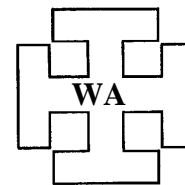


# IN TOUCH



DIOCESE OF EDMONTON  
ACW QUARTERLY NEWSLETTER

SEPTEMBER 2024

## Good Works

*Heavenly Father, please help me represent You well in what I say and do.*



*Holy Spirit, please give me more opportunities to share Jesus with others as I enjoy a meaningful life.*

*Dear Jesus, please help me worship You by expressing love for others through the things I say and do each day.*

**One day at a time** Sweet Jesus  
That's all I'm asking of You  
Just give me the strength to do everyday  
What I have to do  
Yesterday's gone  
And tomorrow may never be mine  
**GOD HELP ME TODAY**  
Show me the way  
One day at a time!



### Good Works

In Titus 3:4-8, Paul reminded believers in Jesus that they weren't saved "because of righteous things [they] had done" (3:5), but they should "be careful to devote themselves to doing what is good" (v. 8; see v. 14). Life can be full, extremely busy, and hectic. Attending to our own well-being can be overwhelming. Yet, as believers in Jesus, we're to be "good-works ready." Rather than being overwhelmed by what we don't have and can't do, let's think about what we *do have* and *can do* as God helps us. In doing so, we get to help others at the point of their needs, and God is honored. "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:16).

What can hinder good-works readiness in your life? How can you reorder your life to be available for helping people who are in need?

*Dear Father, please forgive me for the times I've ignored opportunities to do good. Help me to be more available to help others.*

Paul reminds us that "[God] saved us, not because of righteous things we had done, but because of his mercy" (3:5). We're "justified by his grace" (v. 7). We're not saved *by* our good works, but we're saved so we can *do* good works. Believers in Jesus must "be careful to devote themselves to doing what is good" (v. 8). We're reminded that as "a people that are [God's] very own," we must be "eager to do what is good" (2:14).



## Diocesan ACW Executive 2022—2023

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Judy

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Elaine

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**Prayer Partners**

Vacant

**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****West ACW Region**

Yellowhead / Edmonton West

Karen

**East ACW Region**

Whitemud / Battle River/ Cold Lake

Anita

**Diocesan ACW**

c/o Anglican Diocese of Edmonton

10035 – 103 Street NW

Edmonton, AB T5J 0X5

email:

acw.dioceseofedmonton@gmail.com

## Diocesan ACW Report

August 2024

Hello from (currently smoky) Edmonton. We have certainly enjoyed a lovely sunny summer, almost mosquito free and only interrupted occasional with smoke-filled skies. Sadly, one of those recent events was the forest fire in Jasper National Park that destroyed the beloved St. Mary and St. George church which also served as the local food bank. This same fire also took the Jasper United Church building. In doing some reading I have found that the first Anglican presence in Jasper was in 1913 with church services held in a small railway box car. Then in 1914 a log church was built by a very determined Women's Auxiliary who with the help of two other donors provided the financing for that build. Apparently each donor wanted the church named for their own favourite saint, so someone wisely suggested two names, which is how the parish came to be named St. Mary and St. George. In 1928, with a large bequest from an anonymous donor in England, the log church was replaced with an English Gothic-styled building using a 14<sup>th</sup>-century blueprint. Again the WA spearheaded the fundraising for pews, windows and other fixtures for the new building. Jasper's WA remained the backbone of the parish until the mid 1940's. Now in 2024, a few ACW groups within the Diocese have been asking how they might assist. I suggest these groups earmark or set aside the amount they are able to donate and then wait until the Diocese and the parishioners of St. Mary and St. George have determined "next steps" for an Anglican presence in Jasper. And to all who have asked how they may help, thank you. You have big hearts indeed.

Following from our annual business meeting held by Zoom on May 3, it is agreed that our 12 parishes will fit nicely into two regions. These two regions are roughly described as the West Edmonton (formerly Yellowhead and West Edmonton) and East Edmonton (formerly Whitemud, Battle River and Cold Lake). This will mean just two Regional Meetings each year along with our Annual General Meeting. Of course, each parish may decide for themselves which region they wish to be part of, and every ACW member is welcome to attend the Regional meetings and the Annual Meeting regardless.

