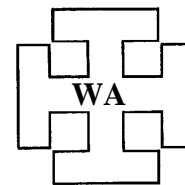


IN TOUCH

DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

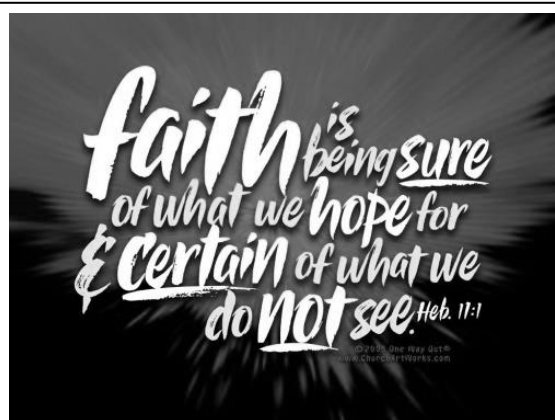


MARCH 2024

Faith

Faith, as defined in the book of Hebrews in the Bible, is "the assurance of things hoped for, the conviction of things not seen,"

Faith in the *New Webster's Dictionary* is "Faith, *n* Believe; trust; confidence; conviction in regard to religion; system of religious beliefs; strict adherence to duty and promises; word or honour pledged."



Romans 1:17

"For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: 'The righteous will live by faith.'"

Give to us more faith.

We have so little . . . we say.

Yet we have faith in each other – in checks and banks,

in trains and airplanes, in cooks,

and in strangers who drive us in cabs.

Forgive us for our stupidity,

That we have faith in people whom we do not know,

And are reluctant to have faith in you who knows us altogether.

Peter Marshall

. . . (Lord,) I do believe; help me overcome my unbelief!

Mark 9:24 (NIV)

Ephesians 2:8-9

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Matthew 21:22

"And whatever you ask in prayer, you will receive, if you have faith."



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***Lone Members** Appointed

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Diocesan ACW Report

President's Report by Elaine Dickie

Hello and welcome to the season of Lent. This somewhat sombre time in the church's calendar is always made better with the joy of Easter to look forward to at its end. And then for we ACW, that means Annual Meeting time isn't far away.

This year your ACW Board is proposing we do things a bit differently. We will hold the Business Meeting portion of the Annual Meeting on Friday May 3rd at 1:30pm using Zoom. ACW Chapters will send their annual dues, Life Members their donations, and otherwise there is no cost to the Business Meeting except your time. ACW Chapters may choose whether their members sign up for Zoom individually or if they plan to get together to Zoom. My ACW Chapter is planning to have lunch together and then participate in the Zoom meeting as a group. Then the "fun with friends" part of the Annual starts.

On Saturday morning, May 4th we will begin our day together at St. Augustine's Parkland for coffee and muffins followed by a Communion Service.

We will then head out on a bus, if there are enough of us to warrant a bus, or by carpooling. We will visit interesting places in Spruce Grove and Stony Plain – the Woodland Quilt Shop, Rags to Riches, Jo's Yarn Shop, One Man's Treasure – we haven't time to visit them all, but we can decide which ones once we know how many are coming and where their interests lie.

Then it is off to Lac Ste Anne and a drive around the lake to the Pilgrimage Site, for a picnic lunch and then to the heritage church of St. Aidan & St. Hilda, where their resident historian will provide a delightful rendition of their parish's beginnings.

We will complete the day back in Spruce Grove at the Heritage Centre for afternoon tea and then a quick ride back to St. Augustine's for you to collect your ride home at about 4pm.

Cost is estimated to be \$35 per person. This may vary slightly depending on the size of bus needed. Wouldn't it be wonderful to fill an entire big bus! It promises to be a fun and friend-filled day.

I do hope you will be joining us. To help with final plans, please let me know as soon as possible that you are interested in coming and I will send you a registration form. Elaine 780-967-4836 (phone or text), or email at acw.dioceseofedmonton@gmail.com.

