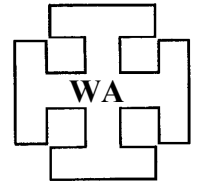
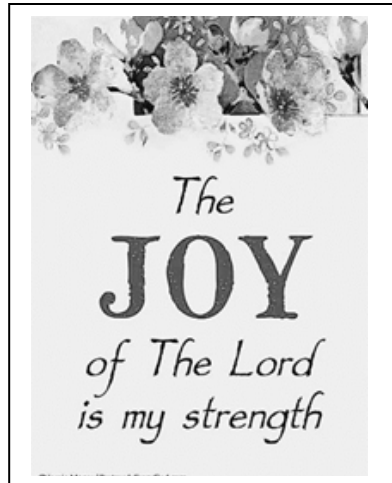


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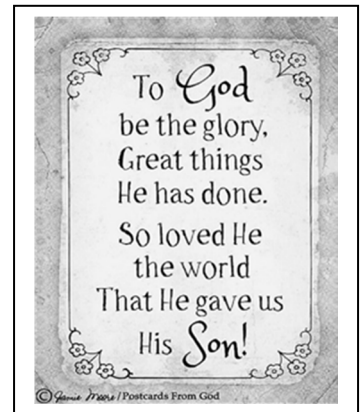


DIOCESE OF EDMONTON  
ACW QUARTERLY NEWSLETTER

SEPTEMBER 2023



If you can't change the circumstances, change your attitude. Funny thing is, when you do, you'll find that the circumstances often change.





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### \*Lone Members Appointed

Melissa Lee

### \*In Touch Editor Appointed

Willa Gorman

gormanwh@shaw.ca

### Regional Contacts

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#### Yellowhead / Edmonton West

Karen Calder

#### Whitemud / Battle River

Maxine Johson

### 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 **Elaine Dickie**, President

ACW Diocese of Edmonton

I hope you have had many opportunities this summer to enjoy fun, refreshment, and relaxation.

I know I have, spending time with family and friends, attending special celebrations and, just for fun (kidding!) making the big move to a smaller, more manageable home. I am still shaking my head at the embarrassing amount of “stuff” our family had acquired over the years and the need to downsize it all. Much has now been rehomed through various agencies – St. Vincent de Paul, FreeCycle, Habitat, Goodwill, Value Village and of course Kijiji. So many ways to repurpose usable items and keep them out of the landfill. That being said, the ACW Executive has been working this summer on repurposing our organization and we plan to provide you with an update at our Communion Reunion at the Cathedral in the first week of Advent, Thursday Dec. 7 – noontime. All are welcome.

Also working on your behalf is Yellowhead/Edmonton West preparing for their regional meeting on Sept. 16 at St. Augustine, Parkland and Whitemud/Battle River Region preparing for their regional meeting October 14 at Immanuel, Wetaskiwin. See more details in this issue of In Touch and at <https://edmonton.anglican.ca/what-we-do/anglican-church-women> on the Diocesan website.

And at this time let us all to be in prayer for the many people around the world in peril from the forces of nature – fires, floods, storms and volcano. This has been an unprecedented summer of upheaval. In times such as these we are called to pray and where possible to share our resources to aid others. Please do what you are able.

Blessings - Elaine



If I have wounded  
Any soul today,  
If I have caused one  
Foot to go astray,  
If I have walked in  
My own willful way  
Dear Lord, forgive.

“An Evening Prayer” was written in 1911.

Here are the other verses:

If I have uttered idle words or vain, if I have turned aside from want or pain, lest I offend some other thru the stain, Dear Lord, forgive.  
If I have been perverse or hard or cold, If I have longed for shelter in the fold, when Thou hast given me some fort to hold, Dear Lord, forgive.

Forgive the sins I have confessed to Thee,  
forgive the secret sins I do not see, O guide me,  
love me and my keeper be, Dear Lord, forgive.

## From the Chaplain

### Season of Creation for All the Seasons

First of all, I do apologize for not having an article for the last In Touch. I was having serious computer issues. Turns out I managed to accidentally do the impossible. I encrypted a system that should have been impossible for me to encrypt. My IT resource has no clue how I did this.

