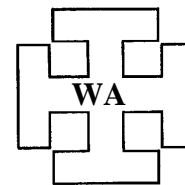


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

DECEMBER 2023

HAPPY NEW YEAR

A Definition of the New Year

The new year is a door
By which we reach new fields
Of service for God and fellow man:
A door by which we can explore
Wide spheres of usefulness
Our world to bless'
And reap the sheaves God's word of
witness yields.

The new year is a task
Set by the Master of our souls,
A little part of our life's work below:
And so we ask holy wisdom which
alone controls
Our labour, teaching what and where
to sow:
That the year, at its end,
May show God's glory and man's
profit blend.

The new year is a book
With many pages, and as yet all
white
On which to write
The history of thought, and deed, and
word
In this new group of days.
We pray thee, Lord,
As thou shalt look upon the book,
When written over,
may all be to Thy praise.

I am the New Year

I am the new year. I am an unspoiled page in
your book of time.

I am your next chance at the art of living.

I am your occasion to practice what you have
learned about life during the last twelve
months.

I am your opportunity to renew your allegiance
to Him who said, "Behold, I make all things
new." I am the new year.



Thoughts for the New Year

The new year lies before you
Like a spotless tract of snow;
Be careful how you tread on it
For every mark will show.

Some New Years Wishes for You

During the new year may you have:

Enough happiness to keep you
sweet.

Enough trials to keep you strong.

Enough hope to keep you happy.

Enough failure to keep you humble.

Enough friends to give you
comfort.

Enough determination to make
each day better than the day
before.

Faith makes everything
possible

Hope makes everything
work.

Love makes everything
beautiful.

May you have all the
three as you begin
each new day.



Diocesan ACW Executive 2022—2023

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The Rt. Rev. Steve London

Chaplain *

President

Elaine

Past President

Judy

Vice Presidents

First—Vacant

Second—Vacant

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Margaret

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

Betty Ann

Diocesan ACW

c/o Anglican Diocese of
Edmonton

10035 – 103 Street NW
Edmonton, AB T5J 0X5

email:

acw.dioceseofedmonton@gmail.com

Diocesan ACW Report

Hello! It doesn't seem possible that the season of Advent is just around the corner. May Advent be a season of anticipation and rededication as we once again prepare our homes and hearts for Christmas.

This is the perfect opportunity to invite you to celebrate Holy Eucharist with us at the cathedral on the first Thursday in Advent, Dec. 7 at noon. This is a sung service and always is a time of glorious music, visiting with old friends and meeting new ones. After the noon service we will convene in the Narthex for a "brown bag" lunch (bring your own lunch) with coffee, tea and dessert provided. If you have some extra socks or mitts (hand-knit or store-bought) to give away bring them along. They will be gifted to city warming centres for the homeless.

I usually take charge of bringing the dessert for this luncheon. If you are in an ACW group who is making Christmas baking as a fundraiser, would you please let me know? I would love to serve your goodies.

This Fall I, along with others from the Diocesan Board were privileged to attend 3 ACW functions. In September the ACW Yellowhead/West Edmonton Regional meeting was hosted by St. Augustine's Parkland in Spruce Grove. The keynote speaker was Rev. Shelly King, continuing the message she gave at the Diocesan AGM in May. It was also a good-bye as she and Rev. Richard King were packed and ready to return to the UK. We wish them well. Thank you to Yellowhead/West for their warm hospitality.

It was an excellent day. In October the Regional meeting for Whitemud/Battle River was held at Immanuel Parish in Wetaskiwin. It was another excellent day with guest panelists sharing information and experiences about Women's Shelters in the Wetaskiwin area, and the need for additional shelters throughout the province. Well done Immanuel, Wetaskiwin and thank you for the delicious charcuterie board lunch. And on the last Saturday of October I, along with a full house of other ladies enjoyed High Tea at Good Shephard parish. A charming and yummy time was had by all.