Also from the AGM, each parish is encouraged to make donations directly to charities of their choice as they are able and to extend a helping hand to service agencies in their communities. We would appreciate receiving an annual report or account of the donations and work you are doing in your own communities so we may share this good news with others in ACW. I am working with other ACW Executive members to make this reporting as simple as possible. The primary focus of the ACW now is one of hospitality and friendship within our parishes, asking each ACW chapter to especially remember those members who are in care or living alone and no longer able to attend meetings. By "remember" I mean keep them in your prayers, contact them regularly by phone or send notes and a birthday card to let them know they are remembered and missed. Continued on page 3

More information will be available at the ACW Reunion Communion, being held at the Cathedral at noon on Dec. 5, 2024, the first Thursday in Advent. ALL ARE WELCOME to attend the service of Holy Eucharist and then meet together after for coffee and refreshments.

We are in a time of extraordinary change not just for the ACW but for parishes and the Diocese. This is in fact the focus of our Diocesan Synod in October. “Hearts Burning Within Us – Listening to the Spirit” is the theme. To quote our Bishop Steve London “We are in a challenging time as a church and we need to discern together where Christ is calling us currently to invest our time and resources.” Please pray for the upcoming Synod as we are all called to do. “*God does nothing except in response to believing prayer*” John Wesley

- The Rev. Canon Dr. Scott Sharman has written this Prayer to be used in the weeks leading up to the 69th Synod of the Diocese of Edmonton, to be held on Friday, October 18 and Saturday, October 19, 2024:

*O God our Creator, you have always sent out your peoples in every age along unfamiliar paths as witnesses to your mercy and love. Each time you have shown us that it is in our faithful steps of journey into the unexpected where you will meet us afresh and anew. Draw near to us now, your church in synod, and walk closely with us as we prepare to travel this stretch of a shifting and uncertain road. Tell us yet again of your Good News for the strivings and longings of this time and place and cause our hearts to burn within us as we remember our call to become the story we tell. Through Christ, in the Spirit, for the life of the world. Amen.*

Blessings – Elaine

Thank you Sandra

Reluctantly I have accepted Sandra Arbeau’s resignation from the Diocesan Board.

Sandra has been on ACW Board for a long time, first as Vice Chair (3 years) then

Chair (3 years) then as Past President (3 years) and then Prayer Partner Secretary which she has been for more than 5 years now.

Sandra has respectfully asked to step away from responsibilities on the Board.

I extend to her our heart felt thanks for her faithfulness and hard work. Please join me in wishing her a happy retirement from ACW duties and smooth sailing back into “civilian life”. God bless.

On behalf of the ACW Board

Elaine, Chair

**Your mind is  
a garden. Your thoughts  
are the seeds. You can  
grow flowers or you can  
grow weeds.**



#### **SCOTCH TOFFEE BARS**

1/2 c melted marg (butter)

1/2 c brown sugar

1 1/2 tsp vanilla

1 6oz pkg chocolate chips

2 c quick cooking rolled oats

1/4 c dark corn syrup

1/2 tsp salt

1/4 c chopped nuts

Combine butter, oats, brown sugar, corn syrup, vanilla and salt in a glass pie plate. Press firmly against the bottom of the dish. Cook in microwave on full power for 2 to 3 minutes, or until bubbling all over.\* Smooth surface and top with Chocolate chips. Heat in microwave on medium heat for 1 minute or until the chips are melted. Spread chocolate evenly over the bottom and sprinkle with the nuts. Chill. Cut into bars and store in an airtight container in the fridge.

## Life Members

Our family had a busy summer while enjoying the beautiful weather. We travelled the Alaskan highway with another couple from church and it was a real adventure.

All life members received a list of chosen charities as a guideline for giving with the information for the May Annual Meeting. Two of the charities were the Council of the North and Emmanuel and St. Chad. We received a lovely thank you card from the Council of the North. "The Council of the North is a grouping of financially assisted diocese, which are supported through grants by General Synod. They work together to provide pastoral and sacramental ministry to all who are living in isolated communities in Canada's North." The newsletter from the College of Emmanuel and St. Chad writes "It is through the support of donors that we can provide top-tier theological education to those seeking to serve the church and wider world, rooted in our western Canadian setting and accessible to students wherever they are." The executive will review our charities for 2025.

I am looking forward to the Autumn Gathering at St. Augustine's in September and the East regional in Camrose in October. It will take some getting used to the new regions but change we must. Dianne Severs will be receiving her life member pin and certificate at the Camrose meeting. I look forward to meeting our new life members and visiting with all.

