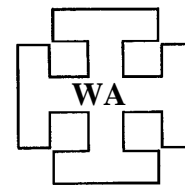


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

DECEMBER 2024

MERRY CHRISTMAS

AND

HAPPY NEW YEAR

CHRISTMAS COMMANDMENTS

- I. Thou shalt prepare thy soul for Christmas. Spend not so much on gifts that thy soul is forgotten.
- II. Thou shall not burden the sales clerk, the mailman and the store owner with complaints and demands.
- III. Thou shall give thyself with thy gift. The person who receives it will treasure it always.
- IV. Thou shall not value gifts by their cost. The least expensive may express love, and that is more important and precious than silver and gold.
- V. Thou shalt not leave "Christ" out of Christmas, making it "Xmas". For many "X" is an unknown.
- VI. Thou shall not let Santa Claus replace Christ. He can rob the day of its spiritual reality.
- VII. Thou shalt remember the needy. Some people might go hungry and cold unless thou art generous and share thy blessings.
- VIII. Thou shalt not neglect thy church. Its services highlight the true meaning of the season.
- IX. Thou shalt be as a little child. Until thou hast become in spirit as a little one, thou are not ready to enter into the kingdom of heaven.
- X. Thou shalt give thy heart to Christ. Let him be at the top of thy Christmas list.

The above point the way to a Christ-honoring Christmas. Anyone keeping these commandments is sure to have a blessed Christmas.



MAY THE LIGHT AND
THE LOVE OF GOD FILL
YOUR CHRISTMAS
CELEBRATION WITH

Special Joy.

December 31st

Here are some words which seem to encapsulate to perfection the end-of-the-year days when we are reflecting on life as we stand on the threshold of another year.

Life is a book in volumes three -
The past, the present, and the yet-to-be.

The past is written and laid away,
The present we're writing every day.
And the last and best of volume three
Is locked from sight - God keeps the key.



Diocesan ACW Executive 2022—2023

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Chaplain ***President**

Elaine

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Judy

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Margaret

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Elaine

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Prayer Partners**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

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Yellowhead / Edmonton West

Deb

East ACW Region

Whitemud / Battle River/ Cold Lake

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Diocesan ACW Report

Hello, and I hope this finds you well and settled in for the coming winter months. I have. There is much to report since the last “In Touch “ in September.

Regional meetings for the West and East of the Diocese were carried out to great success. The West Regional meeting provided a day for visiting and play as we learned how to make cards and hand-crafted button journals. It was an opportunity to develop skills and express our individuality. The East Regional meeting centred around healthy habits, good nutrition, chair yoga and planning ahead for our own care as we age. Both meetings were well attended and very much enjoyed. Thank you to our host chapters of St. Augustine Parkland and St. Andrews Camrose for your kindness, work and hospitality.

I attended the National ACW Conference in person in Stratford, Ont. We were well-fed, entertained and given lots of opportunity to see the sites of this lovely city. There were many opportunities for information sharing and discussions about the ACW’s future. Many ACW groups are in the same state as we are – parish attendances in decline and so too ACW memberships. At the closing Sunday service, retired Primate Linda Nicholls talked on the same topic and difficult road ahead for the church in the coming years. Next years National Conference will be via Zoom hosted by the Diocese of New Westminster.

Both Margaret Warwick (Good Shephard and out-going National Past President) and I attended the conference and returned just in time to attend Synod as representatives of our parishes. The ACW had been asked to provide a report to Synod. We did and we displayed information about ACW at the Friday evening session of Synod. In it I extended a “**save-the date**” invitation for **Thursday December 5 at noon at the Cathedral for “Reunion Communion”**. **Please do mark your calendar and plan to attend.** We will be collecting Mens socks (new) to give to Edmonton’s homeless. I see the Mens Sport Socks packs of “10 pair for \$9.99” are now 6 pairs for \$14 . Whatever you can do will be very much appreciated.

Elaine \

Prayer for Peace

O God of many names

Lover of all Nations

We prayer for peace

In our hearts

In our homes

In our nations

In our world

The peace of your will

The peace of our need.

