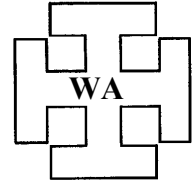


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

JUNE 2023

Almighty Father, thank You for Your faithfulness to always take care of me. Help me to trust You and to rest in Your perfect love today.

Stop apologizing, start thanking

- I'm sorry i'm always late → thank you for waiting for me
- I'm sorry for being so sensitive → thank you for being accepting of me
- I'm sorry i always mess up → thank you for being patient when i make a mistake
- I'm sorry that you have to help me so much → thank you for doing me a favor
- I'm sorry for talking so much → thank you for listening to me

Heavenly Father, show me new things about You as I read the Bible. Teach me Your ways. Show me Your love.

It's good to take a few minutes today and just sit quietly and be thankful for all that you have ♥

*Grace is when God gives us good things that we don't deserve.
Mercy is when He spares us from bad things we deserve.
Blessings are when He is generous with both.
Truly, we can never run out of reasons to thank Him.
God is good all the time.*

Holy Spirit, open my eyes to those I can serve for Jesus' sake.

Don't cry over the past, it's gone. Don't stress about the future, it hasn't arrived. Live in the present and make it beautiful.

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love ♥

Holy Spirit, please grow in me the qualities that reflect Jesus so I might reveal Your goodness to the world around me.



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

Margaret

Corresponding Secretary

Elaine

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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

email: acw.dioceseofedmonton@gmail.com

Diocesan ACW Report

President's Report

May was an eventful month with our ACW Annual meeting on May 6, a heated provincial election, forest fires and evacuations galore and the grand coronation of our King and Queen. And (icing on the cake!) an early start on our gardens. As a rule I don't put plants in the ground before June 1 – I've been fooled too many times with late snow and frost, but this year even the dandelions think its time to pop. For me it proves the point of "never say never".

And with that I want to say how very grateful the Executive is for the large turnout at our Annual meeting. We are just 12 parish chapters now and yet 53 people attended, not including the 2 ladies from St. Matthias who kept the coffee pots filled all day. Thank you St. Matthias for your hospitality. The positive outcome of our "working meeting" exceeded expectations. Led by the very capable Rev. Shelly King, we deliberately took a lot of time to emotionally process how circumstances outside our control have fundamentally changed our organization. Once the fundraising powerhouse of every parish, we are now small groups of aging ladies, not physically able to do the labour-intensive fundraisers of years past and not attracting the interest of younger generations to take over from us.

"What to Do" was the focus of our meeting and will continue to be the work of your Executive. National Past-President Margaret and Chapter President Betty Ann, from Wetaskiwin provided many positive examples of how other ACW groups have reshaped their organizations. All in attendance was invited to add their own ideas on bright coloured "post-it" notes to share with the group. A summary is printed in this In Touch issue.

And so, at the conclusion of the meeting, it was agreed the ACW will continue to serve the Diocese as a group of Christian ladies (and some men) committed to pray, work and stewardship—but adapted to what we, the membership are able to do within their parish for their community. ACW Executive will undertake to reshape its role to better assist the membership and their parishes in their prayer, work and stewardship.

Prayer must and will continue, with chapters encouraged to broaden their prayer practises.

Work will be adapted to work smarter, not harder. St. Augustine gave the example of their "no-bake bake sale". First tried during COVID when bake sales were not possible, money was donated in the amount that the baker would spend to make the items and by those who would have bought the baking. The result? Even more money received than at a typical bake sale!

Stewardship was defined as taking care of an organisation or building. The role of the ACW Executive will be changing and goals reshaped to better assist our membership in the changes they are experiencing. Your prayers for the ACW Executive are needed so appreciated as we make this transition. We are also looking for your suggestions and ideas. Reach us by email at acw.dioceseofedmonton.ca or call or text me at 780-967-4836, or if you prefer, send a letter to ACW c/o Anglican Diocese of Edmonton 10035 103 St NW, Edmonton, AB T5J 0X5 and do continue to forward articles and funny bits to "In Touch" to share with us all.

And last, and certainly not least, I am very happy to welcome Margaret Warwick to the Executive. She is our new Recording Secretary. Her experience as past National President is a gift to all of us. Thank you for offering to serve, Margaret.

Blessings and best wishes for a safe, smoke-free and happy summer ahead – Elaine

The May 6 ACW Diocese of Edmonton Annual Meeting – a recap by Rev. Shelly King, Facilitator

The May 6 meeting of the diocesan ACW started with a look back at a past that was rich in fellowship and service. In an effort to clear the road in order to look forward, ladies at the meeting considered together what they miss about the past, what needs to be honoured, and what they don't miss at all!