Sadly two life members have passed away. Anne Noble from St. John the Divine in Onoway and Margaret Mahrt from St. John the Evangelist have gone on to higher service. May they rest in peace.

Thanks to all life members who send me current information for our listing, especially e-mail addresses. Sending a prayer for staff and students, may all children have a safe and positive school year.

May God Bless,  
Tracey  
Life Member Secretary

## Upcoming Events

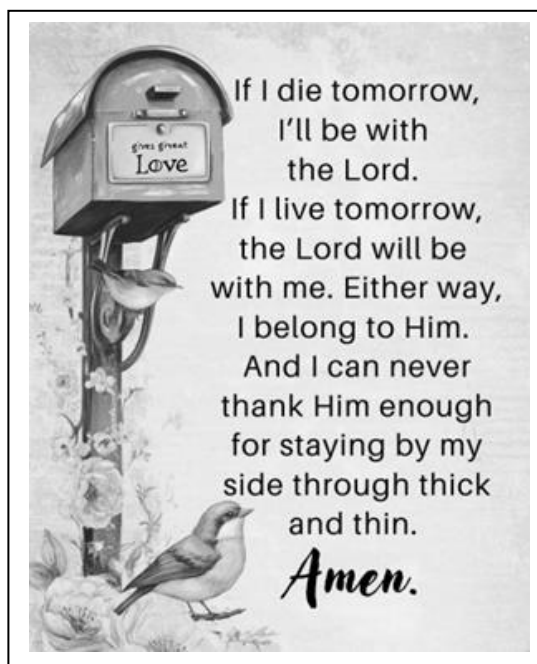
Sept. 7 Saturday - Pie & Coffee Emmanuel Gibbons and Town wide Garage Sale (see From Willa pg. 8)

Sept. 14 Saturday - High Tea Good Shepherd see page 7

Sept 21 Saturday – West Regional fun Gathering at Spruce Grove (St. Augustine's Parkland) see page 5

Oct. 5 Saturday - East Regional Meeting in Camrose (St. Andrew's) see page 5

Dec. 5 Thursday – Reunion Communion - Noon at All Saints Cathedral see Elaine's report pg. 2



## Book of Remembrance

<b>Stella Bernice Kent</b>	<b>1938-2016</b>	<b>Good Shepherd, Edmonton</b>
<b>Isabell (Bell) Osborne</b>	<b>1923-2017</b>	<b>St. Michael and All Angels, Edmonton</b>
<b>Jean Loraine Crowhurst</b>	<b>1928-2017</b>	<b>St. Mary's, Ponoka</b>

## Education and Family Life

Last Sunday Owen and I were out of the city. I got a phone call from my four-year-old granddaughter. “Grandma, it is Sunday. I am supposed to go to church.” We have been taking her and her two cousins to church with us on a regular basis. We never take all three together, as they are a bit much to handle. Christ Church (Saskatoon) has Sunday School off to the side of the nave. Owen and I sit close to the children so they can run between the class and us with as little disruption to the congregation as possible.

Today, August 15, is the Feast of the Blessed Virgin Mary. As Anglicans, we recognize the contributions of the saints to our faith. We learn about them and use them as models for how we live out our own faith. Mary was probably nineteen or twenty when she married Joseph. The Annunciation and Magnificat paint a picture of a strong, confident young woman of faith. As such, she was most likely the early teacher of Jesus in his faith. This is something we can model with our own grandchildren and great grandchildren.

Teaching our grandchildren in the faith is nothing new. I had grandparents bringing their grandchildren to church for years. Owen and I modeled our current practice of doing so on those wonderful parishioners. As grandparents and great grandparents, we can read to them. When our grandchildren spend the night, we always read stories. We can teach them the importance of saying grace before meals. In our family, it is always the youngest one present who says the grace. In a full family gathering, it is our three-year-old granddaughter.

It matters not the age of our grandchildren; they are never too young or too old to be told about God’s love for them. We teach them about faith by living out our own faith around them and naming it as such.

## REGIONAL ACW MEETINGS

The Regional Meeting for parishes with ACW groups from the East region of Edmonton Diocese will take place on Sat Oct 5th 2024. At St. Andrew’s Church in Camrose. Please register before Sept 20th 2024 if you are going to attend . Registration is at 10am with morning coffee, church service at 10:30. Registration fee \$10 There will be 2 information sessions Lunch is included if you have dietary concerns please include these when registering. The annual meeting will take place after lunch , A report of your group activities would be appreciated to include in the meeting minutes .