Amen

George Appleton (1902-1993)



ACW - Report to Synod:

The ACW – once called “the WA” has been in the Diocese since before Edmonton was its own diocese. However, where once each parish had an ACW, we now have just 12 parish chapters. We also have some 300+ “life member” ACW ladies, many retired from ACW activities and even church life. While the ACW is perhaps best known for fundraisers, bake sales and parish dinner, our aging membership wishes to let go of the “work” of fundraising and catering and instead focus on fostering friendships and the caring for others. The Diocesan ACW Executive encourages ministries of prayer, work (as able) and stewardship and use our quarterly newsletter to keep all “In Touch”. It is available in print and on the Diocese’s webpage. In keeping with our “fun with friends” approach, this year’s AGM was reduced to just a one hour Zoom meeting in lieu of the usual all day sit-down meeting. The next day all were invited to tour the west end of the Diocese with visits at St. Aiden and St. Hilda at Rexboro, the Ste Anne Pilgrimage Site and then tea in the Pioneer Tea Room in Stony Plain. It was a friendly, fun day meeting new people and hearing and sharing stories.

The 12 ACW chapters have been reassigned to 2 regions West and East for sharing mission and outreach projects and Regional Meetings in the Fall. And on December 5 we are all invited to gather at the Cathedral for the first Thursday in Advent Sung Midday Eucharist – always a beautiful beginning to the church year. The ACW is providing goodies for the coffee time that follows. We hope you will join us -all are welcome.

May this Seasons many blessings be with you and yours – Elaine



Elaine with Synod Display



A CHRISTMAS CAROL HISTORY A TRUE HISTORY STORY

Many have often wondered what in the world do leaping lords, French hens, swimming swans, and especially a partridge that won't come out of the Pear tree have to do with Christmas?

From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of their church. Each element in the carol has a code word for a religious reality which the children could remember.

The partridge in the pear tree was Jesus Christ.
Two turtle doves were the Old and New Testaments.
Three French hens stood for faith, hope and love.
The four calling birds were Matthew, Mark, Luke and John.
The five golden rings recalled the first five books of the OT.
The six geese a-laying stood for the six days of creation.
Seven swans a-swimming-the sevenfold gifts of the Holy Spirit.
Eight maids a-milking were the eight beatitudes.
Nine ladies dancing-the nine fruits of the Holy Spirit.
Ten lords a-leaping were the Ten Commandments.
Eleven pipers piping were the eleven faithful disciples.
Twelve drummers- the twelve points of the Apostle's Creed.

History is remarkable, interesting and enlightening. Now we know how that strange song became a Christmas Carol.

Book of Remembrance

Bella Edith Ford..... 1927-2017
Marion Kathleen Smith.... 1918-2017
Helen Skidnook..... 1926-2018

St. Mary's, Edgerton
Her daughters, Carol Scargall and Lorna Doctstader
Her friends at St. Peter's, Edmonton



From Our Chaplain

I had a conversation with my daughter today. She was telling me the children's other grandmother wanted them to do elf on the shelf. My daughter was not into this, but her children are into counting down days to special events. I told my daughter to get an advent calendar. It started me thinking.

All my granddaughters are into crafts. I keep a broad supply on hand at all times ranging from creative clay to beads to simple stickers and stamps. Then, there is the internet, which is full of creative ideas. Why not create an advent calendar or Jesse tree or some other way of counting down the days with my granddaughters that can open a discussion of what Christmas is really about.

These thoughts arose out of my Remembrance Sunday sermon. I came to the realization that if I were to ask a number of people if they believed in God, most would say they did. However, beyond believing in God, there is not a lot of grounding in faith. Some people would not be able to say who Jesus is. My four year old granddaughter went around calling him, "the Dude" during Lent this year prompting my daughter to tease me about what they were teaching her in Sunday School.

As families get busy, there appears to be less time to teach children about our faith. As I think I mentioned in the last article, we grandparents are the keepers of our spiritual wisdom. With the parents permission, we need to find creative ways to pass on that wisdom to our future generations. It is not just about the future of the Church. It is about the future as a whole.