For the sake of space, only the first few comments are printed here. * A complete list of all the comments is available by emailing acw.dioceseofedmonton@gmail.com

What do we miss? (32 replies, just 3 shown here).

So many great projects: knitting, sewing for hospitals, craft groups.

So many great events: teas, bazaars, working bazaars in the mall, workshops, craft sales, bike swaps, spring tea with our plant sale... no pie!

Not always the work involved, but the sense of togetherness and support. (and more)

What needs to be honoured? (25 replies, just 3 shown here)

Our accomplishments; appreciation for being together with other people

All the work the ACW previously did (that now sometimes only a small few are trying to continue, such as catering).

Acknowledgment of the history of WA/ACW and their contributions. (and more)

While some ladies said there is nothing to which they would say "good riddance," others described a number of things they are happy to see the end of, such as:

Feeling the pressure to financially keep our church going while trying to honour our (ACW) commitment to support our home church.

Being responsible to vestry and not independent.

Guilt about not being able to attract young women to formal ACW activities.(and more)

What does Hope look like? Ideas for a "what's next" list.

From/ for groups that are still quite active and looking for ideas:

Find ways to help with Sunday school

Plant sale still going well, Soup and buns, Pie and coffee on Canada Day, piemaking bee

Ronald MacDonald House

Focused fundraisers for specific causes that people can get behind.

Ideas that fall under the heading, Work Smarter Not Harder:

Collect metals to be sold to a company that melts them down

Bakeless bake sale, Making dough for shortbread; sell the dough, don't do the baking

Group community garage sale; sell spots in the parking lot, then sit back and let others do the work!, Goal for collecting for foodbank by weight – kids may help

Book cases; little free libraries

Put an ad in the local newspaper to invite the community to join in your cause

Heard about the effectiveness of personal invitation – try it!

Ideas that show a desire to be realistic according to the needs of each parish

Balance work with taking care of ourselves

Do that which is a blessing to your members – whatever that might be!

Do what's right for your parish!

Guest speakers

Use Zoom

Ideas that fall under "Taking Care of Ourselves:"

Take a break over summer

Meetings just for fun and fellowship.

Just come for coffee! Maybe after church if that's a convenient time?

Take care of the elderly; visit care homes.

Direction for the Executive was discussed. The Executive will meet in June to review the 15 comments and make a plan of action. Look for more about this in the next issue of “In Touch”.

You may request the complete list of comments at acw.dioceseofedmonton@gmail.com.

As facilitator of the discussion, the Rev. Shelly King makes the following observations:

1. Bishop Stephen led us through a time of prayer to honour the many things in these lists that need to be honoured. It’s true that some, perhaps, should be honoured in other ways and other places, but amongst the group gathered on May 6th, 2023, they were honoured, and we hope that was meaningful to people. I certainly heard and felt how much these things were honoured among the people in attendance that day.
2. For some in the room, acknowledging these things and honouring them might mean that now they can lay them down and let them go, especially where the circumstances in their parish mean they simply cannot do these things anymore. I hope they can lay these things down without feeling guilt about it. God calls us to freedom, not to a ball-and-chain.
3. It seems to me that it is possible to find new ways to support some of the things people miss and find important, even in smaller, less active groups - such as fellowship, learning together, praying together, caring for elderly members, perhaps doing projects that are smaller in scope than they used to be. What I heard in the meeting was that the executive wants to re-shape in order to direct its energy at what parish groups actually need, which might involve facilitating opportunities for fellowship, learning, prayer, etc., in some way for smaller groups or lone members, while still supporting those parishes that have larger, more active groups.
4. We didn’t have a lot of time to talk about it, but I encourage you to remember the truth about being in the *in-between time* of a transition, which is where the ACW is, nationally, locally, and on the diocesan level. It is always a time of disruption and disorientation; it’s confusing and frustrating and no one can fix it quickly. And it will pass. Be kind to yourselves and each other; listen to the ideas that are bubbling up. Some of them will lead into a time of new beginnings.

Thank you Rev Shelly for this insightful and encouraging recap of our Annual Meeting.

The Rev. Shelly King Deacon, Diocese of Edmonton

I was privileged, on May 6, 2023, to join the Diocesan ACW Annual Meeting and to work with the ladies there on the topic of “transitions.” All that I have read and heard about the ACW, both locally and nationally, and all the ladies shared that day, confirms that the ACW is -- and has been for some time -- in the midst of a massive transition.

