



KEEPING IN TOUCH.....

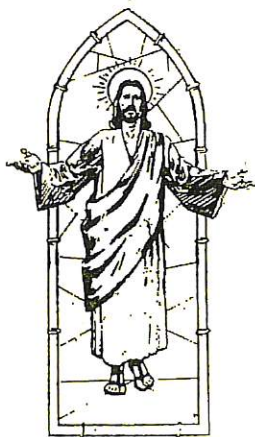
with Anglican Women
in
Nova Scotia & Prince Edward Island

✓ Theme for 2019/2020 - *"Mission is Possible:
Empowered by God"*



✓ Lenten Quiet Day - March 28, 2020

✓ *There is MORE to the Story*
Mission, Prayer Partner Ministry,
Anglican Foundation, Welcoming the Stranger,



✓ 2019-20 ACW Project -
"Education - a life changing gift"

✓ "Praying Out Loud"

✓ *MORE Mission School - "MORE Boldness"*

✓ Chaplain's Corner

✓ Education & Devotions

✓ Mothers' Union

✓ News from Regional Representatives

<http://www.nspeidiocese.ca/page/acw.aspx>

Please post or circulate this newsletter in your parish

ANGLICAN CHURCH WOMEN PURPOSE:

To encourage and support all women in the Diocese of NS/PEI to participate in a fellowship of worship, study, and offering, with the aim of deepening and strengthening their individual spiritual lives and of awakening a greater desire for God’s mission and Christian service in the parish, community, diocese, nation and the world.

ANGLICAN CHURCH WOMEN PRAYER:

Almighty God, we give thanks to you for having sent your blessed Son to become the Saviour of the world; grant to us a deep sense of gratitude for Your grace and mercy towards us. Enable us by your Spirit to reveal your love in all our actions so that your salvation may become known to all peoples and your name glorified throughout all the earth; through Jesus Christ our Lord. Amen

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Seeking and serving Christ in all persons . . . in 2020 and beyond!

By the time you are reading this Winter 2020 issue of *Keeping in Touch*, we will be well past the first few days of the new year and new decade, and we will likely have determined that the usual new year's greetings belong to an earlier date. Regardless, *Happy New Year* to one and all – may 2020 be a good year for everyone, with renewed appreciation for all God's many blessings!

You may have noticed that the Anglican Church Women Diocesan Board, as well as the Diocesan Mothers' Union, now has a monthly column in *The Diocesan Times*. Having this monthly opportunity for both these diocesan organizations allows us to have a more regular and widespread outreach, for which we are very appreciative. If you have read the January 2020 issue of *The Diocesan Times*, you may have read the **Anglican Church Women column, *Resolving to Live our Baptismal Covenant in 2020***, with its emphasis, in particular, on those vows of *seeking and serving Christ in all persons, loving our neighbour as ourselves*, and *of striving for justice and peace among all people, respecting the dignity of every human being*.

As the author of that column, I emphasized that the way in which the world needs to see the good news of God in Christ is how we, as Christians and Anglicans, treat one another, and not just those we like, or those who are likeable, but those who are “the other” and, above all, those who make it hard for us to like them. **We are challenged to treat all people, regardless of race, creed, or likeability with respect and dignity.** As Anglican women, let's make this new year and new decade one in which we build and sustain the relationships that Christ would have us do; let's live all our baptismal vows by *seeking and serving Christ in all persons, loving our neighbour as ourselves*. Happy New Year and Happy Decade!

**Life is short! Forgive quickly! Love truly,
laugh uncontrollably and let your light shine
brightly for all the world to see!!**

Welcoming the stranger . . . intentionally!

In our world today, with its global reach, we have greater opportunity than ever before to engage with those who come from a different racial, ethnic, and religious culture than our own. Depending on where you live in our diocese, this diversity may be very visible, or minimally so. However, regardless of the degree of diversity in our communities, it is very easy to unintentionally exclude others by failing to be intentional about what it means to exemplify welcome and inclusion.

Let's look at our worship services as a starter. Have we allowed ourselves to realize how intimidating a Eucharist could be for someone new to our church, even an Anglican familiar with the liturgy, not to mention how it could be to the person for whom the whole experience is novel? What about our church organizations? We say that we welcome "new blood", but do we allow ourselves to realize that our organizations within the church can seem to be a very "closed shop" to an outsider? Again, we do not set out to make a newcomer feel uncomfortable, but the outcome for the new person may be one of decided discomfort.

As Anglican women, let's resolve to go out of our way to welcome the newcomer, the visitor, the "other", to reflect the love of Christ in our greeting and engagement with one another. You may say that there are few, if any, newcomers or visitors to your parish, but what about a funeral or memorial service in your church wherein there may be those attending who are very unfamiliar with church liturgy? How do we alleviate the potential unease of these visitors? Let's be intentional about ensuring a warm welcome to one and all and expressing appreciation for their presence among us.

What might be some ways that you can extend the love of God to someone in your community, irrespective of whether he or she ever darkens the door of your church? Parishes are being challenged to see and act well beyond their own four walls. Let's welcome the "stranger in our midst", within the church and beyond, by first putting ourselves, metaphorically, in the shoes of the stranger, to allow us to experience what it is like to feel the unease and discomfort of being "the other". Then, let us intentionally ensure that we extend the love of Christ, in word and action, to these "strangers in our midst". Finally, let us give thanks to God for this opportunity to serve him. Amen.



WELCOME

CHAPLIN'S CORNER

Spring! The word just sounds good to winter weary souls like mine! The smells and sights and sounds of spring – deep mud, the first greening of grass, the renewed chorus of the birds – all of it is cause for celebration! The words of the Easter hymn **Welcome Happy Morning** always come to mind at this time of year, especially “...*all good gifts return with her returning King*”. We in the Western hemisphere resonate with that description of spring – as Easter comes when the light lengthens and the natural world comes to life after its’ winter sleep. Gifts seem to abound all around us – not the least of which is the gift of new life in Jesus’ resurrection.

As spring happens all around us, it is good to remind ourselves that the nature of all of our life is giftedness. Though special times of celebration like Easter make us very aware of this fact, it is a truth that needs daily acknowledging. As the letter of James says, “...**every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.**” It is God’s nature to be a giver, joyfully showering upon us abundant gifts of life and time and energy and skill and love. The world itself is a gift. Our relationships are gifts, as are the people with whom we share them. Our skills and talents and the work to which we bend them, are gifts. Our life span is a gift.

When we know ourselves to be generously gifted, our vision of the world changes. We see the gifts and give thanks for them. And our thankfulness allows us to see around ourselves opportunities to give ourselves, in imitation of the One who gives first and constantly. When we draw close to Jesus in thanksgiving, we realize that though he “returns” gift-laden at Eastertide, he never really leaves us. The gift of his near presence is ours forever.