An email has gone out to the ACW. Contact of each parish or to the church .

Contact : Anita  
Email: teagrany@telus.net

### ACW Autumn Gathering

The ladies of St. Augustine's Parkland invite all women of the Edmonton Diocese to a **day of visiting and fun** on Saturday, **September 21, 2024**. The day will begin at **9:30am** with coffee and muffins, please bring your favorite **mug and a bagged lunch**. Beverages will be provided. Rev. Kevin will lead a **service at 10:15am**. Following the service we will have a mixer activity before breaking for lunch. There will be 3 activity stations set up after lunch where you may **learn, craft and play**. We will wind-up the day with a **sing-a-long** and be on our way home by 3pm. The registration fee for the day is **\$10.00** to cover the morning snack, beverages, and supplies for the activity stations.

**Please submit your registration and payment before September 14th**. Cheques should be mailed to St. Augustine’s Parkland, 131 Church Road, Spruce Grove AB T7X 2K4. Please mark the envelope attention Helen  
We look forward to renewing old friendships and making some new ones.

# Puzzle Page & Past Time Pursuits

## Crochet Scarf

Red Heart super Saver Wool, size 5.5 crochet hook.

SCARF With hook, ch 24. 1st row: 1 hdc in 3rd ch from hook and in each ch to end of chain. Turn. 22 hdc. 2nd row: Ch 2. 1 hdc in each hdc to end of row. Turn. Repeat 2nd row until Scarf measures 72" [183 cm]. Fasten off. FRINGE: Cut 90 lengths of yarn 10" [25.5 cm] long. Divide into 18 groups of 5 strands each - 9 groups for each end of Scarf. Fold yarn in half and loop through every second stitch.

## Puzzle The Apostles



1. The rock
2. He betrayed Jesus
3. The "Doubter"
4. The Tax Collector
5. The brother of Simon Peter
6. Another set of two brothers
7. Two apostles had this name. One was called "\_\_\_ the Less"
8. This name is found in the Beatles hit song titled "Hey \_\_\_"
9. The "Zealot"

## WIZARD WORDS

ACTIVITY	REHEARSAL
BALANCE	RHYTHM
BEND	SHUFFLE
CHASSE	SKIP
CHOREOGRAPHY	SLIDE
CLASS	SPIN
EXERCISE	STEPS
EXPRESSIVE	STRUT
FOOTWORK	STUDIO
IMPROVISE	SWIRL
LEAP	TAP
MOVEMENT	TECHNIQUE
MUSIC	TEMPO
PERFORMANCE ART	THEATER
PIROUETTE	TWIRL
POSITION	TWIST

## Quick and Easy Cake (too Good to be True)

1 pkg Cake mix 480 gm - any flavour  
1 can pie filling - any flavour  
3 large eggs

Mix all together and place in a 9X13" pan. Bake at 350 degrees for 30 – 35 min. or until a toothpick come out clean when sampled in the middle.

Your choice of flavours:

White cake & blueberry pie filling  
Yellow cake and strawberry –  
rhubarb pie filling or apple pie filling  
Chocolate cake and cherry pie filling  
And I want to try spice cake and  
pumpkin PIE Filling (not pure  
pumpkin).

Maybe spice cake and raisin pie  
filling would also be good.

I have also done white cake & cherry  
pie filling

Seve with a chocolate or caramel drizzle,  
cool whip or ice cream

Circle each letter of the list of words above and  
find all the unused letters (in order) and  
make a sentence of them.

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

## St. Mary's, Edgerton Shows Support for Jasper Church and Community

When the Crew of St. Mary's, Edgerton heard about the devastating wildfire in Jasper that consumed one-third of the town including St. Mary and St. George Church and the homes of all but three parishioners, they knew exactly what to do with the proceeds of their annual bake sale.

Held over the Long Weekend, the sale featured homemade pies, bread, buns, muffins, cookies and more, fresh produce from the crew's gardens, jams, jellies and pickles. Tables laden with goodies were purchased within 15 minutes, netting \$2,800 for the Jasper Anglican community.

The Lake Bake Sale (originally held at a cabin at Clear Lake), was started in 1973 by St. Mary's ACW. In recent years, the sale has been held at the Arm Lake clubhouse and campground, where the managers donate space for the sale. In addition to local Edgerton and Wainwright patrons, the sale is supported by many people camping and on holidays. *Submitted by Donna, St. Mary's, Edgerton-Dayspring*

*The Good Shepherd ACW Presents:*

## Their Annual High Tea

Tickets are on sale now for an afternoon of gourmet sandwiches, sweets and tea at Good Shepherd Anglican Church. Contact Kathy Lake at 780-497-1802 or any other ACW member.