I have been reading the news about the devastating fire on Maui. This hits home considering the fires we have experienced in Alberta and other parts of Canada. It suits many in government and industry to deny the effects we have on the climate and how that impacts the world. In some ways, it is like the old saying about Nero fiddling while Rome was burning. Yes, we have always had fires, but never like this, widespread throughout the world and as seriously devastating.

As we come into the Season of Creation, we need to be open and honest about the human impact upon God's creation. Yes, at the end of Genesis 1 we are told to multiply and have dominion over the earth. Multiplying was not meant to be an ongoing thing. We reached the success point a long time ago. Dominion means just that. We are to have dominion over the earth. But let's unpack that. Earlier in Genesis 1 we are told that we are created in God's image. We are to be like God in relation to the rest of creation. How does God respond to and care for God's creation? Certainly not by exploiting it. We need only look at how God responds to and cares for us to see how we are to respond to and care for God's creation. Our care of creation is a major responsibility given to us by God. It is not just something we need to do only if we feel like it at any given time. It is a sacred responsibility given to us by the Creator after we are created in the Divine image.

It is time we started to take that responsibility seriously. I am giving some links below for ideas on how we can do this in our daily lives. The time to start is now. If we continue to skirt the issue or put it off, we will begin to see the effects even more frequently and in ever more devastating ways.

United Nations Ten Actions - <https://www.un.org/en/actnow/ten-actions>

United Nations 10 Ways - <https://www.unep.org/news-and-stories/story/10-ways-you-can-help-fight-climate-crisis>

9 things to do about Climate Change - <https://www.imperial.ac.uk/stories/climate-action/>

10 Things You Can Do -

<http://publichealth.lacounty.gov/eh/docs/climatechange/ThingYouCanDotoReduceClimateChange.pdf>

18 Simple Things - <https://www.ucdavis.edu/climate/what-can-i-do/18-simple-things-you-can-do-about-climate-change>

## WAFFLE STITCH KNIT THROW

Bernat® Blanket Twist™ (10.5 oz/300 g; 220 yds/201 m) Misty Mauve (10978)

4 balls or 830 yds/758 m Size U.S. 11 (8 mm) Susan Bates® circular knitting needle 36" [91.5 cm] long or size needed to obtain gauge. Susan Bates® yarn needle (this is a very thick yarn)

MEASUREMENTS Approx 49" x 60" [124.5 x 152.5 cm]. GAUGE 8 stitches (sts) and 13 rows = 4" [10 cm] in stocking st. Approx = Approximately Beg = Begin(ning)  
K = Knit P = Purl Rep = Repeat RS = Right side St(s) = Stit



INSTRUCTIONS Cast on 98 stitches (sts). Do not join. Working back and forth across needle in rows, proceed as follows: 1st row: [Right side (RS)] \*Knit 2 (K2). Purl 2 (P2). Repeat (Rep) from \* to last 2 sts. K2. 2nd row: \*P2. K2. Rep from \* to last 2 sts. P2. 3rd row: Purl. 4th row: \*P2. K2. Rep from \* to last 2 sts. P2. 5th row: \*K2. P2. Rep from \* to last 2 sts. K2. 6th row: Knit. Rep 1st to 6th rows for Waffle Stitch Pattern (pat) until work from beginning (beg) measures 60" [152.5 cm], ending on a RS row. Cast off.

## Life Members

August is already half over and there are signs that summer is coming to a close. School will start in a couple of weeks and the days are getting shorter already with much cooler mornings. I hope all members had a restful summer with some time with family to enjoy the outdoors. It has been so difficult for people involved in the wildfires here and all over. This lovely prayer was in the Synod Scene:

*....**Almighty God**, who is our strength and our refuge, be with those who are besieged by fire, guide those who evacuate so that they may find care and comfort in a safe place: protect their homes and their pets, their neighbours and their friends, so that they may return home to a loving community. We ask this in the name of Jesus your son, who abides with you and with the Holy Spirit. Amen. (Episcopal Relief and Development)*

Greta Baggs will be receiving her Life Membership pin and certificate at the Yellowhead Regional meeting at St. Augustine's Parkland on Sept 16<sup>th</sup>.