Also important to share is this year's World Day of Prayer on March 1, 2024. A number of parishes are hosting services. A list is posted on the Diocesan website and in Synod Scene. It is also available online now – simply type World Day of Prayer 2024 into Google or your search engine and a complete online service, along with online resources is provided for you. All online resources are free of charge. This year's service is particularly apt - it has been prepared by Christian Palestinians about Palestine, praying for both Palestine and Israel. The Christian women of Palestine were asked in 2018 to write this service. God's timing is always amazing, isn't it?

Continued on Page 3

Continued from page 2

And finally, I pray that your Lent and Easter season is one of growth and revelation as you take every opportunity to speak kindly with each one you meet “so they may know us by our love”. May the many blessings of God’s peace and love sustain you always.

Life Members

Greetings to all A.C.W. members as you enjoy this edition of InTouch for March. Hoping you, your family and church family are doing well and have made it through another Alberta winter. It is lightly snowing now but I’m sure the weather will change in five minutes. Some of us at our church are helping to organize the World Day of Prayer in our community. The A.C.W. board has had Zoom meetings and I am looking forward to our Diocesan meeting in May with a different format.

We offer prayers for our life members who have passed away:

Margaret Estey and Eileen Cust/Hanna both from St. Augustine’s Parkland in Spruce Grove. Let us lift up hearts full of thanksgiving for a life well-lived and for work well done, may they rest in peace.

Today is Ash Wednesday and Valentine’s Day. I look forward to our season of Lent but today thinking all about love. One of my favorite hymns is “The Love of Jesus Calls Us”. The poetry of the last verse speaks to me today. *“The love of Jesus calls us, in swiftly changing days, to be God’s co-creators in new and wondrous ways; that God, with men and women, may so transform the earth, that love and peace and justice may give God’s kingdom birth.*

May this Lenten season provide you with quiet times of prayer and reflection as we journey towards the cross and a joyous Easter time.

May God Bless

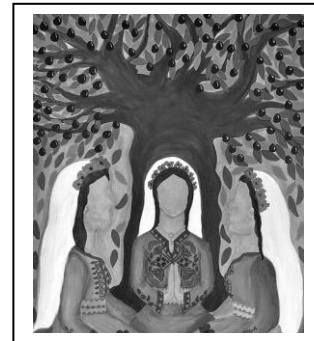
Tracey Fodchuk

Life Member Secretary

To Please God Requires an Active and Obedient Faith

“Faith comes from hearing the message, and the message is heard through the word of Christ.”
(Rom 10:17)

Why is it essential for every Christian to grow and mature in faith? It is essential because in the Book of Hebrews 11: 6, it is written that *“No one can please God without faith.”*



World Day of Prayer 2024

I am writing on behalf of the Anglican Church Women (ACW) of Good Shepherd Anglican Church to extend a warm welcome to our celebration of the 2024 World Day of Prayer written by the women of Palestine. Our celebration is on Tuesday March 5 at 2pm. Everyone is welcome.

Blessings

Margaret Warwick

Good Shephard Anglican Church Women (ACW)

Road Trip!

Diocese of Edmonton ACW travels WEST on May 4 for a fun day visiting with one another and the west end of the Diocese.

Itinerary for Day 2 of the Annual Meeting - the fun part

Arrive at St. Augustine Anglican Church, Parkland in Spruce Grove for coffee, muffins and Communion Service.

Hop on bus for tour of:

- stores and curiosity shops in Spruce Grove and Stony Plain.
- scenic drive along Lac Ste Anne shore with stop at Pilgrimage Site for picnic lunch.
- the little church of St Aidan & St. Hilda and be entertained by local historian with stories and tall tales of the area
- Stony Plain Heritage Museum for afternoon tea.

Returning back to Spruce Grove by 4pm to catch your ride home.

Cost is estimated at \$35 per person. It promises to be a fun and friend-filled day. *All aboard!*

Contact Elaine to register: 780-967-4836 phone or text, or email at acw.dioceseofedmonton@gmail.com

Northwest Regional ACW Meeting

(formerly Yellowhead/Edmonton West)

Is it too early for announcing our Regional meeting but (Hold the date).

It will be Sept 21, 2024. Further Details next issue

Karen

A Message from the Social Action Secretary about **Project Linus**

Thank you, Margaret, for suggesting I check out this charity. It sounded so interesting that I thought I would pass along the information in this edition of *InTouch*.