Within Christianity is hope for the planet and humanity. The teachings to be found and discerned in our scriptures do hold the answers for how to live in this present and move into the future, avoiding the mistakes of the past. In a world of tablets and videos and sound bites, we need to find creative ways to teach about the way of Jesus. Maybe consider creating an advent calendar, Jesse tree or Christingle with your child or grandchild and using the time to teach simply some of the foundations of our faith.



Upcoming Events

-Thursday Dec. 5 - ACW Reunion
Communion. All Saints Cathedral - Noon
Everyone Welcome
-Thursday Dec.5 – come and pickup your
IN TOUCH subscription PLEASE

Social Action Committee Sharing

It is that time of year when we are baking up goodies for family, friends and bake sales so I thought I might share this recipe. It was a favorite of my Dad's and I liked it because I did not have to fuss with pastry for tarts. I hope you enjoy it too!

Butter Tart Squares

Preheat the oven to 350.

Base

1&1/4 c flour 1/4 c brown sugar
1/2 c butter

Sift together flour and brown sugar. Cut in butter. Mix together and press firmly into 9 inch square pan.

Bake at 350 for 15 minutes.

Topping

1/3 c butter. 1 c brown sugar.
2 Tbsp heavy cream 1 tsp vanilla
1 egg, lightly beaten 1 c raisins
1 Tbsp flour

Cream butter and beat in sugar.

Add cream, vanilla, egg and combine until smooth.

Mix in flour until just smooth.

Sprinkle raisins over baked base then pour topping over base and return to 350 oven. Bake 20-30 minutes.

Allow to cool in pan before slicing.



ST. ANDREW'S CHURCH CAMROSE - OCTOBER 5, 2024
EAST REGIONAL ACW ANNUAL MEETING

Morning Service then we had a chair yoga session before lunch, and after lunch we had a speaker talk on the Alberta Green Sleeve. (A Green Sleeve is a plastic pocket that holds your important advance care planning forms. Your Green Sleeve goes with you through Alberta's healthcare system.)

Then the meeting

A total of 25 ladies were in attendance representing the following parishes: St. Thomas, Wainwright; St. Georges, Fort Saskatchewan; St. Columba, Beaumont; Immanuel, Wetaskiwin; St. Mary's Ponoka; St. Mary, Edgerton; St. Andrew's, Camrose. A warm welcome was extended to the Reverend Christa Eisbrenner who assumed responsibility for the parish of St. Andrew's on October 1 and who had led the morning service. Greetings from the ACW Executive Board offered by Elaine Dickie, the diocesan president who extended an invitation for others to consider joining the board. Elaine emphasized the importance of staying in touch with those members who are no longer able to attend meetings as a result of age or infirmity. The term 'walking your friend home' was introduced, emphasizing the importance of keeping in contact with those who are nearing the ends of their lives.

Reports - a report was presented by a member of each ACW present. These provided interesting insights into the activities of each group, indicating the contributions they make to their parishes and communities, while allowing members to enjoy the fellowship offered by membership in the ACW.

2025 AGM will be hosted by St. Mary's, Ponoka. Fort Saskatchewan will join the rotation of host churches in 2026.

Life Memberships ...congratulations were extended to those who became life members in 2024: Vi; Maida and Kathy; Dianne.

Other Business ... Elaine reminded us of the Reunion Communion at the cathedral on November 5; Sandra asked for prayers for the upcoming synod.

Social Action Committee

What do you know about Artificial Intelligence? Do you know how it has come to influence your daily life? I know I continue to be surprised at how AI has infiltrated and influenced, in both good and bad ways, day to day activities. Artificial intelligence, or AI for short, is often "working behind the scenes" in ways we do not even realize.

A Google search tells us that "Artificial intelligence (AI) is a set of technologies that enable computers to perform a variety of advanced functions, including the ability to understand and make recommendations on what it hears and sees. Artificial intelligence is a field of science where machines can reason, learn, and act in such a way that would normally require human intelligence."

AI can handcraft a voice message that can imitate to near perfection nearly anyone's voice – a family member, close friend, loved one. It can also anticipate and generate a conversation, both in text or speech, that can fool even the most tech-savvy of people. How then do you know if that appeal for help or donations are real? Well, you don't. It is time that we assume that what we see and hear is FALSE. Trust nothing through social media or advertising. That may be alarmingly skeptical but it really is the only safe way to future.