Transitions are nothing new. In his sermon during the service of Eucharist before the meeting, Bishop Stephen London outlined many of the changes the larger Church has gone through over the centuries. Later, national past-president Margaret Warwick, shared the history of the ACW, dating back to the days of the Women’s Auxiliary and before. The role of women in the Anglican church has gone through many transitions over time. Still, it’s always unsettling to be in the middle of it. So how do we come to a better, and hopefully helpful, understanding of what’s happening?

The approach we took on May 6 was to break down the concept of transition, which covers *so* much ground, into three parts: endings, in-between times and new beginnings.* It’s tempting to leap straight to new beginnings, but transitions don’t actually work that way. We’ll get there eventually, but there is value in walking through each step, making sense of the whole thing, and -- in some cases -- letting our hearts catch up to where our heads want to be.

ENDINGS:

We have to start with endings. Every transition starts with an ending. We very rarely choose for something to end. We often fight against it. But things end, just the same. It's not necessarily anyone's fault. Most times, there is no one to blame. Things just end. But endings can be painful. They involve loss.

As Christians we can take comfort and inspiration from the central event upon which our faith is built, the Paschal mystery. There is no Easter Sunday without Good Friday. There is no new life without something dying.

So, something has ended or is ending in the ACW. Something has ended in all our parishes. It is sad. But there is no value in clinging onto the past. And equally, there is no value in pretending it doesn't matter! Instead, we can name what has ended, acknowledge it and honour it.

That's exactly what the ladies did on the morning of May 6. They created a beautiful list of things they miss about the way the ACW used to be in the diocese, and the things that need to be honoured. They wrote of the great joy and fellowship in the many and varied projects they worked on together (even if they don't miss all the work!). They miss the energy they used to have! They miss members who are no longer able to attend or who have passed away. The ladies wanted to honour all the work that has been done, and all the accomplishments.** It is probably not possible to remember and honour all of what has passed in one morning. It may be helpful to reflect further as individuals or in parishes. But since it affects the whole diocesan group, it was good for the group to work on it together. When the lists were finished and on the board for all to see, Bishop Steve came and prayed over it all.

IN-BETWEEN TIMES:

On the day, we had little time to spend thinking through what it means to be in the in-between time of a transition. It's unfortunate because in-between times never get the attention that endings and new beginnings do. Yet they are in many ways the most difficult part of a transition. They can be protracted, for one thing. The changes in the ACW at all levels have been coming for a long time and are not yet resolved into a clear new future. This gray area is disorienting and frustrating. Nothing seems to be moving quickly enough for some; everything is moving too quickly for others. "I know something has ended," we might say. "But I'm not sure what's coming. We're neither here nor there." In-between times are ambiguous and confusing. What is painfully obvious to us is that we are not in control.

But here again, our faith assists us. When we are not in control we are reminded that, in fact, only God is ever really in control. Good Friday and Easter Sunday are vibrant examples of the ultimate ending and new beginning, but like the disciples on that first Holy Saturday, the in-between times have us waiting on the threshold, not knowing what will come next. Yet God is at work.

The best thing we can do while we're there is, first, to be kind and compassionate to ourselves and others who are going through the same thing; second, to listen and watch for signs of what the new beginning might look like.

NEW BEGINNINGS:

The rest of the discussion at the annual meeting took the shape of individuals and parish groups sharing ideas about what is working for them; what is giving life and what feels like freedom and hope. Ideas were generated that reflect the fact that parishes are in different places and have to work with what they have. A stronger focus emerged calling for balance and a need to take care of members and past members; also, a shift in focus from fundraising to fellowship and learning. A separate "what's next" list directed the diocesan executive to shift its priorities as well.**

The future will always bring something new, even if we can't see it clearly yet. We can't force the timing of it, but that reminds us we are human and we are called, as the theme for the day reminded us, to walk humbly with our God (Micah 6:8).

I very much appreciated the opportunity to spend time with the ladies of the ACW and to share this moment with them. Praise be to God, who makes all things new (Isaiah 48; Revelation 21).

**For more on this view of transitions, see *Transitions: Making Sense of Life's Changes* by William Bridges*

***All the lists generated on May 6 have been compiled and made available to the ACW diocesan executive.*

Puzzle Page & Past Time Pursuits

SEA OF LACE KNIT BLANKET

MEASUREMENTS Approx 56" x 60" [142 x 152.5 cm]. GAUGE 7 sts and 12 rows = 4" [10 cm] in stocking stitch.