May the gifts of returning springtime and the joys of Easter move your heart to greater thankfulness, greater generosity and a closer embrace with the returning King, Jesus our Lord.

In peace,

Rev. Lori Ramsey

(Chaplain to the Diocesan Board)



EDUCATION

We are in the season of Epiphany, a season of light and revelation. It is sometimes called the Manifestation or Showing-forth of Christ to the Gentiles. We remember how certain wise men searched for a Messiah. They were not the first searchers - nor the last. But we remember them because of their story in Matthew's gospel account. The gifts they offered gives us an insight into Jesus' nature, and what his life would be like. Their story reminds us that Jesus came for all people no matter their race, religion or creed, or status in society. Lowly shepherds and Magi alike fell to their knees and worshipped the Christ- child. The message is still the same; we, too, are invited to worship Jesus, Emmanuel, God with us. We are all members of the human family and children of God. Our Anglican Church Women theme is ***Mission is Possible - Empowered by God***. How can we do that? We are called to care for one another and for the world God has given into our care - not to dominate, but to serve, not to throw up our hands and say that it's too huge a problem so we can't do anything. I'm sure you've heard the story of the boy, seeing a lot of starfish stranded on a beach, started throwing them back into the water. A man walked by and told him he was foolish to do that because he'd never get them all back before they died so what he was doing wasn't making any difference. The boy answered him as he threw another one back and said, "It makes a difference to that one."

Many people live in fear in today's society. There could be many reasons for this; not having job security, health issues, gender inequality, and climate crisis. Some people think that today's problems are too huge for individuals to deal with. Others believe that the problems will only get bigger if we don't do something - anything, to be an example to others, to encourage businesses and large companies to make positive changes in their business practices, to give people hope for the future. By doing some small deed we push back the fear and give courage to someone else to do something.

One thing that I find worrisome is the despair of many young people, especially those who have debts, student loans and no prospect of a full-time job. They are very aware of the problems and can't see any major initiatives happening to ensure there will be a world for them. Some are not able to see any hope. Epiphany is the time for us to help shine the light of Christ into the world, one person at a time. We can do this if we let Christ's light live in us and let it shine out to others, by those small deeds that we may think are of no importance. But that gift of caring may make the difference between despair and hope for someone. We

often don't know the difference it makes to someone else, but the light we share spreads slowly, and gradually the world becomes a brighter place.

One good example of the difference that can happen is this year's project. The grandmothers in Kikima who lost their children to HIV/AIDS could have thought they could never feed, clothe and educate their grandchildren, but they didn't give up. They leaned on each other for support and they weren't afraid to accept help when it was offered. The grandmothers in Kings County could have said it was too big a problem, but they didn't. They believed if they worked together, and accepted help from their community they could make a future without HIV/AIDS possible for those 27 grandmothers and their grandchildren and see them all through their education. Some have completed college, some are working. Now we have been moved by their story and our groups are working together to provide enough money to give five of these grandchildren a university education (See page 14). Let us share God's love. Thanks and glory to God *"who has caused a new light to shine in our hearts."* (BAS,p.220)

Ethel Nelson

Education Coordinator

A little girls asked her mother, "How did the human race appear?"

The mother answered, "God made Adam and Eve and they had children and so was all mankind made."

Two days later the girls asked her father the same question.

The father answered, "Many years ago there were monkeys from which the human race evolved."

The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

(Diocese of Calgary ACW Newsletter, March, 2009)

PRAYER PARTNER

I am writing this Prayer Partner Report feeling how important Prayer is in our lives. Prayer is our opportunity to talk with God privately at any time or any where. Prayer is a privilege to share our inner most moments and situations. God already knows what is going on in our lives, but it is wonderful to hear his advice or reason even if we do not get answers immediately. Bishop Marsh used to say "God talks to me all the time, usually through my wife Emmy".

In our parish sometimes we receive a phone call telling us someone needs prayer and we have the privilege to pray for that person.

Our **Anglican Church Women National Prayer Partners** for 2019-2020 are the following:

- † The Diocese of Nova Scotia and Prince Edward Island is praying for Anglican women in the Diocese of Yukon.
- † The Diocese of Edmonton is praying for Anglican women in the Diocese of Nova Scotia and Prince Edward Island.

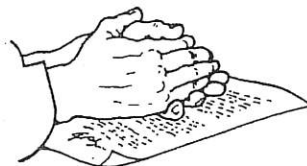
Diocesan Parish Prayer Partners: Remember to pray for the parish assigned to your parish at Diocesan Synod. Check with your Synod delegate or Parish Rector. If you wish, call me and I will tell you the parish to which your parish is assigned.

ACW Group or Individual Prayer Partners: - Remember to keep in touch with your group's prayer partner, or your individual prayer partner via cards, prayers, etc. If you need help finding a prayer partner, get in contact with me - contact info is on the inside of the back cover.

In closing I would like to share with you two prayers from "***Dear Lord....***" - a new collection of prayers and poems from Mothers' Union members across the world. One prayer which tells about the seasons in our lives, and the other prayer, seasons of the year.

May God Bless You,

Beverly Scammell
Prayer Partner Coordinator



May we look at the seasons and know that God, in all his splendour, has provided seasons within our lives so that we appreciate our good fortunes, learn from our mistakes, and look forward to the future.

May we look at our seasons with gratitude for all that we experience and learn in our daily lives.

In Jesus' name. Amen

*Patricia C. Smith, Mothers' Union
Trinidad & Tobago*



Thank you, Lord, for **Spring's** gentle welcome to new life and growth; for the **Summer** sun and warming winds, giving us a blazing variety of colourful flowers; for **Autumn** trees with golden leaves and fruits in abundance for **Winter** weather bringing sparkling frosts and dazzling snow.

May we value your precious world and do nothing to upset its perfect pattern.

This we ask in Jesus name. Amen

Jill Marshall, St. Peter's Pembury Mothers' Union, UK

*True prayer is a way of life,
not just a case of emergency.*

PRAYING OUT LOUD

So many of us are comfortable reading a prayer from a service book. What if you had to pray with someone else or a group without a written prayer? Could you do it?

Like most things in life, starting with small steps and a little practice we can be more confident praying out loud.

Here are a couple of things to keep in mind as you learn and help others learn how to pray extemporaneously.

- [A] Remember that you don't need to use fancy words. Allow the words to come from your heart, relax and keep it simple.
- [B] Use your normal conversational voice. No need to be dramatic or formal. Just be sure if you are praying with others that they can hear you.
- [C] One approach is to start your prayer with *"Dear God, thank you for...."* Some wise person said if the only prayer you have is *"thank you"*, that is enough.
- [D] If you stumble with your words, feel awkward or goofy at first, that is normal. The more you practice praying out loud the more comfortable you'll be. Give others who are learning permission to stumble too.
- [E] Don't fear silences. Pausing in prayer provides a space for openness and reflection. Longer periods of silence with spoken prayer provides those present with an opportunity to spiritually listen.