*Christmas can be lonely,
For the poor, aged, or sad
And we must all remember
To find ways to make them glad.*

*Glad to be alive
At this time of Saviour's birth.
Glad too to share with others
This special season on earth.*

*So set aside your busyness:
Shopping, baking, for a while
Give the gift of love this
Christmas
In the warmth of a cheery smile.*

*Spend time to stop, to listen
See that life's needs are met.
Make this year's Christmas
season
Their best, they won't forget.*

Puzzle Page & Past Time Pursuits

Sewn Baby Bonnet (made with Interlocking Fabrics)

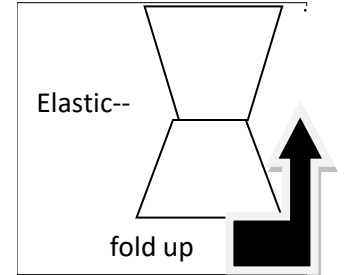
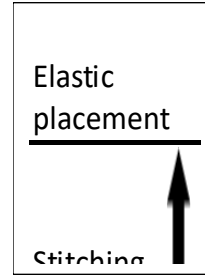
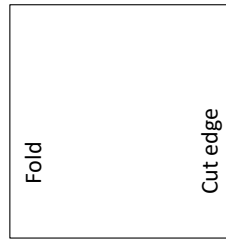
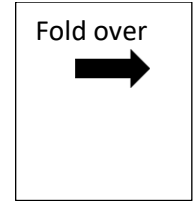
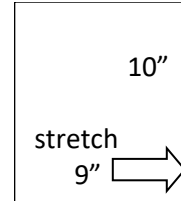
- 1 Sew up side seam ¼ inch seam.
- 2 Slide a hair elastic (pony tail elastic) half way up the sewn fabric.
- 3 Fold back the fabric so it is doubled.
Seams are now inside and a small hole appears at the top of the bonnet.
- 4 Fold in ¼ inch or less along the cut edge and top stitch with a zigzag stitch stretching the fabric slightly and back stitch to secure the stitching.
- 5 Trim off any extra threads exposed.

Bonnets vary in sizes from the size of a tennis ball to a grapefruit.

Cut Fabric Sizes

Stretch side

9"	X	10"
10"	X	11"
11"	X	12"
12"	X	12"



Hope you sewers can understand this.

Gold Christmas Cake

- | | |
|---|-------------------------------|
| 1½ cups butter | 3½ cups flour |
| 2 cups sugar | ½ tsp salt |
| 6 eggs, separated | 2 cups golden raisins |
| ½ tsp cream of tartar | 1 cup chopped dried apricots |
| 1 cup milk | ½ chopped candied orange peel |
| 1 tsp brandy extract
(or ¼ cup brandy) | 1 cup pecans/walnuts |
| | 1 tsp vanilla |

Chop nuts. Beat butter until light and creamy. Gradually add sugar, beating until smooth. Beat egg yolks together lightly and add. Combine milk, brandy and vanilla. Mix flour and salt together. Alternately add milk mix and flour mix to butter mixture. Fold in fruit and nuts. Beat egg whites with cream of tartar until stiff but not dry. Fold whites into batter gently but thoroughly. Pour mixture into two buttered and floured six cup moulds or bread pans. Bake at 275F for 2 ½ hours or until they test done. Cool. Unmold.

The Tree Trimming Vowels Game

Insert the missing consonants and learn the names of a Christmas Tree Ornament

1. A _ _ E _
2. _ A _ _ _ E
3. _ _ A _
4. _ E _ _
5. _ _ O _ _ _ A _ E
6. _ I _ _ E _
7. _ A _ _ A _ _
8. _ A _ _
9. _ A _ -
10. _ _ O _ _ I _ _
11. _ I _ _

Life Members

We have had some great weather this fall, I really enjoy this time of year with the beauty of the trees and the crisp air. Several ladies received their life membership pin and certificates this fall. Our application for life membership in the Diocese reads that this person is being honoured because of her service and dedication to God, the Church and to God's people. A list of ways they have been involved is sent with the application. The list that is given is very impressive and awe inspiring.