Approx = Approximately; Beg = Beginning; Cont = Continue(ity) ;K = Knit ;K2tog = Knit next 2 stitches together ;P = Purl ;Pat = Pattern ;Pss0 = Pass slipped stitch over; Rep = Repeat ;RS = Right side ;Sl1 = Slip next stitch knitwise ;Ssk = Slip next 2 stitches knitwise one at a time. Pass them back onto lefthand needle, then knit through back loops together. ;WS = Wrong side
Yo = Yarn over

Bernat® Blanket™ (10.5 oz/300 g; 220 yds/201 m) 4 balls or 792 yds/720 m Size U.S. 13 (9 mm) circular knitting needle, 36" [91.5 cm] long or size needed to obtain gauge

INSTRUCTIONS Cast on 99 sts (multiple of 6 sts + 3). Do not join. Working back and forth across needle, knit 3 rows (garter st), noting first row is WS. Proceed in pat as follows: 1st row: (RS). K2. *yo. ssk. K1. K2tog. yo. K1. Rep from * to last st. K1. 2nd row: K1. Purl to last st. K1. 3rd to 6th rows: Rep 1st and 2nd rows twice more. 7th row: K3. *yo. Sl1. K2tog. pss0. yo. K3. Rep from * to end of row. 8th row: As 2nd row. 9th row: K2. *K2tog. yo. K1. yo. ssk. K1. Rep from * to last st. K1. 10th row: As 2nd row. 11th row: K1. K2tog. *yo. K3. yo. Sl1. K2tog. pss0. Rep from * to last 6 sts. yo. K3. yo. ssk. K1. 12th row: As 2nd row. Rep last 12 rows for pat until work from beg measures approx 59½" [151 cm], ending on 5th row of pat. Knit 2 rows (garter st). Cast off knitwise (WS).



Rhubarb Cheesecake Pie



Ingredients

1 unbaked pie crust, chilled	1 ¾ cup sugar, divided use
3 1/2 tablespoons cornstarch	1/4 teaspoon salt
1 pound rhubarb, diced	8 ounce cream cheese
2 eggs	1 cup sour cream
1/2 teaspoon vanilla	1 cup whipping cream

Directions

Preheat oven to 425.

In sauce pan, mix 1 cup sugar, cornstarch, and salt. Add rhubarb, toss well to coat. Cook over medium heat, stirring constantly, about 8-10 minutes or until fully boiling and thickened*, pour into prepared pie shell; bake 10 minutes. Do not turn off oven.

In mixer bowl, cream together the cream cheese and 1/2 cup sugar. Add the eggs and mix until blended. Pour the mixture over the rhubarb in pie shell. Reduce the oven to 350 and bake pie about 30 minutes or until set. Do not turn off oven.

While pie is baking, stir together the sour cream, 2 tablespoons sugar, and vanilla. Pour over pie and carefully spread to edges. Return pie to oven for 5 more minutes. Remove to a wire rack and allow to cool. Chill the pie for at least 2-3 hours or overnight.

When ready to serve, whip the cream with 2 tablespoons sugar until soft peaks form. Spread over pie.

Note, if your rhubarb doesn't produce a pretty color you may want to add a drop of red food color.

Parts of the Body

1. Tropical tree
2. Used by an artist
3. Weapons of war
4. Worn by a King
5. Garden flowers (2)
6. Musical instrument
7. Student
8. Whips without handles
9. Product of a spruce tree
10. Part of a clock (2)
11. Used by a carpenter
12. Large wooden box
13. Grown on corn stocks
14. Edge of a saw
15. Covering of an apple
16. Weather cock
17. Cover on pails
18. Part of a stove pipe
19. Hotel step
20. Narrow strip of land
21. Used I ship building

Our thoughts and prayers go out to those in Alberta affected by fire or the threat of fire. We pray for those who are fighting the fires and for all who are caring for people who had to be evacuated from their homes and communities. Praying for rain.

The Annual Meeting was well attended. It was good to see so many come to the meeting as this was a pivotal meeting for the A.C.W. Shelly King did a wonderful job leading us in the process of what happens to an organization during times of change and transition. We had a chance to look back in the past, what needs to be honoured and what we wouldn't really miss. Bishop Stephen was a calming presence and lead us through prayer when needed. There were some excellent suggestions and ideas for changing the board that we will be working on in the future.