Project Linus is a non-profit organization which makes and donates blankets to charities. There are 2 local chapters, one in west Edmonton and one in Sherwood Park, which support charities in the Edmonton region. The west Edmonton chapter is partnered with Kids Kottage, the Sexual Assault Center (the Zebra center), the Center for Immigrant Women, and Crime-Informed Support Services. In 2023, they made and delivered 378 blankets to those agencies. These blankets can be knitted, crocheted, sewn, or quilted with all materials and labor as donations of love.

The west Edmonton group meets monthly and would be glad to accept any finished projects ready for donating as well as material, batting, and yarn to be used by members. If you would like more information on that monthly meeting or if you have anything you would like to donate, please let me know and we can arrange to meet.

For more information on this charity, please check out the national website at <https://projectlinuscanada.org/>

The “become a blankateer” section of the website has guidelines, tips, and sizes for blankets for preemies, newborns, toddlers, and teens.

Submitted by

Kathy Budd

Social Action secretary

Diocese of Edmonton ACW

God's Still Small Voice

On Sunday, our deacon started his preaching with a story about a pocket watch. A young lad, Paul, went to spend summers with his grandfather. Paul was fascinated by his grandfather's pocket watch. He would carry it with him everywhere while he visited. One afternoon, Paul was playing in the hayloft. It was a hot sunny day and Paul became tired. He rested in the hay. After a while he wondered what time it was and reached into his pocket for his grandfather's pocket watch. It was gone. Sometime during his play, the watch had fallen into the hay. Paul was frantic. He grabbed a pitchfork and started to look for the watch. Finally, exhausted, with no pocket watch in sight, he sank into the hay. As he lay there in the silence, he heard a tick, tick, tick.

As our deacon spoke, 1 Kings 19:11-13 came to my mind (and the deacon did relate his story to this shortly after this thought). This is where Elijah goes out on the mountain to meet the Lord. He is listening for the voice of God. It is not in the strong wind, earthquake, or fire that he hears God. It is in the silence after these that Elijah hears the still small voice of God.

I remember getting a call from the family of a parishioner who was ill and in the hospital. I had been so sure that this parishioner would recover from the illness. The family was calling to ask me to come into the city as their loved one was dying. I remember ending the call and going into the empty sanctuary of the church. There I cried out in anger to God, tears streaming down my face. How could such a wonderful person be dying before their time? What kind of God would allow such a thing? Why was this be happening? Finally, spent and cried out, I sat on the floor. In the silence that followed, God spoke to me, giving me a message to take to God's beloved child to help them in the dying process.

I think Lent is a season that gives us the time to sit in silence to listen for the still small voice of God. It is winter when everything is sleeping. Our gardens are not calling to us. Our to-do list is hopefully, smaller than in the spring, summer, or autumn.

I wrote last year about the practice of fasting through Lent. This period of fasting is the perfect time to sit and listen for the still small voice of God. It is the time to develop the year long habit of sitting in stillness and opening our ears to the voice of God.

Often our time with God gets filled with us speaking. We are so busy telling God what we think, what we need, what we want, we forget to listen to God's wisdom on it all. Let us take this opportunity to sit in stillness and listen for the still small voice.

Love and Prayers,
Ann Marie

In order to grow and mature in faith, we should do our best to take the time to pray, to read the Word of God, to meditate on it, and practice it. When we pray, we talk to God; when we meditate, God speaks to us, and that is when we should listen to Him and choose to obey Him.

Happy New to all my ACW Sisters. First of all thank you for your recent support in the loss of my eldest daughter, Sandy. On September 29, 2023. Just getting over being sick to start 2024. I am feeling much better.

I am doing catch up on who has a Prayer Partner of not in the near future there will be a completed list.

So far this winter has been different but needless to say it is not over.

May 2024 brings us a year filled many blessings, love, hope and peace.

God bless each one of you.

Sandra - Prayer Partner Secretary

sgarbeau@gmail.com

Only phone contact now Cell number: 780-863-4241

Puzzle Page & Past Time Pursuits

KNIT HAT

Patons® Highland Bulky™ (3.5 oz/100 g; 83 yds/76 m) Main Color (MC) Sizes U.S. 10½ (6.5 mm) and U.S. 11 (8 mm) circular knitting needle 16" [40.5 cm] long. Set of 4 size U.S. 11 (8 mm) double-pointed knitting needles or size needed to obtain gauge. stitch marker. tapestry needle.