Two ladies from my parish of St. Columba, Beaumont received their life membership pins and certificates at our church's anniversary service on September 22nd. Those in attendance listened as a list of their lifelong involvement with our A.C.W. and parish was read. Family and friends were there to congratulate them and we enjoyed a time of fellowship after the service with cake.

Dianne Severs became a life member at the East Regional meeting at St. Andrew's Camrose on October 5th at a lovely service of Morning Prayer. Shelia Fairless from St. Andrew's was there proudly wearing her life membership pin she received at a previous church service.

The East Regional meeting was so well done. The theme of Wellness was so meaningful for us. They had a speaker talk about the Green Sleeve, such valuable information. The chair yoga was fun and lunch was delicious.

Thanks to Margaret for putting our pictures of the life member services in the Synod Scene and thanks to Mary Jean for making the certificates.

Looking forward to the Reunion Communion on December 5th at the cathedral. A wonderful opportunity to begin our journey in Advent.

Wishing all a very Merry Christmas and many blessings in the coming New Year.

Tracey



From left to right: Andrea, Tracey, Kathy, Maida and Deacon Jane



left to right: Tracey, Rev. Christa, Dianne, Anita and Elaine

ACW Autumn Gathering, September 21, 2024

Coffee, juice, muffins, and fruit were enjoyed during a pre-church visit. Thirty seven people attended the service led by Rev. Kevin. Diocesan President, Elaine brought greetings from the Board. Following the service we ventured back to the coffee area and were given a 12" square paper with instructions to turn it into a butterfly. We then found a matching butterfly and the person who created it was our lunch partner.

After lunch we divided into 3 groups and did a round robin at three stations which were card making, St. Matthew craft, and Jenga where we built churches with the blocks and discussed the current problems of the church and possible ways to move forward.

Our day ended with a sing along of favorite hymns. Karen thanked everyone for coming and all those who made the day possible. There were many thank yous from our guests.

St Augustine's Parkland ACW

Postage Stamps: please remember to save all the used postage stamps you receive and turn them in (at the ACW Communion at the Cathedral on Dec. 5 at noon. would be great). We pass them on to the Canadian Bible Society who use them to fund their programs.

Social Action Committee Nov. 2024

Just in case the article on AI was a little too depressing, here are a few thoughts to make you smile....

Just once, I want a username and password prompt to respond, "CLOSE ENOUGH".

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.

I have many hidden talents. I just wish I could remember where I hid them.

The older I get, the more I understand why roosters scream to start their day.

And remember – the pessimist complains about the wind. The optimist expects it to change. The realist adjusts her sails.

Answers	
1. Angel	7. Garland
2. Candle	8. Ball
3. Star	9. Tag
4. Bell	10. Stocking
5. Snowflake	11. Bird
6. Tinsel	

From Willa

This is a special issue for me. My first In Touch was the Winter issue of 2004. Twenty years ago. Immediately after I retired. I have enjoyed doing all the issues and only 1 or 2 may have been late, not sure now why they were late.

I hope to see many of you I now consider friends at the Reunion Communion on Dec. 5 at noon at the Cathedral. The December In Touch will be available for pick up.

Blessings & Merry Christmas to All
Willa

“In the cookie of life,
Friends are the chocolate chips.”

CHIPITS OATMEAL COOKIES

1 cup margarine	½ tsp. salt
1 cup sugar	½ tsp. cinnamon
2 eggs	2 cups chocolate chips (semi-sweet)
1 tsp. vanilla	1 ¼ cups quick-cooking rolled oats
1 ½ cup flour	1 tsp baking soda

Cream margarine and sugar. Beat in eggs and vanilla. Stir together flour, soda, salt and cinnamon. Gradually stir into creamed mixture. Add chips and rolled oats. Drop by tablespoons onto ungreased cookie sheets. Bake at 375F for 12 – 14 minutes. Makes 4 doz.



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Next deadline for submitting articles is February 15, 2025

Deadline Dates for Life Member Applications

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

West Region (Yellowhead/Edmonton West)
(Sept meeting)..... End of May

East Region (Whitemud / Battle River /Cold Lake)
(Oct meeting)..... End of May
Diocesan Annual Meeting
(May meeting) End of January

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