These are some tips for starters. As you grow in this personal devotion, explore ways of praying using various methods. Praying out loud with others is a gift we can share with one another. Couples, families and friends can help deepen the trust and intimacy together as they discover this level of mutual care and support.

Rev. Lisa G. Vaughn
Parish Vitality Coordinator
Diocese of NS & PEI



Anglican Foundation, your faith partner in Canada

It is still surprising to realize that there are Anglicans who are unaware of the existence of the *Anglican Foundation, your faith partner in Canada*. Anglicans are, understandably, and, fortunately, responsive to global tragedies. However, this global response sometimes means that local and national needs do not receive the same publicity and attention, with the result that these needs go unmet. **By seeing that you, as an individual, your particular parish group, and your parish, all have memberships in the Anglican Foundation, you help ensure that Canadian needs are not overlooked.** Giving to the *Anglican Foundation* sends a strong message that you care about your country and the mission of the Anglican Church of Canada within Canada. Do you realize that when you make a \$100 contribution, you are providing food for 1 unhoused person in emergency shelter for 1 month? Or that the same contribution provides addiction or mental health counselling for 1 month?

There are many levels of contribution, from modest to very generous. At the most generous is the **Primate's Circle** of \$5,000 plus; from \$1,000-\$4,999 is the **Director's Circle**; \$500-\$999, you are identified as a **Benefactor**; \$100-\$499, as a **Companion**; and \$50-\$99, as a **Friend**. If any of these categories is still more than you can manage, please be assured that any amount is welcome. A **cheque payable to the Anglican Foundation of Canada**, addressed to: 80 Hayden Strteet, Toronto, Ontario M4Y 3G2 or PO Box 22202, STN BRM B, Toronto, Ontario M7Y 4A1 is one way to contribute. Another way is to go to www.anglicanfoundation.org and click on Donate to make a secure gift through CanadaHelps.org.

Cynthia Pilichos
Co-coordinator



Canadian Church Calendar 2020

Thank you to all those parishes that placed an order for the *Canadian Church Calendar 2020* and special thanks to all those parishes that have remitted payment for their calendar order. All the 3,000 plus calendars we ordered have been accounted for!!! If you have any available that have not been purchased yet, you can let the ACW Board office know (902-406-8981 or acw.nsboard@gmail.com)

Anglicans and their support of education

Bringing in funds to support the post-secondary education of 5 youth of Kikima, Kenya (***Education – a life changing gift!***) is not the only way that Anglicans support education. Did you know that the Anglican Church Women Board administers an endowment fund, the ***Kingston Memorial Fund***, that provides bursaries to Atlantic School of Theology students headed for stipendiary ministry? Board Treasurer, Marjorie Davis, and I were pleased to present the following qualifying AST students with *Kingston Memorial Fund* Bursaries on Dec. 4: **Rev. Shirley Cole, Debbie Fice, Blane Finnie, Jane Magrath, and Rob Paddock.**

Did you know that the Anglican Church Women Board has an **Anniversary Bursary** that any Anglican woman, 5 years removed from formal studies, is eligible to apply for? This **continuing education bursary** can be applied to studies in **any recognized program**. There is sometimes a misperception that the studies have to be of a theological nature - that is not so. The deadline date for application has past (December 31), but the Board would be happy to consider a late application. An application form is available by contacting acw.nsboard@gmail.com or Donna (donnaparsons@eastlink.ca or 902-865-8169) or Cynthia (cjp2320@gmail.com, or 902-858-2350). Please make sure that any Anglican women undergoing continuing education studies knows of this bursary. This may be you, your daughter or granddaughter, or a friend.

A reminder, as well, that donations to the principal of this Fund are always welcome. Contributions from individuals are tax deductible. Cheques are payable to the **Anglican Church Women (ACW) Board**, with **Anniversary Bursary** written in the memo line of the cheque.

As for the *Kingston Memorial Fund*, did you know that it is an endowment from the late Archbishop George Frederick Kingston (1889 – 1950; M.A., PhD., D.D), former Archbishop of our diocese, referred to in those days as the Diocese of Nova Scotia, and the 7th Primate of the Anglican Church of Canada (1947 – 1950)? Also, did you

know that our diocese has had 3 of its diocesan bishops become Primate of the Anglican Church of Canada? The 5th Primate (1931-1934) was the Most Reverend Clarendon Lamb Worrell (M.A., D.D., D.C.L.); the 7th Primate was Archbishop Kingston, as noted, and the 13th Primate was the Most Reverend Fred Hiltz (B.Sc., M.Div., D.D.) from 2007 to his retirement in 2019. Moreover, did you know that Archbishop Ron Cutler's name was put forward for consideration as the 14th Primate, an election that saw the raising up and installation of the first woman Primate, the Most Reverend Linda Nicholls, from the Diocese of Huron?

Cynthia Pilichos

Co-coordinator

HOPE BEAR helps kids



The Anglican Church Women Board has *Hope Bear* items for sale, ready for pick up, in the Anglican Church Women Board Office. The sale of *Hope Bear* items helps fund before-school breakfast programs and after-school homework clubs for kids, as just one example of support for children and youth.

Hope Bear items make great gifts. Adorable *Hope Bear*, with the jaunty scarf, makes a great any occasion gift, regardless of age. *Baptismal Hope Bear* provides the perfect baptismal gift. *Children's Prayers with Hope Bear* is a book of concise, clear prayers for all occasions. ***Hope Bear* (\$20) and *Children's Prayers with Hope Bear* (\$15)** - cheques payable to the Anglican Church Women Board, with *Hope Bear* written in the memo line - are available by contacting the Anglican Church Women Board office: 902-406-8981 (leave a clear message with call back phone number, please) or acw.nsboard@tgmail.com. **The best method of contact is to use the e-mail address.**

GIVE AND GET.... information, that is

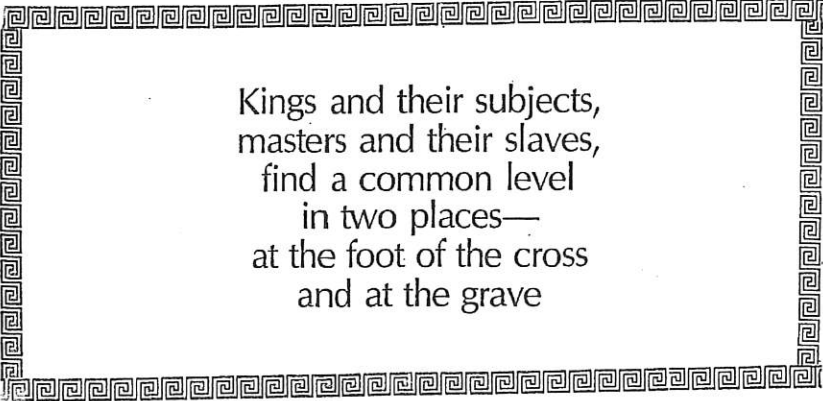
The most effective way to secure information about the Anglican Church Women Board and any of its initiatives (such as the Canadian Church Calendar campaign) is by using a feature of the electronic information highway, the **Board e-mail address** (acw.nsboard@gmail.com) Except for holiday time, like the Christmas season, the Board e-mail is checked at least once a day, often more frequently.