ABBREVIATIONS Alt = Alternate ,Beg = Begin(ning), K = Knit, K2tog = Knit next 2 stitches together, Pat = Pattern, P = Purl, Rem = Remaining, Rep = Repeat, Rnd(s) = Round(s), Ssk = Slip next 2 stitches knitwise one at a time, St(s) = Stitch(es), WS = Wrong side

SUPER BULKY 6 SIZE One size to fit Adult GAUGE 11 sts and 14 rows = 4" [10 cm] with larger needles in stocking st. INSTRUCTIONS Ribbing: With smaller circular needle and MC, cast on 56 sts. Join in rnd, placing marker on first st. 1st rnd: *K1. P1. Rep from * around. Rep last rnd until work from beg measures 2" [5 cm]. Change to larger circular needle. Knit in rnds until work from beg measures 7½" [19 cm]. Pass them back onto left-hand needle, then knit through back loops together. Change to set of double-pointed needles. Shape top: 1st rnd: *K2tog. K10. ssk. Rep from * around. 48 sts. 2nd and alt rnds: Knit. 3rd rnd: *K2tog. K8. ssk. Rep from * around. 40 sts. 5th rnd: *K2tog. K6. ssk. Rep from * around. 32 sts. 7th rnd: *K2tog. K4. ssk. Rep from * around. 24 sts. 9th rnd: *K2tog. K2. ssk. Rep from * around. 16 sts. 10th rnd: *K2tog. Rep from * around. 8 sts. Break yarn leaving a long end. Thread end through rem sts and fasten securely.

(hope you understand where rows 4, 6, & 8 went as this is how the pattern was written.)

RHUBARB IMPOSSIBLE PIE

This very easy Rhubarb Impossible Pie comes together in a flash. The custard filling is made in the blender and a crust magically appears on the bottom while baking. (maybe rhubarb in May)

PREP TIME 10 minutes **COOK TIME** 55 minutes

Ingredients

3 cups rhubarb, chopped	3 eggs
1/2 cup Bisquick	3 Tbsp. melted butter
1/4 tsp. salt	1 tsp. cinnamon
1/4 tsp. nutmeg	1 1/4 cups sugar
1 tsp. vanilla extract	1 cup milk

Streusel Topping

2 Tbsp. butter, cold	1/2 cup Bisquick
1/4 cup brown sugar	1/2 tsp. cinnamon
1/4 cup walnuts, chopped	

Instructions

Preheat oven to 375F. Grease a 10" pie plate.
Place rhubarb into pie pan.
Blend the eggs, Bisquick, melted butter, salt, cinnamon, nutmeg, sugar, vanilla and milk for 3 minutes in a blender.
Pour the custard over the rhubarb.
Mix together the streusel topping by blending the butter with the Bisquick, brown sugar and cinnamon. Blend until well mixed and then add in the nuts. Sprinkle on top of the pie.
Bake for 45-55 min. or until set in the center. Cover with tin foil if it is getting too browned.



MOSES

1. Why did his mother set him adrift on the Nile?
2. Who found him?
3. what serious crime did Moses commit?
4. In what form did God first speak to Moses?
5. What was the final plague on Egypt?
6. The departure of the Israelites from Egypt is known as _____.
7. Who were Miriam and Aaron?
8. How long did Moses stay on Mount Sinai?
9. What major religious text is attributed to Moses?
10. Who was Jochebed?

St. Augustine's Parkland ACW

It is with saddened hearts we announce the passing of two Life Members into Higher Service.

- Margaret Estey, served as ACW Lone Member Secretary for many years. She will be remembered as an avid volunteer with numerous organizations in the Stony Plain area as well.

Margaret is described, by friends, as a powerhouse, when it came to serving church and community.

- Eileen(Cust) Hanna went into higher service after a brave battle with Cancer. Eileen was very proud to become a Life Member and served proudly in ACW plus spent many hours volunteering in various Stony Plain organizations.