Our Regions and individual parishes never fail to host fabulous events. It is so heart-warming to see (and hear) the friendship and laughter being shared. In response to our commitment to "reshape" our ACW for opportunities for more fun and fellowship, your ACW Executive is suggesting we try something different for our Diocesan Annual Meeting in May. The business meeting is the actual purpose of the AGM, and so it would be held via Zoom on Friday evening May 3, 2024 to allow members throughout the Diocese to be present. The next day, Saturday May 4 we would then take a tour within our Diocese with frequent stops for points-of-interest, lunch, tea, shopping, chatting and maybe singing along the way – similar to the city tours enjoyed at National ACW conferences! Former presidents among us will remember how much fun these tours are. I am looking for ideas. If you are interested in helping to plan this day – May 4, 2024 – please do get in touch with me. Finally, may you infuse this Advent season with hope, peace, joy and love, and in everything you do – every gift sent, every meal shared, every concert enjoyed, every greeting given and received—may it be a reminder to prepare space in your heart for coming of our Lord. Amen.

"Commit your work to the Lord, and your plans will be established." –

Proverbs 16:3 ·

Elaine, President acw.dioceseofedmonton@gmail.com

Life Member Report

Snow came early but thankfully did not stay. The fall weather has given us a chance to do yard work that was delayed and for putting up Christmas lights. Getting ready for the season, which feels like it's coming quickly. The stores have everything Christmas out and the concerts are being advertised. Seems like my calendar is filling up already, feeling blessed to have so much to do.

The board met in June and September by Zoom. The feedback from the May Annual Meeting lead us into discussion at the board level on ways to help our A.C.W.'s re-focus on more ways to have fellowship and fun other than having fundraising as the main focus.

St. Augustine's Parkland hosted a regional meeting in September, I was unable to attend as our parish, St. Columba in Beaumont was celebrating our 40th anniversary. Greta Baggs from St. Augustine's received her life membership pin and certificate after the regional in a service at church. A few years back a life member in my parish received her pin/certificate during a church service and her family was there to support her. The rest of the parish was given a glimpse into the lifelong work of a life member. The regional meeting held in October at Immanuel, Wetaskiwin was a wonderful day and so well planned. Rector Matheson lead the service and spoke about the history and importance of A.C.W. Four ladies received their life member pins and certificates: Linda Ortlaf and Bonny Graham from Immanuel and Shelia Fairless and Sandra Dobson from St. Andrew's Camrose. It is an honor and a humbling experience to meet these women who have given untold hours to their parishes. A panel of speakers from women's shelters was so informative and helped build awareness on taking action against domestic violence. Lunch was delicious. St. Andrew's, Camrose will be hosting next year.

A big thank you to Mary Jean Locock for preparing and printing the life member certificates, they always look so professional.

Sadly, Kay Roe has passed away. She was from Emmanuel, Gibbons and a life member.

Let us lift up hearts full of thanksgiving for a life well-lived and for work well done. May she rest in Peace.

I would like to wish all our A.C.W. members and their families a very Merry Christmas and may your New Year be filled with God's love and joy.

May God Bless

Tracey Life Member Secretary

Whitemud/ Battle River Regional Meeting

On October 14th, Immanuel Anglican Church welcomed 26 ladies from Wainwright, Beaumont, Camrose, Ponoka and Wetaskiwin for the Whitemud/Battle River Regional ACW Meeting. Our theme - "Building Awareness and Taking Action Against Domestic Violence".

We were pleased to welcome members from the Battle River Region as this is the first year of our amalgamation.

Four ladies were inducted into Life Membership at the Eucharist, led by Reverend Hugh, followed by a soup and charcuterie board lunch. Dessert, a beautiful cake decorated with the theme of the day, was brought by the ladies from Beaumont.

A panel of speakers from the Camrose and Ermineskin Women's Shelters, as well as the Wetaskiwin and Maskwacis Victim Services spoke to their areas of expertise, then fielded questions from the group. The offering was divided between the four groups.

A short business meeting with sharing of each area's 2022-23 activities ended the day. As always, the fellowship of old and new friends blessed all who attended.

(Recipe requested from the charcuterie board lunch)

MacLAREN'S COCKTAIL CHEESE COINS

1 tub MacLaren's Imperial Sharp Cold Pack Cheddar Cheese

½ cup oil 1 tsp Worcestershire Sauce

1 ¼ c flour 2 tsp dry mustard

2 cups rice crispy cereal

Heat oven to 325 degrees

Beat cheese and oil until well blended.

Add Worcestershire sauce and mustard; mix well. Add flour gradually until well mixed. Fold in cereal.

