repeat "to" around = 48 (51) 54 (57) sts. Finish with 1 sl st. 2nd rnd: Make 1 ch. "Work 2 fpdc tog to 1 st. Work 1 bpdc around next dc-post". Repeat "to" around = 32 (34) 36 (38) sts. Finish with 1 sl st. Continue with sc and decreases: 3rd rnd: Make 1 ch. "Work 2 sc tog". Repeat "to" around = 16 (17) 18 (19) sts. Finish with 1 sl st. 4th rnd: Make 1 ch. "Work 2 sc tog". Repeat "to" until there is = 8 (9) 9 (10) sts. Finish with 1 sl st. Sew up the hole. Cut the yarn and weave in ends. Opt. make a sc-hem around the edge of the hat

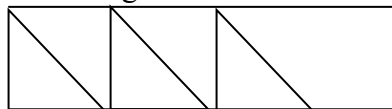


SPINACH TRIANGLES

½ c chopped onion	1 Tbls margarine
3 eggs	½ c Feta cheese - cut up
½ tsp parsley flakes	¼ tsp prepared mustard
1 pkg (10 oz) Frozen chopped spinach	
garlic powder, salt, pepper, oregano - a sprinkle of each	
1 pkg Phyllo pastry	¼ cup melted margarine

Steam spinach lightly in microwave and drain very well (squeeze dry) Sauté onion in marg until soft and clear. Beat eggs with a spoon and add cheese, parsley, mustard and spices. Mix and then stir in onions and spinach.

Thaw phyllo. Lay out one sheet (*KEEP REMAINING COVERED WITH A DAMP TEA TOWEL. I like to put a piece of wax paper on the phyllo first*) and brush with melted margarine. Cut sheet into 4 long strips. (for larger triangles just cut into 3 strips) Place a small teaspoon of filling on one end of a strip and fold in triangles until you get to the end of the strip. Repeat with more strips and sheets of phyllo. Brush the top with margarine. Bake at 375 F until browned.



THE BIBLE

1. During the Great Flood, for how many days and nights did it rain?
2. Who wore a coat of many colors?
3. Who baptized Jesus?
4. Who asked "Am I my brother's keeper?"
5. What was the name of the tower on which construction was suddenly halted?
6. After escaping from Egypt, the Hebrews were provided with a food called _____?
7. The person mentioned in the bible who lived the longest was _____?
8. What was the name of Mary Magdalene's brother, and how did Jesus help him?
9. What tale related by Jesus is recounted on the rolling Stones' album "Beggars Banquet"?

Social Action committee

Looking forward to getting out in the garden . . . The days are getting longer and the snow is starting to melt and we all know what that means – gardening time is just around the corner! If you are thinking of starting some seeds indoors, here are some tips from “The Farmer’s Almanac”.

- Crops that are best started indoors include broccoli, brussels sprouts, cabbage, and tomatoes. Those with a slower root development, like cauliflower, celery, eggplant, and peppers, should also be started indoors.
- Tender vegetables like tomatoes, eggplants, and peppers are very susceptible to the cold temperatures of spring, so it’s best to start them indoors and keep them safe from unpredictable weather.
- Plants that do not transplant well and are therefore best started outdoors or in containers include cucumbers, muskmelon, pumpkins, squash, and watermelon. These are all tender, however, so refrain from sowing them outdoors while frost is still a threat.
- Some plants truly resist transplanting. Root vegetables, like carrots, turnips, and beets, don’t like having their roots disturbed, so it’s usually safer to just start their seeds outdoors in the ground rather than transplant them later on. Plants with long tap roots also do not like to be transplanted; examples include dill and parsley.
- Finally, plants like radishes and peas are so fast growing and cold tolerant that it just makes sense to get them right in the ground!

If you want to find a planting calendar for your area, go to <https://www.almanac.com/gardening/planting-calendar>

How about planting a *Pizza Garden* this year? You will need tomatoes, garlic, onions, bell peppers, oregano and basil. What a fun project to do with the kids or grandkids!