We appreciate having an office space in the Anglican Diocesan Centre with a dedicated phone line, but the **Board Office is not staffed regularly**, and there is **no paid diocesan staff** assigned to the Anglican Church Women Board Office for any space of time. The **dedicated ACW Board Office phone line (902-406-8981)** allows you to leave a message; however, **it may be days before the message is listened to and addressed - that is the reality**. There is no Board member living in close proximity to the Anglican Diocesan Centre, so frequent checks throughout the week are no longer possible. However, if and when **using the Anglican Church Women Board Office phone, please speak clearly and slowly, providing the date of the call and all necessary additional information** - in that way we can respond appropriately and as promptly as possible.

Please, as well, have someone in your parish checking the **Anglican NetNews** regularly, as that is where the Anglican Church Women Board posts updates. *Keeping in Touch* and *The Diocesan Times* notwithstanding, the “**information highway**” is increasingly electronic!!

Cynthia Pilichos

Co-coordinator



Kings and their subjects,
masters and their slaves,
find a common level
in two places—
at the foot of the cross
and at the grave

WORLD DAY OF PRAYER

“Rise! Take Your Mat and Walk”

The *World Day of Prayer* (WDP) is an international ecumenical Christian laywomen’s initiative. It is run under the motto *Informed Prayer and Prayerful Action*, and is celebrated annually through ecumenical services that invite both women and men to participate. It takes place in over 170 countries on the first Friday in March: the **WDP date for 2020 is Friday, March 6**. The movement aims to bring together women and men of various races, cultures, and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding, and action throughout the globe.

Each year there is a different host country that prepares resources based on the yearly theme. This pattern of a different host country provides an opportunity to learn about different cultures, customs, and traditions. The host country for *WDP 2020* is *Zimbabwe*.

The *WDP 2020* program is based on Jesus’ encounter with a person who, although positioned for healing, had not acted upon the opportunities given him (John 5:2-9a). Jesus asked - “*Do you want to be made well?*” In doing so, Jesus posed a life-changing question, just as he continues to challenge us with life-changing questions. Jesus asks us what we are going to do in the face of obstacles and opportunities. In directing the healed man to **“Rise! Take Your Mat and Walk”**, Jesus reminds us to also take action and not remain idle in the face of the possibilities before us.

**The Women’s Inter-church Council of Canada:
Empowering ordinary Christians to accomplish
extraordinary justice**



The World Day of Prayer is under the umbrella of the *Women’s Inter-church Council of Canada (WICC)*. At its core, the WICC is a grassroots Christian prayer movement that provides people with small grants to do great things. The *WICC* is made possible by the passionate and diverse teams working towards its mission and vision. This includes *WICC*’s staff and its elected, inter-denominational board of directors. The *WICC* approach is rooted in faith and called to action.

“Education - a life changing gift!”

By now, it is hoped that all women in our diocese are aware that the Annual Project 2019/20 is *“Education – a life changing gift!”* With this Project we are soliciting your prayers and contributions for the proposed post-secondary education of 5 youth in Kikima, Kenya. These youth and their colleagues are being raised by their grandmothers, supported by grandmothers in King’s County, Nova Scotia, a *Grandmothers to Grandmothers* initiative. This support network, the *King’s Kikima Grannies*, has been adopted for 12 months by the Anglican Church Women Board in order for the Board to solicit the necessary funds for the post-secondary education of the 5 youth of Kikima, this education being a better life for the youth and the whole community of Kikima, so life changing!

It is hoped that many of you have had the opportunity to hear the inspiring story of the *King’s Kikima Grannies*, but did you know that this Project is not just for the women of the diocese? Whole parishes and individuals are encouraged to participate. *Education – a life changing gift!* is an “equal opportunity initiative”! Please consider making this “equal opportunity initiative” known to your Rector / Priest-in-Charge, Parish and Regional Councils to encourage their support. Contributions from individuals are tax deductible when directed (cheques payable) to the **Anglican Church Women (ACW) Board**, with **Annual Project** in the memo line of the cheque. Meanwhile, huge “thank you’s” to all those who have already contributed to *Education – a life changing gift!* We could not be successful with our Projects without your support. We are well on our way to reaching our goal of \$10,000.00 *for Education – a life changing gift!* and we would be more than delighted to exceed our goal – help us do that! News of how and when we will be presenting the cheque for *Education – a life changing gift!* will be on the *Anglican NetNews*.

Certainly, the amazing *Kings Kikima Grannies* are evidence of what anthropologist, Margaret Mead, so accurately stated many years ago: *“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”* The *King’s Kikima Grannies* usually close their inspiring presentations with that quote, but I would like to add another one of Margaret Mead’s to characterize the response of so many to *Education - a life changing gift!*: *“Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.”* Amen to that!

Cynthia Pílichos

Co-coordinator



MORE BOLD - Mission Schools

Don't miss out! Regional Mission Schools continue to take place in several areas in our Diocese. Hosted by Archbishop Ron Cutler and a team of lay and clergy facilitators, the forth module of **MORE** is titled ***MORE Bold***. Participants are inspired to (re) discover our faith story and learn comfortable, respectful ways to share God's good news for all people. Explore the foundations of our faith, especially related to our Anglican identity.

REGISTRATION IS REQUIRED. Visit www.nspeidiocese.ca or phone 902-420-0717. These are FREE workshops that run 9:30a.m. to 3:30 p.m.

† **Northumbria** - Feb. 1 - St. James' Pictou (Registration Deadline Jan. 29)

† **South Shore** - Feb. 29 - St. James' Mahone Bay (Registration Deadline Feb. 26)

† **Valley** - March 14 - Christ Church, Berwick (Registration Deadline March 11)

† **Eastern Shore** - March 21 - Parish of Seaforth (Registration Deadline March 18)

† **Cape Breton** - March 28 - St. John the Baptist, North Sydney
(Registration Deadline March 25)

† **Chignecto** - May 2 - All Saints', Springhill (Registration Deadline April 29)

MORE is based on God's desire to give the world **MORE** of what it really needs – hope, love, and freedom. Bring a team!

Blessings, Lisa <>

Rev. Lisa G. Vaughn

Parish Vitality Coordinator

Diocese of NS & PEI



(Editor's note: For an example of **MORE**, see Fort Sackville Regional Report on page 31.)

"The best way to find yourself, is to
lose yourself in the service of others."