Drop by teaspoonful onto greased cookie sheets.

Bake 15 minutes or until lightly browned.

Cool 3 minutes; remove to wire racks to cool.

Serve with currant or gourmet red pepper/chili jelly.

Yellowhead/Edmonton West Regional ACW Meeting

September 16, 2023 at St. Augustine's Parkland Anglican Church

The morning started with coffee, fresh from the oven muffins and fresh fruit. Eucharist was led by Rev, Kevin followed by Speaker Rev. Shelly as one of her last activities as they return to England to live.

President, Karen, called the meeting to order at 12:45pm and all were welcomed and thanked for coming.

Diocesan President Elaine brought greetings from the Diocesan Board and explained that this could be our last meeting together as the Diocese is realigning parishes into 4 regions.

Board Members board members in attendance: Judy - Past President, Margaret - Recording Secretary, Gen - Treasurer, Kathy - Social Action, Melissa - Book of Remembrance and Lone Members, Willa - In Touch, Elaine is also Corresponding Secretary.

Roll Call - Total 39 present

Offering - it was explained that Rev, Shelly, our morning speaker, was given the opportunity to choose where our offering for the day would go. Shelly's mother passed recently and Shelly asked that the offering go to the Alzheimer Society in memory of her mother. The offering of \$292.00 was sent to the Alzheimer Society.

Future Meetings - the ACW at St. Augustine's feels that a Eucharist should be included with future gatherings whether they are meeting format or social occasions. We will decide the where, when, and format once the alignment of regions is complete.

Dispersal of Funds - There has been \$200.00 forwarded from host to host for several years and start-up expenses are greatly reduced by using social media to send out information so the \$200.00 is not touched. We have ladies in our Diocese who have had to evacuate because of the wildfires and PWRDF has set up a special fund for Emergencies Within Canada. We would like to donate that \$200.00 to this fund to show our support of our members who have dealt with the fires. The floating \$200.00 fund was donated to PWRDF for it's Emergencies Within Canada fund.

Other: Beth-Anne thanked everyone for all the meetings and memories shared over the years. She slipped in a couple of chuckles!

Willa asked that we subscribe for our individual copy of In Touch as the money will help pay for copies sent to churches, help a printer, help a postman and save the stamps for the Canadian Bible Society to help fund their programs.

Sing Song - A list of 15 hymns was handed out and ladies called out the number of the hymn they wanted to sing. Andrea provided the music for several choices.

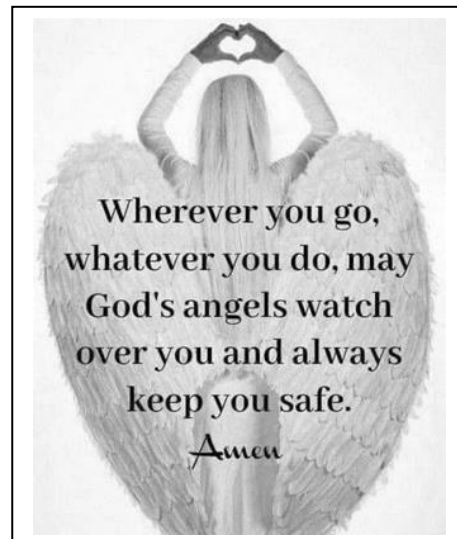
The meeting with everyone joining in The Grace.

Christmas Pepper Appetizers

1 pkg Stove Top Stuffing Mix (Chicken or Turkey)
1/4 c each red & green pepper chopped
1 c shredded Mozzarella or 4 Italian Cheese
1 egg

Prepare Stuffing as directed. Cool and stir in egg.
Press into a greased 8" square pan
Top with peppers and then cheese. Bake at 375 for 15 minutes Cool 5 min Cut into small squares & serve.

Quick & easy - red & green



*Point me to
small, good
actions,
dear God,
that make a
big
difference in
me for You.*

From the Chaplain

Shalom

As I pondered on what to write for this coming season of Advent, Christmas, and Epiphany, I started to focus on the word, Peace. This is entirely natural given the ongoing war between Russia and Ukraine and now the conflict between Israel and Hamas. The Bible verse that came to mind was Isaiah 9:6: “For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.”