\$20

SEPTEMBER 14  
2:00 TO 4:00PM

The recipes in March & June In Touch were Impossible Rhubarb Pie and Impossible Cheeseburger Pie so here is your recipe for Bisquick replacement.

### Homemade Bisquick Recipe

Makes ½ cup bisquick replacement:

½ c. all purpose flour      1 Tbls. Oil  
½ tsp. Baking Powder      ¼ tsp. salt  
Mix all together and use as a replacement for Bisquick

### ONE THOUSAND MEN ARE WALKING

One thousand men are walking  
Walking side by side  
Singing songs from home  
The spirit as their guide  
They walk toward the light milord,  
they walk towards the sun  
they smoke and laugh and smile together  
no foes to outrun.

These men live on forever  
in the hearts of those they saved  
a nation truly grateful  
for the path of peace they paved.  
They march as friends and comrades  
but they do not march for war  
step closer to salvation  
a tranquil steady corps  
the meadows lit with golden beams  
a beacon for the brave  
the emerald grass untrampled  
a reward for what they gave.

They dream of those they left behind  
and know they dream of them  
forever in those poppy fields  
there walks one thousand men

Joshua 2019 (aged 14)

Lest we forget

This has to be shared. An incredible poem from 14 year old Joshua Dyer

Powerful.. Joshua (aged 14) was tasked at school to write a poem for Remembrance Day. An hour later (without any help) he produced this.....

From Willa

How doth your garden grow. I hope much better than mine. Two rows of carrots and I think there are 12 -15 carrots, cucumbers not likely to produce anything and no zucchini yet. (Maybe that is good as I am not overrun with them). Even my crabapple tree is all branches and leaves. I hope the fruit soon develops to a size I can use. I make both jelly and fruit which I freeze in syrup rather than can. I cut the blossom end out, leave the stems on and cook the fruit in a 1 sugar/ 2 water syrup very gently until soft then put in plastic containers in the freezer. Thaw in the fridge and enjoy. When you go to eat them just pick them up by the stem, pop it in your mouth and suck the fruit off the core – discard core & stem. (When you are not eating with the King for manners.)

I just made a ‘Too Good To Be True’ Strawberry-Rhubarb/white cake mix and it was fabulous. Served with a Strawberry/Rhubarb Sauce and Whipped Cream. The next one I want to make is chocolate cake and cherry pie filling. My Grandson said he would be happy for cupcakes of chocolate cake mix/cherry pie filling.

Do you like Garage Sales? Come to the Town Wide one in Gibbons on Saturday Sept. 7 then enjoy Pie & Coffee with us in the Emmanuel Church Hall right on the corner of Highway 28A and Main Street. You can also park in the church yard. There are vendors all up & down Main Street and lots of places around town. There are maps available I think but I have never had the opportunity to go Garage Sailing - always busy helping with Pie & Coffee. Pie & coffee 10am to 3pm.

Mark your calendars for our Annual ACW Communion at All Saint’s Cathedral on Thursday December 5 at noon. It would be very nice to have more than the 6 – 10 that have come other years. Lets have a large ACW presence. Hopefully it will not be 30 below.

Blessings to Each of You

Willa

I CAN DO  
ALL THINGS  
THROUGH  
CHRIST WHO  
GIVES ME  
STRENGTH,

### Christmas is Coming

**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.

### Answer to The Apostles

- |                   |  |                 |
|-------------------|--|-----------------|
| 1. (Simon) Peter  |  | 6. John & James |
| 2. Judas Iscariot |  | 7. James        |
| 3. Thomas         |  | 8. Jude         |
| 4. Matthew        |  | 9. Simon        |
| 5. Andrew         |  |                 |

### Answer to Wizard Words:

Dance is the hidden language of the soul.

### In Touch Subscriptions

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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:

### Mailing Address:

In Touch Editor,  
5808 – 136 Ave NW,  
Edmonton T5A 0N5

### Email:

[acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)

**Next deadline for submitting articles is November 15, 2024**

### 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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Book of Remembrance: Melissa email:  
[acw.dioceseofedmonton@gmail.com](mailto:acw.dioceseofedmonton@gmail.com)