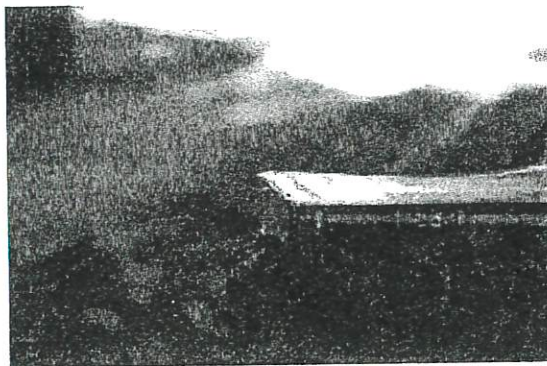
- Ghandi

RULE OF LIFE

Every Christian man or woman should from time to time frame for themselves a RULE OF LIFE in accordance with the precepts of the Gospel and the faith and order of the Church; wherein they may consider the following:

- **The regularity of attendance at public worship and especially at the holy Communion.**
- **The practice of private prayer, Bible-reading, and self-discipline.**
- **Bringing the teaching and example of Christ into everyday life.**
- **The boldness of their spoken witness to their faith in Christ.**
- **Their personal service to the Church and the community.**
- **The offering of money according to their means for the support of the work of the Church at home and overseas.**

(THE BOOK OF COMMON PRAYER 1962 CANADA, page 555)





NEWSLETTER SUBSCRIPTION (Jan. 2020)

Date: _____

*Please return
complete for
Thanks.*

53*
Jan Connors
Synod Administration
1340 Cathedral Lane
Halifax, NS B3H 2Z1

Complimentary-



*Last Year
Paid*

☐ **GROUP:** _____

Parish: _____

Mail Group's Newsletter to: _____

Mailing Address: _____

Office: _____ Telephone: _____

E-mail: _____

If name is changed, indicate previous name: _____

☐ **INDIVIDUAL:** Name: _____

Mailing Address: _____

Telephone: _____ Parish _____

E-mail: _____

Church / group you usually attend _____

- ☐ A **yearly** donation of **\$15.00** is enclosed for the **year(s)** _____ towards the annual production costs of the newsletter. Ideally, annual donations should be received by January 30th. Copy or cut this sheet from newsletter and mail form with cheque or money order (payable to **ACW Board**) to:

Donna Parsons, ACW Mailing List
112 Ridgview Drive, Lower Sackville, NS B4C 1M1





BRANCH or UNIT EXECUTIVE OFFICERS (Jan/20)

(please print)

Date _____

Parish: _____ Mailing _____

Church: _____ Address _____

Group: _____

President: _____ Address: _____

Telephone _____

Secretary: _____ Address _____

Telephone _____

Treasurer: _____ Address _____

Telephone _____

Chairpersons of Departments

Past President _____

Education _____

Social Action _____

Prayer Partner _____

Devotions _____

Date of year end _____

Following the annual meeting of your group, **PLEASE RETURN TO:**

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WHY DID JESUS FOLD THE NAPKIN?

Why did Jesus fold the linen burial cloth after his resurrection?

The Gospel of John (20:7) tells us that the napkin, which was placed over the face of Jesus, was not just thrown aside like the grave cloths. The bible takes an entire verse to tell us that the napkin was neatly folded and was placed at the head of that stony coffin.

Early Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, "They have taken the Lord's body out of the tomb, and I don't know where they have put him!"

Peter and the other disciple ran to the tomb to see. The other disciple outran Peter and got there first. He stooped and looked in and saw the linen cloth lying there, but he didn't go in. Then Simon Peter arrived and went inside. He also noticed the line wrappings lying there, while the cloth that had covered Jesus' head was folded and lying to the side.

Was that important? Absolutely! Is it really significant? Yes!

In order to understand the significance of the folded napkin you have to understand a little bit about Hebrew tradition of that day. The folded napkin had to do with the Master and Servant, and every Jewish boy knew this tradition. When the servant set the dinner table for the master, he made sure it was exactly the way the master wanted it. He table was furnished perfectly, and then the servant would wait just out of sight, until the master had finished eating. The servant would not dare touch that table until the master was finished.

When the master was done eating, he would rise from the table, wipe his fingers, his mouth, and clean his beard, and would wad up that napkin and toss it onto the table. The servant would then know to clear the table. For in those days, the wadded napkin meant, "*I'm done.*"

But if the master got up from the table and folded his napkin and laid it beside his plate, the servant would not dare touch the table because....

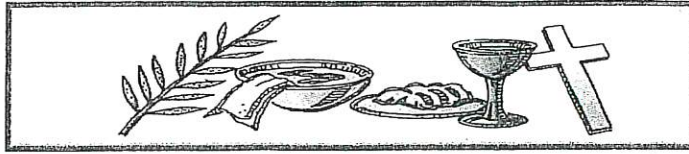
The folded napkin meant, "*I'm coming back!*"

He is coming back!! Be blessed!!

(Diocese of Calgary ACW Newsletter, March, 2009)



LENTEN QUIET DAY



MISSION IS POSSIBLE: EMPOWERED BY GOD

The importance of the relationship between the Anglican Church Women Board and the Anglican students at the Atlantic School of Theology is evident with the annual **Lenten Quiet Day**. The Board sponsors the *Lenten Quiet Day* (for 2020: Sat. Mar. 28/20, 10:00 – 2:30, lunch included @ \$10); a hosting parish offers the hospitality (for 2020: St. James, Shubenacadie), and AST students provide the reflections, based on the Board's annual theme (two reflections and a homily for the Eucharist on our current theme, continued from 2018/19, *Mission is Possible: Empowered by God*). This event **welcomes all: women and men, all ages and stages**.

We really need to have **advance notice** of your intended attendance, however, so please pre-register by Friday, March 20 by either **phoning Board Treasurer (and LQD Registrar) Marjorie at 902-462-3637** or **e-mailing Marjorie at davisnow@eastlink.ca** Registration payment of \$10 is paid at the door.

- Who?** Whoever wishes to attend: **All are welcome, women and men!**
- What?** Lenten Quiet Day 2020 - ***Mission is Possible: Empowered by God***
- When?** Saturday, **March 28, 2020; 10:00 am - 2:30 pm**, lunch included (\$10 at the door)
- Where?** St. James Anglican Church, **Shubenacadie**, 2856 Hwy 2 (Main Street), Shubenacadie
- Why?** To **strengthen one's spiritual journey in Lent**
- How?** By **pre-registering**: phone or e-mail Marjorie (920-462-3637 or davisnow@eastlink.ca) by **Friday, March 20, 2020**

MOTHERS' UNION



What is "Lady Day"?

The term "ladies" is used in many ways... sport divisions, washroom identification and clothing. "Lady" can be offensive when using it to address one woman. The term lady is not used regularly these days, e.g. lady doctor, saleslady. When we see or hear it now, it conjures up different images in our minds. What image of "lady" is in your mind right now?