As I looked through the various translations, I happened across The Messenger. It translates “Prince of Peace” to “Prince of Wholeness.” My mind fixated on this. I have always known that the Hebrew word we translate as “peace” is “Shalom.” I have also known that Shalom is so much more than just peace. Shalom paints a picture. The picture is of the Kingdom on Earth as it is in Heaven. In other words, we are to strive on Earth to bring about a true reflection of Heaven – God’s realm. We pray this every Sunday. To fully paint this picture would require more room than what I am allotted here. Here is a link to a fuller explanation:

<https://www.myjewishlearning.com/article/shalom/> . I will warn you, it is quite lengthy. You may only want to read the first few paragraphs.

A few years back, the parish I was serving was presented with a Peace Candle. You can read about the Peace Candle here: <https://www.stirlingmethodistchurch.org.uk/news/39-the-peace-candle> .

I have always felt Shalom starts with us. There is not a lot you or I can do about Shalom in terms of what is happening in the wider world. There is certainly a lot we can do in our hearts and in our immediate spheres of influence. This Advent is the perfect opportunity to do a lot of heart-searching as to areas where we don’t practice Shalom, the reasons why, and actions to change it. Christmas and Epiphany are the perfect times to put any plans we make regarding Shalom into practice to develop habits that will guide us through the remaining year and beyond.

I suggest that we find a special candle that speaks to us of peace. Starting on the first Sunday of Advent and continuing each day of Advent and beyond, let us light that candle using the collect in the Peace Candle link: *“Lord Jesus Christ, who brought peace by the shedding of your own blood, grant us peace in our hearts; inspire us to be peacemakers, and give us courage to face the pain of the world with hope; that peace and justice may triumph everywhere. Amen.”*

Each day we can reflect on what this means to us and how it calls to us. Shalom or Wholeness, Completeness will not come without action on our part. Advent is also the opportunity for us to work out a lifetime commitment to Shalom in our own lives and our own spheres.

The Book of Remembrance

Name	Book	Page
Darlington, Caltha Lorraine	...2.....	49
Dittman, Elsie Annabelle.....	2.....	36
Hutchison, Florence 2	47
Innocent, Emma G. 2.....	41
Jackson, Ruby Olive 2.....	30
Morley, Margaret Winnifred	..2.....	45
Morrison, Deloris 2.....	48
Murray, Jeanette Florence 2.....	39



2 MINUTE GINGERBREAD CAKE IN A MUG

INGREDIENTS

1–1/2 tablespoons butter	2 tablespoon sugar
1/8 teaspoon vanilla extract	1 tablespoon molasses
2 tablespoon milk	1/4 cup all-purpose flour
1/4 teaspoon baking powder	1/4 teaspoon cinnamon
1/4 teaspoon ginger	pinch of salt & pepper

INSTRUCTIONS

In a microwave-safe mug, microwave the butter until melted, about 30 seconds. Swirl around the sides of the mug. Add to the mug the sugar, milk, vanilla, and molasses; stir until smooth. Then stir in the flour, baking powder, cinnamon, ginger, salt, and black pepper until completely combined. You will want it to resemble a simple cake batter. If it’s too thick, add a bit of milk. If it’s too runny, add a bit of flour. Microwave the cake for about 1 minute to 1 minute 30 seconds (90 seconds) depending on your microwave. Check to make sure it’s done, top with a dusting of confectioners’ sugar, ice cream, or whipped cream.

Puzzle Page & Past Time Pursuits

REVERSIBLE KNIT LAP BLANKET

Bernat® Softee® Chunky Twist™ (10.5 oz/300 g; 316 yds/289 m) Taupe Twist (10007) 2 balls; Size U.S. 11 (8 mm) circular knitting needle 36" [91.5 cm] long or size needed to obtain gauge. Stitch markers

ABBREVIATIONS Approx = Approximately Cont = Continue(ity) K = Knit P = Purl Pat = Pattern Rem = Remain(ing) Rep = Repeat RS = Right side St(s) = Stitch(es) WS = Wrong side

MEASUREMENTS Approx 36" [91.5 cm] wide x 48" [122 cm] long. GAUGE 11 sts and 14 rows = 4" [10 cm] in stocking st.