Linda Ortlauf, Bonny Graham, Shelia Fairless and Sandra Dobson will be receiving their Life Membership pins and certificates at the Whitemud Regional meeting in Wetaskiwin on October 14<sup>th</sup>. Congratulations to all these ladies. I look forward to attending these meetings and meeting our new life members.

Sadly, Betty (Elizabeth) Roberts has passed away in April. She was a member of the A.C.W. with All Saints in Drayton Valley. She was installed as a life member in November 1997 in a special service that was to be the last service in their old church building. May she rest in peace.

Sending prayers to all going back to school, for their teachers and staff, we pray Lord that you keep all safe.

May God Bless  
Tracey

## Yellowhead/Edmonton West

### Regional ACW Meeting

Saturday, September 16, 2023

Check In: 9:30 Eucharist 10:00

Bring a cup and your bagged lunch  
(muffins and beverages provided)

Please preregister by September 4, 2023.

Fee:\$10.00

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

email: acw.dioceseofedmonton@gmail.com

**All women in the Diocese of Edmonton  
are welcome to attend.**

## The Whitemud/Battle River Regional ACW

meeting will be held at the Wetaskiwin Immanuel Anglican Church 5103 – 46 Avenue on October 14<sup>th</sup>, 2023. The theme is "Building Awareness and Taking Action Against Domestic Violence, James 1: 19. Welcome hour, Holy Eucharist, speakers, lunch and a business meeting will fill the day from 9 am to 2:30 pm. For further information, c/o Anglican Diocese of Edmonton 10035 – 103 Street NW Edmonton, AB T5J 0X5

email: acw.dioceseofedmonton@gmail.com  
prior to October 4<sup>th</sup>.

Hope to see many friends there.

## High Tea

Anglican Church of the Good Shepherd is hosting a High Tea on October 28, 2023 from 2 pm- 4pm. The tickets are \$20.00 per person. You can contact c/o Anglican Diocese of Edmonton 10035 – 103 Street NW Edmonton, AB T5J 0X5

email: acw.dioceseofedmonton@gmail.com  
or information.

If you want to come as a group let them know and we can reserve a table for you.



Dear God,  
If I Am Wrong,  
Right Me. If I Am  
Lost, Guide Me. If I  
Start To Give Up,  
Keep Me Going. Lead  
Me In Light & Love.  
*Amen!*

Live in gratitude.  
When you are thankful  
for what you have,  
you are always  
rewarded with more.

*- Author Unknown*

## Prayer Partners

Good morning my ACW Sisters. I started updating the list of Prayer Partners and only received a few responses. So now that summer is coming to a close and we are looking forward to having regular meetings. Summer 2023 was a very experiencing summer of flooding, wildfire, mixture of hot weather not so hot weather and so on.

I am asking every Parish that has an ACW Group in their Parish to send me the following information :

- (1). Name of Parish
- (2) Name of Contact Person from the Parish.
- (3). Name of Prayer Partner you have now.
- (4). If you do not have a Prayer Partner would you like one.

Thank you Ladies that have already sent in but please send me the information again. Thank you. I really appreciated hearing from you who did send me the information in before.

My purpose is to make a list of all Parishes and their Prayer Partners. So each of you can have an updated list in your group.

Praying you all have a marvellous summer and enjoy the beauty we have all around us. Blessings and Peace to each one of you.

Prayers and Love  
Rev. Sandra

## The Diocese of the Arctic

*To Proclaim the Good News of Jesus Christ and Enable Christians for Ministry*

PO Box 190  
Yellowknife, NT X1A 2N2

Dear Ladies of the ACW in Edmonton

On behalf of the entire Diocese, please accept our sincere thanks for your ongoing support, especially your recent gift of \$1080. As we look to the next century of Arctic ministry, we need to continue spreading the word about the great work that the Gospel of Jesus is accomplishing to change lives and communities among the peoples of the North.

As we plan for the future, we'd love to hear from supporters like you. We're looking for ways to introduce another generation to the exciting stories of what God is doing in the Arctic, including going back to the "old way" of showing up and sharing the news in-person at churches or Bible studies or other groups whenever our clergy are passing through the south (just like the missionaries used to do when they would be on furlough decades ago!)