One image may be of a female member of a royal family. For many the image is that of a proper, impeccably dressed woman who is well mannered with high moral standards. On questioning young people about what the term lady meant to them the answers were interesting.... pinkie finger in the air while sipping tea, mature, not exuberant, polite.

Lady Day, which is usually celebrated each year on March 25, was named for someone who does not fit into the present day perceptions of being a lady. She was a teenager, she was not from royal stock, she wore simple clothes, was humble and modest.

Lady Day, or to give it its correct title, "The Annunciation to the Blessed Virgin Mary", is the celebration of the Angel Gabriel's visit to Mary in her home in the hill village of Nazareth. God sent Gabriel to tell her that she had been chosen to be the mother of Jesus (Luke 1:26-38). In the early Christian Church, December 25th was chose as the date for the birth of Jesus and thus, March 25th became the date to recognize the Annunciation, the conception of Jesus. Pictures and statutes of the Mother and Holy Child have been a part of Christian art from early times.

When Mary Sumner started the Mothers' Union, she naturally chose this age-old symbol of motherhood for her society. In 1897 the Mothers' Union formally adopted the Feast of the Annunciation to the Blessed Virgin Mary as its yearly day of prayer, intercession and thanksgiving. A service booklet for Lady Day is normally published by Mary Sumner House annually. Some dioceses throughout Canada have a Lady Day annual service and many branches celebrate communion at their branch services during the month of March. Any collection received during these services have been earmarked for donation to the Overseas Development Fund.

Mary Stone

Mothers' Union Diocesan President



DEVOTIONS

Happy New Year everyone. It is hard to believe we are entering a new decade. 2020 may have very exciting events happening in both the religious and secular worlds. As I have mentioned before, we often find it difficult at times to know where to look for an interesting devotion report, if we are asked to do one.

I wonder if you are aware of the materials available at the Resource Centre in the Anglican Diocesan Centre (1340 Cathedral Lane, Halifax - next to the Cathedral Church of All Saints). I have visited it many times. It is amazing all of the information you can find there and get many suggestions and knowledge for programs, project, history, etc. There are lots of books on the topic of Bible Studies; there are materials for every aspect of church life; books for adult reading, teen reading, and youth. There are DVD's for borrowing. There are reference books that you can sit and read (but not take away).

Also, we are very close to the Victoria General so if you are between appointments or are filling in time between visits, stroll over to the Resource Centre, make your self cozy on the couch or sit down at the table and write a note or read a book. You can, also, borrow books. When you get to the Diocesan Centre, at the Reception Desk, you sign out the key for the Resource Centre, and if you want to borrow materials before you leave, you fill out the book cards in the back of the books, place it/them in the box provided near the Resource Centre door. Then lock up the room and return the key to the front Reception Desk

I am including an article that you may want to use for a devotion sometime. I thought it had some good ideas to think about and share at a meeting.

Yours in Christ,

Beverly Scammell

Devotions Coordinator



THINK

There was a blind girl who hated herself because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend, "*If I could only see the world, I will marry you.*"

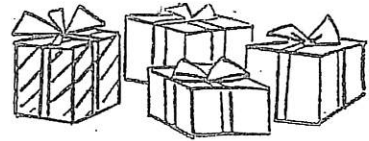
One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend.

He asked her, *"Now that you can see the world, will you marry me?"* The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at the rest of her life led her to refuse to marry him.

Her boyfriend left in tears and days later wrote a note to her saying: *"Take good care of your eyes, my dear, for before they were yours, they were mine."*

This is how the human brain often works when our status changes. Only a very few remember what life was like before, and who was always by their side in the most painful situations.

Life is a Gift.



Today before you say an unkind word - Think of someone who can't speak.

Before you complain about the taste of your food - Think of someone who has nothing to eat.

Before you complain about your husband or wife - Think of someone who's crying out to GOD for a companion.

Today before you complain about life - Think of someone who went too early to heaven.

Before whining about the distance you drive - Think of someone who walks the same distance with their feet.

And when you are tired and complain about your job - Think of the unemployed, the disabled, and those who wish they had your job.

And when depressing thoughts seem to get you down - Put a smile on your face and think - you're alive and still around.

Never look down on anybody
Unless you're helping them up.

ENVIRONMENT NETWORK

To all the members of the Anglican Church Women, the Environment Network of the Diocese would love to hear your stories and success in going “Green” and caring for God’s Creation. The new year is a time to renew our faith in living our Baptismal covenant. In opening ourselves to God’s call to safeguard the integrity of creation, an invaluable first step for many of us was the move from disposable or even recyclable plastics to reusable cups and dishes. What are your success stories?

One of the focuses of the Environment Network in 2020 is Reduce, Reuse and Recycle and the environmental impact of these efforts. Reducing consumption leaves the smallest environmental footprint. Next we hope to reuse or repair already existing items as this reduces the use of energy and raw materials involved in making something new. Once an item cannot be reused or repaired it may be recycled which requires energy and a market for the new product but keeps it from the landfill. Did you know only about 9% of plastic is actually recycled (publications.gc.ca; cbc.ca/2019)? Overall, reducing consumption has the greatest impact in protecting the environment. In fact, the importance of reducing is present in the Gospels. Jesus called the disciples to leave everything behind to follow him. He told them not to worry about their daily bread because God will always provide spiritual fulfillment to those who seek it. Our over consumption in today’s society feels an awful lot like worrying too much about our daily bread. We buy fast fashion and the latest gadgets though it seems to be our relationships and experiences that tend to create more contentment over money and goods.

In these difficult times of climate crisis, we hope that sharing our stories and successes with other Anglicans will foster hope, a deeper sense of community and spiritual enrichment. We sincerely thank you all for all you do in serving God’s Mission. Let us know how we can support you, your ministry or parish. Connect with us by e-mail at endionspei@gmail.com or on Facebook.

Blessings in 2020,

The Diocesan Environment Network.



REGIONAL REPRESENTATIVES

Cape Breton

Greetings from the Anglican Church Women in the Cape Breton Region. The Advent season was busy in most churches and the 2020 Canadian Church Calendars sold well this year. St. Mary's, Glace Bay, is planning an ecumenical Lenten Soup and Hymns. At this time of writing, most other ACW's have not met to plan for Lent. They are all relaxing after a busy fall. The winter weather is the big topic around here - how much snow, rain, ice pellets & wind and where to put all the snow! Remember to pray for each other.

Blessings,

Joanne Turner

Regional Rep.



Chignecto Region

A belated Happy New Year. I hope that 2020 will give us the same vision as the optometrist when he says we have 2020 eyesight!!

Many of the Anglican women seem to find the time to spend many hours involved with their Church Christmas activities as well as all their family needs. We are now past the busy season and settled into our routines again.