The life members were very generous in their donations for the selected charities. Tax receipts will be sent out soon in the mail.

Council of the North	\$325.00
Diocese of the Arctic	\$1020.00
P.W.R.D.F.	\$825.00
Anglican Foundation	\$245.00
College of Emmanuel/Chad	\$270.00

I really enjoyed talking to members who shared memories of their experiences with the Annual A.C.W. meetings of the past: "in the '60s, we had tea and bible study, we meet at the Cathedral, stayed over-night in Edmonton, everyone wore hats, there were over 300 women in attendance". These memories and all the hard work, duty and service to our A.C.W. and parishes must be preserved and honoured in some way.

We offer a prayer for Norma Beaver who has passed away. Let us lift up hearts full of thanksgiving for a life well-lived and for work well done, may she rest in peace.

Wishing all some wonderful leisure time this summer while staying safe and healthy.

May God Bless,

Tracey Life Member Secretary

PUZZEL ANSWERS

1. Palm
2. Palette
3. Arms
4. Crown
5. Iris, tulips (2 lips)
6. Organ, drum
7. Pupil
8. Lashes
9. Gum
10. Hands, face, arms
11. Nails, hammer
12. Trunk, chest
13. Ears
14. Teeth
15. Skin
16. Vein
17. Lids
18. Elbow
19. Inn step
20. Neck
21. Ribs, knee, hammer, nails

Social Action Committee Report

May 2023

I attended a great ACW Diocesan gathering in May. It was so nice to see such a good turn out and to share ideas with others. Thank you to all who organized the day and to those who attended.

Thank you for the two bags of knitted items I received from members at the meeting. I will be saving these for donations in the fall when the weather turns colder. Please be sure to check with your local donation places in the fall as well to see what items they may need.

I pray that everyone has time this summer to enjoy some nice weather and to reconnect with friends and family.

Kathy Social Action committee secretary

Book of Remembrance

Name	Page
<i>Horricks, Pat (Patricia Alice)</i>	43
<i>Hughes, Charlotte</i>	43
<i>McLeod, Nancy</i>	21
<i>McSparron, Mary</i>	27
<i>Thurner, Illma Adile</i>	29



All names are taken from Book 2

Upcoming Events

- Yellowhead//Edmonton West Regional meeting
Sept. 16 St Augustine Parkland, Spruce Grove.
- Whitemud/Battle River Regional meeting Oct 14
Immanuel, Wetaskiwin
- Holy Eucharist at All Saints Cathedral Dec 7

CHARITABLE DONATIONS

ACW AGM May 6, 2023

Anglican Foundation.....	405.00
College of Emmanuel & St. Chad	380.00
Council of the North	385.00
Diocese of the Arctic	1080.00
PWRDF.....	1035.00
Bishop Steve London's Discretionary	663.75
(Discretionary includes Collection of \$400) ...	3948.75

Last year's donations were \$4,278.50
Respectfully submitted, Gen Ashwell

From Willa

Happy gardening - that is what I have been doing for the past few days. I am very thankful for my young neighbour next door as she has helped me get everything planted. Let us all appreciate all the help we receive from others and be thankful if we are able to give help.

If you would like a list of all the stickies that went up at the Annual please contact one of the Executive and they should be able to send them to you.

I have not made the Rhubarb Cheesecake Pie YET but have tried a few new rhubarb recipes and they all turned out good. Rhubarb Cake & Rhubarb Impossible Pie.

Pie & Coffee at Emmanuel Gibbons in conjunction with the Town Wide Garage Sale Sept. 9 (I think).

Blessings to all
Willa

*Dear Father, show me
who needs me to extend
Your love to them today.*

Good morning ACW Sisters and such a beautiful day. Looking outside my window and seeing the fresh newly flowers pots all ready and waiting for the new growth is amazing and wonderful to welcome the morning.

By next report time hopefully I can have all prayer partners All in so that I can form a list for all to have which would make it so easy to keep up with knowing who has a prayer partner. I do have a few and I am asking if your group has a prayer partner now and if you have not sent in the name please do so. If you want a Prayer Partner contact me .

Enjoy your summer break, do keep in your prayers those who have lost their homes and belongings in the recent grass fires. Also keep praying for those less fortunate than we are. Prayers for those who are sick and those who mourn and pray for each other. Blessings to each one of you.

Peace with you,
Rev. Sandra

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

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

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Email: gormanwh@shaw.ca

**Next deadline for submitting
articles is August 15, 2023**