If you have any ideas or know of a church or group we should visit, please let us know! Thanks again.

Archdeacon Alexander Pryor

## Household Hints

### Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

### Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!

### Dryer Filter

Even if you are very diligent about cleaning the lint filter in your dryer it still may be causing you a problem. If you use dryer sheets a waxy build up could be accumulating on the filter causing your dryer to over heat. The solution to this is to clean your filter with a toothbrush and hot soapy water every 6 months. (Your clothes will also dry quicker.)



## The Book of Remembrance

<i>Name</i>	<i>All from Book 2</i>	<i>Page</i>
<i>Kjorlien, Lovetta</i>		<i>41</i>
<i>Knisley, Dora</i>		<i>4</i>
<i>Rebkowich, Gerda</i>		<i>50</i>
<i>Reid, Mary (Galliford)</i>		<i>23</i>
<i>Troudt, Ruby</i>		<i>44</i>
<i>Vandermeer, Joyce Kaye</i>		<i>50</i>

# Puzzle Page & Past Time Pursuits

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

The good you do,  
will never go to waste,  
so even if it goes unnoticed,  
*do good, anyway.*

writer.kh

## APPLE OATMEAL MUFFINS

### DRY

1 c. flour  
1 c rolled oats - quick  
½ c Brown sugar  
¼ tsp salt  
1 tsp Baking Powder  
¼ tsp Baking soda  
½ tsp cinnamon  
½ c raisins

½ c nuts

### WET

½ c marg, melted  
½ c applesauce  
1 egg  
½ c chopped apple  
½ c milk

Mix dry ingredients well. Mix wet ingredients (do NOT add egg to hot marg). Make a well in the center of the dry ingredients and add all the wet ingredients. Fold in carefully (Do NOT beat – stir as little as possible). Place in 12 muffin cups that have been sprayed with PAM. Bake at 350° F for 20 min. (These are a favorite of mine and I make them often.)

## Desserts - Wonder Word

Circle all letters of each word. The remaining letters are the answer to your puzzle.

This is an extra large puzzle and I suggest you start with the big words.

APPLE	MUD
APPLEJACK	NUTS
BAKED	PEACH
BANANA	PECAN
BLACKBERRY	PIE
BLUEBERRY	PIECE
BROWN BETTY	PIZZA
BUTTER	POT
CAKE	PUMPKIN
CANDIED	QUICHE
CARAMELIZED	RHUBARB
CHEESE	RUM
CHERRY	SAVE
CHICKEN	SKY
CHIPS	SODA
CIDER	SOUR
COBBLER	SALT
CREAM	SAUCE
CRISP	SHOOFLY
CUSTARD	SLICES
DANISH	STIR
DATES	STRAWBERRY
DIP	STRUDEL
DRIED	SUGAR
DUMPLING	SWEET POTATO
EGGS	TARTE TATIN
EVE'S PUDDING	TARTS
FRITTER	TORTE
HEAT	TURN
JAM	TURNOVER
JUICE	YOLKS
LEMON	
MACADAMIA	MINT
MADE	MOCHA
MILK	
MINCEMEAT	

## Social Action Report – Fall 2023

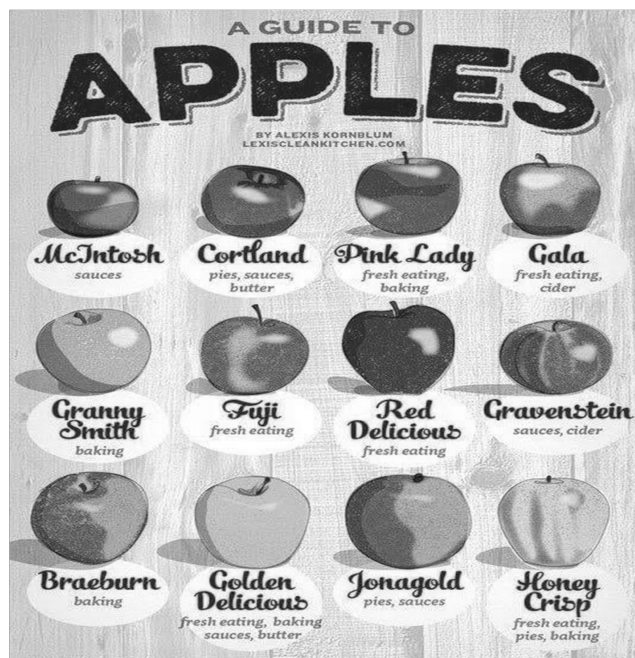
Greetings all! This has been quite a summer! Unfortunately, the news has been filled with nearly every sort of natural disaster we can think of. Forest fires lead to evacuations and a major loss of homes in the Northwest Territories, British Columbia and Alberta. We have seen tornadoes and floods in eastern Canada. There have been landslides, heat waves, and deadly fires in other parts of our world. Please check your local news feeds to see how you can donate or be a help to those who have been affected. The Canadian Red Cross has been working very hard to help in the many places that are in need. Please check out their information at [www.redcross.ca](http://www.redcross.ca). Your donations would be greatly appreciated.