Gardening lore tells of *The Three Sisters*. These are plant which grow well together and are: **corn**, which has tall stems for beans to climb; **beans**, whose roots add much needed nutrients to the soil; and **squash**, whose leaves shade the soil to retain moisture and aide in weed control.

World Day of Prayer

Televised Services

YESTV Edmonton

Friday March 3, 2023 at 4:00pm MT

Saturday March 4,2023 at 11:00am

Shaw Direct

Friday March 3, 2023 at 4:00pm MT

Saturday March 4,2023 at 11:00am

Sunday March 5, 2023 10am MT

World Day of Prayer can be anytime between March and September and World Day of Prayer comes in two formats: downloadable booklets and a full length video.

Go to World Day of Prayer 2023 Canada

World Day of Prayer

March 3, 2023

The theme for this year's World Day of Prayer is "I Have Heard about Your Faith" based on Ephesians 1:15-19. Please see worlddayofprayer.net for full information on the theme. Also see the Women's Inter-Church Council of Canada (WICC) website for resources, including a 53 minute full service video. If you are organizing a WDP event or have in the past and would like to connect with others, please email Linda Ervin at fieldrep567@wicc.org. As the WDP western Canada field representative, she is trying to rebuild the network following the disruption of the pandemic.

WDP events sent in to the *Synod Scene* are services that will be held at:

- 7:00pm, March 3 at St. Andrews United Church, 1A Fieldstone Drive, Spruce Grove. St. Andrews is hosting this year for the tri-region area: Spruce Grove, Stony Plain and Parkland County.
- 1:30pm, Tuesday, March 7 at Good Shepherd Anglican Church, 15495 Castle Downs Road, Edmonton.



Upcoming Events

World Day of Prayer

- 7:00pm, March 3 at St. Andrews United Church, 1A Fieldstone Drive, Spruce Grove. St. Andrews is hosting this year for the tri-region area: Spruce Grove, Stony Plain and Parkland County.
- 1:30pm, Tuesday, March 7 at Good Shepherd Anglican Church, 15495 Castle Downs Road, Edmonton.

ACW Annual Saturday May 6 St. Matthias
Edmonton

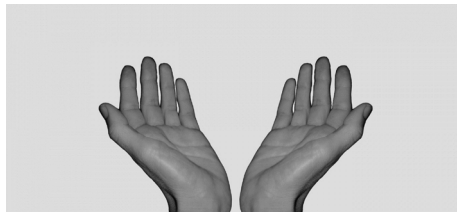
STAMPS

Bring all your used postage stamps to the Annual and they will be taken to have them forwarded to the Canadian Bible Society. The Stamps are sold and the income used for their programs.

THE BIBLE PUZZLE ANSWERS

1. Forty
2. Joseph
3. John (the Baptist)
4. Cain
5. Tower of Babel
6. Manna
7. Methuselah
8. Lazarus; Jesus raised him from the dead.
9. "The Prodigal Son."

Our Father



In Jesus Name
Amen

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

c/o Anglican Diocese of Edmonton
10035 – 103 Street NW Edmonton, AB T5J 0X5

email: acw.dioceseofedmonton@gmail.com

From Willa

Dear Ladies I look forward to seeing many of you at the ACW Annual. It is so nice to be able to meet again in person. It was sad that our December 1 Communion at the Cathedral was such a cold day. Those of us that were able to get out enjoyed our time together.

We are in desperate need of a Secretary for the ACW Executive. We have been having all our meetings by Zoom so there is no travel involved. Please see if you could take on this position of Recording Secretary.

Thanks to Kathy, Social Action, for all the gardening tips. With the really cold weather the end of February it may not seem like we are ready to garden but soon it will be warmer.

Did you all enjoy your pancakes on Shrove Tuesday? I made my favorite, Ginger Molasses, recipe in the March 2022 issue of In Touch and invited a friend to share them with me.

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! *From 2 Corinthians 1*

Blessings to all Willa

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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:

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10035 – 103 Street NW
Edmonton, AB T5J 0X5

email: acw.dioceseofedmonton@gmail.com

Next deadline for submitting articles is May 15, 2023