Due to the decreased number of members in Parrsboro their fund raising activities are curtailed somewhat. Despite having to cancel our Regional meeting in Parrsboro in September the ladies at St. Georges are willing to welcome us on April, Saturday 25th! Registration at 10:00 a.m. Please let Marilyn Orr know, phone number 902-254-2887, by April 18th to facilitate their catering for lunch. The weather should be more reasonable and since Easter will be behind us, hopefully many ladies will be able to attend. We haven't had a Regional meeting since September 2017 when we met at St. John's in Truro. The weather was an issue causing the cancellation of the meeting scheduled for Springhill in 2018. This coming April a representative from the Kings-Kikima Grannies Group will be the guest speaker at the Regional. They collect used and unwanted or broken jewelry which they refurbish and sell to raise money to help the Kikima Grannies care for and pay for the education of their HIV orphaned grandchildren. Come and find out what an awesome job this group of women are doing. A perfect example of "***Mission is Possible: Empowered by God***".

The Springhill groups are providing lunch once a month after their morning Worship Service for their congregation. During Lent they will hold weekly Bible Studies. With better weather in May it will be time for their annual Yard Sale.

The Fish Chowder Lunches for the first 5 weeks in Lent will be hosted again by the ladies at St. George's in Dutch Settlement along with their sisters from Christ Church in Lantz. St. Martha's group in Amherst do not meet during the winter months, but will restart again at Easter.

At St. James in Shubenacadie, after 5 months of restoration and painting of the old church hall - in the middle of the church building, between Sanctuary and large hall - everything is finally back in place. Looks great! Its surprising how much unnecessary "stuff" is stored in cupboards, drawers and boxes - kept for "just in case". Some items from the storage sites will go to the annual Flea Market to be held in May. Rehearsals have started again for the Dinner Theatre - 18th year - and eagerly awaited by many in the community. One young man who attends the sewing classes has joined the cast. New members are added regularly to the sewing class, as others who have become competent sewers, stop attending regularly.

Hand warmers, sewn by the sewing class, were given out to all members of the congregation in recognition of each persons ministry on February 2nd, Women's Ministry Sunday. With only 5 men in the congregation they are all necessary assistants to much of what the ladies do - so their ministry was recognized too! After all, the 4th verse of the Anglican Church Women's hymn is:

*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.*

(Common Praise #434)

St. James will welcome all to the annual Lenten Quiet Day on March 28th, with registration starting at 10:00 a.m. (See page 20) The registration fee will be \$10.

Several churches in the Region support the 3rd Place Women's Shelter in Truro at various times of the year, particularly at Christmas, Valentine's Day and Mothers' Day. Toiletries and clothing being the usual items donated.

Remember to be part of those who are helping to protect God's creation by using your reusable fabric shopping bags, forgoing the plastic and paper ones. Paper bags create more than twice as much atmospheric waste than do plastic ones in landfills. Every little bit helps!

As the days gradually get longer and we look forward to the new growth in the Spring, may we also be renewed with the Joy of our Easter celebration of new life.

Respectfully submitted,

Anne Williams

Regional Rep.



Eastern Shore Region

The Parish of Port Dufferin's Patsy Burgoyne reports that the four-point parish has no Anglican Church Women's group, nor Guilds. The Rev. Gary Barr provides his services part-time. They had two fund raisers this year - a Penny Auction during the summer and a well-attended 3rd Annual Tree Lighting in December. The parish enjoyed one Christmas service held in Sober Island with about 40 in attendance with organist Jonathan Cumming.

The Parish of Tangier reports a busy Christmas season. There were six Tree Lightings and four Christmas Services, including the Family Service, held December 24th or 25th. Approximately 180 people attended those four services. The parish put together 70 boxes with 36 extra pairs of socks for the Mission to Seafarers! Because they are a 7-point parish, there is a fundraiser in the community often. Bible Study classes were well attended at the Rectory in November. At the Anglican Church Women St. Andrew's annual meeting, all board members agreed to stay in their respective positions for another year.

Faye Levy reports that Ecum Secum's 3-point parish may be "aging and diminishing" but they put together 100 boxes for the Mission to Seafarers. Well done! St. Barnabas also filled eleven boxes for local "shut in's". Each of the churches held a Christmas Bazaar and St. Paul's had a Tree Lighting. A year long collection went to the Council of the North. The food bank drive held in October was shared with the two local Food Banks located in Sherbrooke and Sheet Harbour.

Sue Slauenwhite

Regional Rep.

Prince Edward Island Region

St. Stephens, Irishtown, hosted a “Ladies Afternoon” in early December, and the Anglican Church Women and all church ladies were invited to an afternoon of games, readings and fellowship followed by a lovely lunch. What a wonderful afternoon to enjoy the Christmas season.

St. Peter’s Cathedral in Charlottetown hosted a luncheon for 150 people to celebrate the church’s 150th anniversary and it was spearheaded by the Binney Anglican Church Women. The Rev’d Ralph Moore, Assistant Priest at St. Peter’s Cathedral in Charlottetown recently celebrated the 10th year of his ordination.

On Friday, November 29, St. Peter’s Cathedral Archives opened after two years of archival work. Many of these archives are now available online <http://www.archives.pe.ca/atom/index.php/st-peters-cathedral> CBC reported on the project <https://www.cbc.ca/news/canada/prince-edward-island/pei-st-peters-cathedral-online-archives-1.5378863>

The members of St. John the Evangelist Anglican Church Women in Crapaud, PEI started **The Church Mouse** almost 40 years ago. These dedicated ladies organized, cleaned and staffed the shop on Saturday afternoons for 35 years providing affordable, gently loved clothing, housewares, bedding, and more to the people of the South Shore of Prince Edward Island. Five years ago a group of younger women in the congregation stepped forward when the ACW indicated that the running of the shop was becoming more than they could manage. This Thrift Shop Team has continued and built upon the good work begun by their elders and **The Church Mouse Thrift Shop** on Friday and Saturday mornings from May to October this past year. The clientele continue to be grateful for this outreach ministry and each week finds the “regulars” gathering to catch up on each other’s week and to peruse the new donations. St. John’s, Crapaud is also blessed to receive support for The Church Mouse Thrift Shop through the donations of goods from other ACWs on PEI.

Members of St. John’s ACW and Parishioners in Crapaud, PEI contributed to **The Warm Seafarers Campaign 2019** during Advent by collecting donations of new socks and long underwear; donating components and preparing Christmas Shoe Boxes; and also collecting items for the clothing depot at **The Mission to Seafarers** in Halifax.

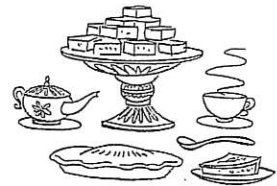
The Women of the **Parish Spiritual Rejuvenation Committee** at St. John the Evangelist, Crapaud, prepared gift packages of homemade cookies and delivered them to seniors and shut-ins in the community midway through Advent 2019.