INSTRUCTIONS Cast on 96 sts. Do not join. Working back and forth across needle in rows, proceed as follows: Knit 3 rows (garter st), noting 1st row is WS. Proceed in pat as follows (see Chart on page 2): 1st row: (RS). K3. Place marker. (K1. P1. K3. P4) 10 times. Place marker. K3. 2nd row: K3. Slip marker on this row and following rows. (K4. P3. K1. P1) 10 times. Slip marker on this row and following row. K3. Markers are in position to indicate section of Blanket worked in pat rep. 3 side sts at each end are worked in garter st throughout (knit every row). 3rd row: K3. (P1. K1. P1. K3. P3) 10 times. K3. 4th row: K3. (K3. P3. K1. P1. K1) 10 times. K3. 5th row: K3. (P2. K1. P1. K3. P2) 10 times. K3. 6th row: K3. (K2. P3. K1. P1. K2) 10 times. K3. 7th row: K3. (P3. K1. P1. K3. P1) 10 times. K3. 8th row: K3. (K1. P3. K1. P1. K3) 10 times. K3. 9th row: K3. (P4. K1. P1. K3) 10 times. K3. 10th row: K3. (P3. K1. P1. K4) 10 times. K3. 11th row: K3. (K1. P4. K1. P1. K2) 10 times. K3. 12th row: K3. (P2. K1. P1. K4. P1) 10 times. K3. 13th row: K3. (K2. P4. K1. P1. K1) 10 times. K3. 14th row: K3. (P1. K1. P1. K4. P2) 10 times. K3. 15th row: K3. (K3. P4. K1. P1) 10 times. K3. 16th row: K3. (K1. P1. K4. P3) 10 times. K3. 17th row: K3. (P1. K3. P4. K1) 10 times. K3. 18th row: K3. (P1. K4. P3. K1) 10 times. K3. These 18 rows form Texture Pat. Cont in Texture Pat until work from beg measures 47" [119.5 cm], ending on a WS row. Knit 3 rows. Cast off knitwise. (WS).

ALMOND SQUARES

BASE

1 cup flour

1/2 cup margarine

2 TBSP icing sugar

Combine until crumbly. Press into 9x9 pan lined with foil and sprayed with PAM. Bake @ 350 F for 10 mins.

TOPPING

4 tsp margarine

1 cup flaked almonds (1 pkg)

1/4 cup whipping cream

1/2 cup brown sugar

1 tsp vanilla

1/4 cup corn syrup

Combine in medium saucepan. Bring to a boil. Boil for 5 mins, let cool for a couple of minutes. Pour over base.

Bake for an additional 15 mins @ 350 F.

Puzzle

CHRISTMAS - SPEAKER PLEASE

1. God bless us, every one.
2. We saw his star in the east and have come to worship him.
3. Just because my nose glows, seems I don't fit in.
4. It came without tags! It came without packages, boxes or bags.
5. Yonder peasant, who is he? Where and what his dwelling?
6. I will honour Christmas in my heart, and try to keep it all the year.
7. Isn't there anyone who knows what Christmas is all about?
8. Will you buy my hair?
9. A solitary child, neglected by his friends, is left there still.
10. Don't you cry; I'll be back again someday.

*And now, dear God, what can I do
for you? An English child*

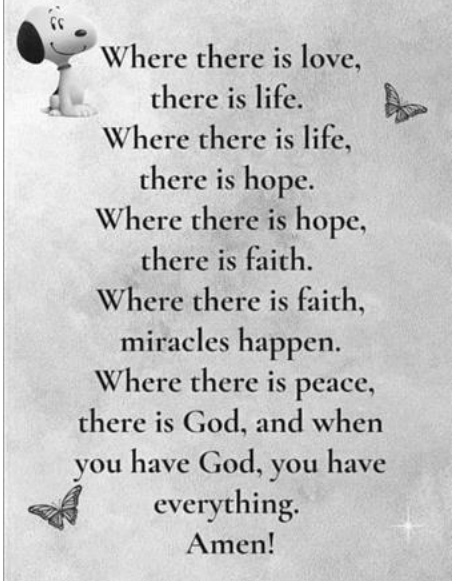
ACW Holy Eucharist

The ACW's annual Holy Eucharist service is at the Cathedral 10035 – 103 Street NW Edmonton on the first Thursday in Advent, Dec. 7 at noon. This is a sung service so bring your voices! (This is our St. Andrew's Day service.)