Rest In Peace ladies and know you will be missed and have encouraged others about the importance of serving.

Respectfully submitted,
Karen Calder

Give me the faith to ask knowing that I shall receive.

Give me the faith to seek, believing that I shall surely find.

Give me the faith and the persistence to knock,
knowing that it shall be opened unto me.

Peter Marshall

Here are some suggestions to help us grow and mature in faith: May we

1. Take the time to read about our heroes of faith in the Bible in Heb. 11;
2. Pray to God and study His Holy Word; and
3. Put our faith into action by putting the Word of God into action.

A Message for our Knitters & Crocheters from the Social Action Secretary

Craft for YEG is a crafters group which supports Edmonton and area residents in need. This group of knitters and crocheters create and donate items to schools, hospitals, family resource centers, women's shelters, cancer charities, the homeless and companion animal rescues. Items are collected, sorted and distributed every 3 months with a spring collection coming soon. I already have a bag of lovely knitted and crocheted items that I will be donating on behalf of the Diocesan ACW crafters. If you have any other items that you would like to add, please let me know and I can arrange to meet and get them from you.

For more information on this group, please check out their website at
https://weseniors.ca/whats_new/craft-for-yeg/

Submitted by
Kathy Budd
Social Action secretary
Diocese of Edmonton ACW

*My God, I believe in thee:
increase my faith.*

Book of Remembrance

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Postage Stamps:

did you remember to save all the used postage stamps you received at Christmas. Bring them to the Annual Meeting Day 2. We pass them on to the Canadian Bible Society who use them to fund their programs.

Almighty God, who in thy wisdom
Has so ordered our earthly life
That we needs must walk by faith and not by
sight:
Grant us such faith in thee that,
Amidst all things that pass our understanding,
We may believe in thy fatherly care,
And ever be strengthen by the assurance
That underneath are the everlasting arms.
Author Unknown

From Willa

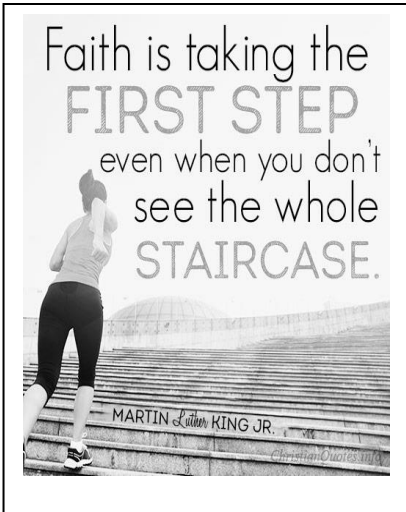
I have heard from a few people that they were using some of the recipes in the December 'In Touch'. I do hope everyone enjoyed them.

Thanks Margaret (from Synod Office) for covering the ACW at the Cathedral on the first Thursday of December in the Messenger. It was a very enjoyable time.

The batter for the Impossible Rhubarb Pie I make just in a bowl and use a wire whisk to mix it. Use a blender if you like, much easier to clean a bowl and wire whisk.

God of our fathers and our God,
Give us the faith to believe in the ultimate triumph of
righteousness,
. . . May our faith be seen in our works. Amen
Peter Marshall

Blessings to each of you
Faithfully
Willa



MOSES ANSWERS

- 1. Male Hebrew children were to be killed.
- 2. Pharaoh's daughter
- 3. Killed an Egyptian
- 4. A burning bush.
- 5. First-born Egyptian males killed.
- 6. The Exodus.
- 7. his older sister and brother.
- 8. Forty days and 40 nights.
- 9. The Torah.
- 10. His Mother.

Deadline Dates for Life Member Applications

Deadlines for applications to be in to have the presentation at:
North West Region (Yellowhead/Edmonton West)(Sept meeting)
..... End of May
South East Region (Whitemud / Battle River /Cold Lake) (Oct meeting)
..... End of May
Diocesan Annual Meeting (May meeting) End of January

Contacts for Life Members & Book of Remembrance

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4801-42 St. Beaumont AB T4X 1H2
Book of Remembrance: Melissa Lee 780-456-9022
17416 - 96th Street NW Edmonton, AB T5Z 2B5

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Next deadline for submitting articles is May15, 2024