St. John the Evangelist Anglican Church Hall (basement of the church), 391 Nelson Street, Crapaud invited teens and adults to join for a ***"Coffee, Craft & Chat"*** morning on Saturday, January 11th from 10:00 a.m.-noon. Sessions will continue on subsequent Saturday mornings from 10:00 a.m.-noon. Check our Facebook page for weather cancellations. Bring your own knitting or sewing project; pick from a variety of crafts provided (scarf making, knitting/crochet, rock painting corners and open to your ideas); or join us for conversation. Visit with friends old or new and enjoy a cup of coffee and some friendly company.

Kensington Area Christian Council, sponsors a Holy Week Noon Church service and luncheon and these are held at St. Mark Anglican Church, Kensington. All Anglican Church Women ladies provide the luncheon on one of the days in Holy Week. This is a wonderful ecumenical event in our area.

Sally Goddard

ACW Communications
Coordinator for PEI



Valley Region

October was a busy month for the Anglican Church Women of the Valley Region. Two Regional Meetings were held - one for the western part of the region and one for the eastern part.

The Valley West Regional meeting was held on Wednesday, October 16th at St. Luke's Church, Annapolis royal. Hosted by members from both the Parishes of Annapolis and Clements, 28 ladies from Weymouth to Kingston gathered for a day of prayer, song, fellowship and education.

A service of Holy Eucharist was celebrated by the Rev. Nita Barteaux in honour of St. Luke (the parish's patron saint). The organist for the service was Elsie Hepburn and several of the choir members (all female!) sang an anthem: ***The Lord is My Shepherd***. Following the service, a delicious lunch of chili and corn chowder, apple dessert and ice cream was provided by the hosts.

The afternoon's guest speaker was Leah Marshall, a ***Schools Plus*** outreach worker for the Annapolis Valley Region Centre for Education. Ms. Marshall gave an interesting

presentation on the *Schools Plus Program* and the positive impact it is having on students and their families. Present as well were Grace Ellis and Liza Vance, representing the *Annapolis West Education Centre School Pantry*, a food/clothing bank to help students in need. Following the presentations made by the day's guests, it was unanimously decided to donate the offertory collected at the morning service to the *AWEC School Pantry* program.

Sheila Hulford, Valley representative for the ACW Board, spoke to those present about the new annual project *"Education: A life changing gift"* and updated them on the latest Diocesan ACW news. Furthermore, Mary Osmond (Holy Trinity Church, Parish of Wilmot) demonstrated a recent project from her ACW - recycling/sewing old T-shirts into shopping bags to be donated to their local food bank [to help eliminate single use plastics].

Following the business meeting, the Parishes of Annapolis and Clements were thanked for their hospitality, with plans for next year's meeting in the Parish of Digby already underway.

The Valley East Regional meeting was held on Saturday, October 19th at The Forties Community Centre, Parish of New Ross. Hosted by members from St. Augustine's, The Forties and Christ Church, New Ross, 44 ACW members from Aylesford to Hantsport, as well as three ACW Diocesan Board members, were in attendance.

A service of Holy Eucharist was led by the Rev. Laura McCue, who acted as celebrant, homilist and musician! (She is quite the singer and guitarist!) Following the service, a delicious lunch was made up of a variety of soups and desserts were provided by the hosts.

The afternoon's guest speakers were Nancy Henry and Shelly Moore from **Heart to Heart: Kings Kikima Grannies**. They explained the history of their organization and how pleased they were that the Diocesan ACW had chosen their group to be the 2019/2020 Annual Project, *"Education: A life changing gift"*. At the afternoon business meeting, it was determined that the offertory gathered from the morning service was to be donated to the ACW Annual Project.

Cynthia Pilichos, Board Co-coordinator, spoke on behalf of the ACW Diocesan Board, outlining important programs and activities. Marjorie, ACW Board Treasurer and Sheila Hulford, Valley Representative on the Board were present, as well.

Following the afternoon's activities, visitors were sent away with a memento and verse: *the Cross in My Pocket*. The Anglican Church Women members from St. Augustine's and Christ Church were thanked for their hospitality. Next year's meeting will take place at Christ Church, Berwick, hosted by the Parish of Aylesford/Berwick.

Blessings and all the best in 2020,

Sheila Hulford
Valley Representative



Fort Sackville Region

Last year Mary Stone attended a **“MORE” Missional School**. Following the theme of the course, she took a walk around her neighbourhood. On this particular walk, she focused on how the church could be more missional in her community. Several key factors inspired her to take action. Elders, those who are ill and new community members would benefit by receiving blessings of love and caring through nutrition. The lonely would most certainly enjoy friendship and conversation from a monthly visitor. Through Mary's efforts, the **Neighbourhood Soup Servants** organization was formed. Once a month, the soup servants gather at St. George's (Parish of French Village) church hall to make 4 very large pots of soup. Everyone is assigned a task before the soup day. By 9am things are in full swing. Cutting, cooking, preparing the bottles, bagging rolls, checking the list of clients. The final touch is adding labels that have a monthly grace, the ingredients used and the date for the next visit. At noon, delivery and visitation is started. To date there are over 70 bottles of soup being delivered to 55 households on a monthly basis. The recipients are beyond grateful and the soup servants feel exactly the same way. Strolls around the neighbourhood are not what they used to be. Take a “missional” walk on the wild side and discover for yourself how awesome they have become.

Matthew 25:35 *“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.”*

Louise Christie
Board Associate &
Parish of French Village



'T WAS THE MONTH AFTER CHRISTMAS

'Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meats I'd prepared,
The gravies and sauces and beef nicely rared.

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please".

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt...

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So.... away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
'Till all the additional ounces have vanished.

I won't have a cookie ... not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Anglican Church Women Board & Associated Coordinators 2019-2020

Diocese of Nova Scotia and Prince Edward Island

(Jan 22/20)

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TWINKLE TWINKLE LITTLE STAR

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing. Suddenly, the curtains parted and spotlights focused on the impressive Steinway on stage.

In horror, the mother saw her little boy sitting at the keyboard, innocently picking out *"Twinkle, Twinkle Little Star"*. At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear.

"Don't quit. Keep playing".



Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child, and he added a running obbligato. Together, the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience. The audience was so mesmerized that they couldn't recall what else the great master played. Only the classic, *"Twinkle, Twinkle Little Star"*.

Perhaps that's the way it is with God.

What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't always graceful flowing music. However, with the hand of the Master, our life's work can be truly beautiful.

The next time you set out to accomplish great feats, listen carefully. You may hear the voice of the Master, whispering in your ear,

"Don't quit. Keep playing".

May you feel His arms around you and know that His hands are there, helping you turn your feeble attempts into true masterpieces.

Remember, God doesn't seem to call the equipped, rather, He equips the "called".

Life is more accurately measured by the lives you touch than by the things you acquire. So touch someone by sharing this little message.

May God bless you and be you always!