Bring a lunch with you and after the service we can visit in the Narthex and eat our lunches.

Coffee, tea and water and dessert will be provided. Bring your used Stamps also.

We look forward to seeing you on Thursday Dec. 7. Everyone is welcome - bring family & friends and enjoy the Cathedral Choir.



Social Action

There has certainly been a lot of talk these days about the rising cost of living and the struggle that causes for so many people. “The Food Banks Canada Hunger Count report” recorded a 73% increase in food bank use across Alberta between 2019 and 2022 – the proof that making those grocery budget dollars stretch between pay periods has become harder and harder.

Food banks in all of our communities are asking for whatever help you can provide and you may be wondering how to make the most out of whatever help you can give. Here are a few tips that might help you get the most from those donations.

First, be assured that whatever help you can give, from a single can of food to a bigger gift, it is always appreciated. No donation is too small!

Second, when you are grocery shopping, if there is something you need for your pantry, chances are it will be needed by someone else receiving from the food bank. Think healthy, non-perishable food whenever possible.

Next, I know that you are very savvy shoppers! Looking for those sale prices and comparing cost savings between brands and sizes is something you do on a regular basis for your own shopping. Those same advantages apply when you are looking for what to donate so go ahead and take advantage of that if you are planning to donate anything from your grocery run.

And finally, I know you have heard the phrase “cash is king” when it comes to donations. That may sound a little crass and might need some explanation. Cash donations are needed to purchase perishable items for those food boxes. Things like milk, eggs, meat and fresh produce are important at the foodbank and are most efficiently purchased through bulk orders from cash donations. Staff can also be great shoppers and have great connections with the local retail grocery stores who help them keep watch for sales and deals on bulk buying items.

I hope these ideas have helped you a little when it comes to considering what to put into that food donation box. I know that the recipients appreciate the help given with their foodbank box.

Respectfully submitted,
Kathy Social Action Secretary

"Blessed is the season which engages
the whole world in a conspiracy of love."
Hamilton Wright Mabie

O Lord, help us to be masters of ourselves
that we may be servants of others.
Alexander Henry Paterson (1884-1947)

Upcoming Events

- ACW Communion Thurs. Dec. 7 All Saint's Cathedral Noon see pg.
-
- Choral Lessons & Carols Sun. Dec, 3 All Saints Cathedral 7pm

Postage Stamps: please remember to save all the used postage stamps you receive and turn them in (at an ACW Event would be great). We pass them on to the Canadian Bible Society who sell them and use the money to fund their programs.



From Willa

Can you make it to two trips to the Cathedral in one week? On Sunday Dec 3 is the usual Coral Evensong for the month of December but this week it will be Lessons & Carols. Then on Thursday we join the Cathedral for their noon time Holy Eucharist again with the choir. This is our yearly St. Andrew's Day service for the ACW. I hope many of you can make these services, especially Thursday. We hope it is not -30 like it has been the past 2 years. Thursday remember your bag lunch for a visit after service.

A wonderful time was had by many at the High Tea hosted by Good Shepherd on Oct. 28. A number of ladies were finely dressed with hats on. If you need a hat for any occasion try the new shop at Londonderry mall right next to Stokes on the second floor. It is called CHM. I have been in trying on hats - maybe will have one for Dec. 7.

Wishing you All a Merry Christmas and a Happy Healthy New Year

Faithfully
Willa

*May all the
Happiness of
CHRISTMAS
be yours to enjoy
with those you Love.*

Puzzle Answers

- 1-Tiny Tim
- 2-The tree Wise Men
- 3-Rudolph the Red-Nosed Reindeer
- 4-The Grinch
- 5-Good King Wenceslas
- 6-Ebenezer Scrooge
- 7-Charlie Brown
- 8-Delia (Young)
- 9-The Ghost of Christmas Past
- 10-Frosty the Snowman

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Be In Touch

We welcome all submissions. The Editor reserves the right to edit submissions selected for publication. Send submissions and queries to:

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email: acw.dioceseofedmonton@gmail.com

Next deadline for submitting articles is February 15, 2024

Deadline Dates for Life Member Applications

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

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

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Life Members: Tracey and

Book of Remembrance: Melissa

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