*Father, we lift up those fire fighters and others who are first to step in to help people in areas of disaster. We ask that you guide their steps to keep them safe and help those in need. We ask in Jesus' name. Amen.*

Here we are beginning another autumn season with shorter days, cooler evenings, spectacular colors and a changing rhythm to our activities. Children, teachers, and parents are (hopefully!) looking forward to the start of another school year, one filled with learning, fun and growth. As always, there is a cost to going back to school, a cost which many families find hard to meet. Please look for your local “tools for schools” campaign or “school snack fund program” and contribute if you can. I know that any help would be greatly appreciated by many families.

Please add the children, their parents, teachers, bus drivers and all school staff to your prayer list this September.

*Lord, we pray that You keep the children and school staff safe as they go to and from school. Inspire them to be excited about learning as they begin this new school year. Amen.*



### Apple Season

Nothing says autumn better than all those apples ripening on the trees with so many varieties readily in the stores. This little guide might help you decide which new varieties to try and to find which apples are best for what recipe.

And so, what is the difference between all those great apple recipes?

An **apple crumble** is made with a simple streusel topping of butter, flour, sugars, and spices.

An **apple crisp** contains oats and nuts.

An **apple cobbler** has more of a cake like or biscuit like topping.

Whatever you do with the apples of the season – Enjoy! Kathy

How can you love God by showing love to others today? In what ways has He showed you love through others?

Father, thank You for loving me, forgiving me, and giving me opportunities to share Your truth as I love You by loving others.

## Up Coming Events

- **Sept. 9, 2023** Pie & Coffee at Emmanuel Gibbons on the corner of highway 28A and Main Street 10am to 3pm in conjunction with the Gibbons Town Wide Garage Sale
- **September 16, 2023** Yellowhead/Edmonton West Regional ACW Meeting. St, Augustine's Parkland , 131 Church Road, Spruce Grove AB **See page 4**
- **October 14, 2023** Whitemud/Battle River Regional ACW Immanuel Anglican Church Wetaskiwin **See page 4**
- **October 28, 2023** - High Tea 2 pm- 4pm. Anglican Church of the Good Shepherd. **See page 3**



## From Willa

Please answer Sandra and also let her know you do not have a Prayer partner and are not looking for one.

I suppose most of us are slowing down and not taking on new projects.

Lots of activities to keep us busy this fall, hope you are able to participate in some of them. See Up-Coming Events to the left. (I would be happy to serve you Pie & Coffee Sept. 9 at Emmanuel in Gibbons.)

The Apple Oatmeal muffins were in my baking projects just this week. Gone quickly!

I hope you all enjoy the little cartoons - love life and celebrate God's goodness.

*Heavenly Father, open my eyes to see where I can help the most vulnerable as You lead me.*

Faithfully  
Willa



May God protect you,  
may sadness forget  
you, may goodness  
surround you, and  
may God always bless  
you. AMEN

**Postage Stamps:** please remember to save all the used postage stamps you receive and turn them in (at a Regional meeting would be great). We pass them on to the Canadian Bible Society who use them to fund their programs. *Christmas is coming save all those stamps.*

## 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  
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**Next deadline for submitting articles is November 15, 2023**