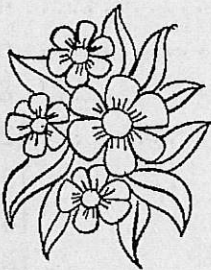




KEEPING IN TOUCH.....

with Anglican Women
in
Nova Scotia & Prince Edward Island

- ✓ Theme for 2020/2021 - *"Do justice... Love Kindness... Walk humbly with your God"*
- ✓ Touching Terminology.....
"Keeping in Touch..." and *"Let's Keep in Touch"*.
- ✓ Chaplain's Corner
- ✓ 2020-21 ACW Project -
"Supporting Parents: Stories That Matter"
- ✓ Anniversary Bursary
- ✓ *Virtual Vital Church Maritimes*
- ✓ The Sisterhood of Anglican Women
- ✓ Education & Devotions
- ✓ Mothers' Union
- ✓ News from Regional Representatives



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

Please post or circulate this magazine in your parish

A.C.W. Magazine

Summer 2020

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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A different world

To say that we are living in a different world is to state the obvious! I have been looking at the Winter 2020 issue of *Keeping in Touch*, especially the Reports from the various regions, and to read of all the active ministry that the women in the parishes were undertaking was like reading about life in another universe. There is no doubt that these stories were pre global pandemic!

The usual spring activity in the parishes has not taken place, and those parishes that are very engaged in welcoming the public in the summer will not be doing so in the summer 2020. The regular women's gatherings that many of the regions in our diocese host in September and October will likely not be taking place in the fall of 2020. Even if any do happen, they will look very different. As you can see, there is not the usual two page Calendar of Events that the Board has provided for the last number of years with the Summer issue of the Newsletter. Yes, it is a decidedly different world. Please read further in this Summer 2020 issue of *Keeping in Touch* to learn more of how we plan to evolve with current realities. In particular, read **Looking at 2020/21 in the "new normal"** (page 2) to learn how we plan to address the fact that there will be no (or very few) Regional Meetings in the fall of 2020. Happy reading!

Cynthia Pilichos

Co-Coordinator

*Fill every day with some kind deed
and you'll be truly blessed,
for helping someone who's in need
brings peace and happiness.
And you can always guarantee
your day's been made worthwhile
when you take the trouble to lend a hand
and go that extra mile.*

Helena Socha

("In Touch", Diocese of Edmonton ACW newsletter June 2020)

Looking at 2020/21 in the “new normal”

As noted, there is a much shorter, one pager *Calendar of Events* to accompany this Summer 2020 issue of *Keeping in Touch*. The Anglican Church Women Board is in the very early stages of planning a **virtual gathering** for Anglican women in the fall of 2020, as the plan for an in-person event in late September had to be abandoned. We would like to host such an opportunity in order to ‘officially’ introduce the theme for 2020/21: **“Do justice . . . Love kindness . . . Walk humbly with your God ”** and the Annual Project 2020/21: **“Supporting Parents: Stories That Matter”**. Read further to learn more about both the theme and the project for 2020/21. The idea for this ‘virtual event’ is to provide a ‘virtual gathering’ that parishes / regions can access at a time that works for them. Once we have details in place, we will provide the information on *Facebook* and the *NetNews* and have the Regional Reps let the parishes know about the ‘gathering’.

It is more important than ever that there be someone in your parish who is regularly checking the *NetNews* for updates. We still have to remain physically distanced, but we can be, and need to be, socially connected. Stay tuned as we navigate a “new normal”!

Cynthia Pilichos

Co-coordinator

Re-thinking Annual Projects in the “new normal”

The Board may be looking at a different way to approach Annual Projects after our current 2020/21 ***Supporting Parents: Stories That Matter***. We are in the very early stage of exploring possible options, with final decisions yet to be determined. However, it is for this reason that we are not extending an invitation to submit a proposal for consideration for a possible project for 2021/22. Stay tuned as we evolve with this key element of the Board’s ministry.

Connie English & Cynthia Pilichos

Co-coordinators

***Hold everything in your hands lightly,
otherwise it hurts when God pries your fingers open.***

Corrie ten Boom

Challenge and Opportunity: Discerning the Essential

We are being challenged in many ways, but the continuing reality of *Covid-19*, coupled at this point with the world-wide focus on systemic racial injustice, provides an opportunity for the Board, and the women's groups in the parishes, to rethink their ministry and prayerfully discern what is really essential. I personally found it very validating to have the following recent encouragement from the Rev. Dr. Carolyn Sharp in Cape Breton: *"My hope for the ACW is that you will ask this question: **what is essential at this time?** The answer may require stepping back from some activities or routines, not because they are not in and of themselves desirable or valuable, but in order to lean into that which is essential now, because **embracing the essential allows us to witness to God's love for a suffering humanity.**"*

In encouraging women of the diocese to reflect on what is essential, the Board is asking you to use as a guide the 2020/21 theme, chosen by the Board at a time when we were completely naïve about the reality of *Covid-19*. Moreover, we were not in the midst of the other global reality – that of the world-wide striving for racial equality and justice. Yet, it is hard to imagine a more appropriate theme for these times than to ***"Do justice, love kindness, and walk humbly with your God*** (from Micah 6:8). God is depending on us to be just, to practice equality, and to be a people of peace and equity. We are being asked to embrace kindness, to claim it as a way of life, to fall in love with it. Further, we are being asked to journey with God and . . . doing this ***'God walk'*** requires our humility, our trust, and our effort.

It was in the Winter 2020 issue of *Keeping in Touch* that I challenged women in our diocese to resolve to live our baptismal covenant, with its emphasis, in particular, on those vows of ***seeking and serving Christ in all persons, loving our neighbours as ourselves, and striving for justice and peace among all people, respecting the dignity of every human being***. Corrie ten Boom notes that it is *in darkness that God's truth shines most clearly*. As Christians, as Anglicans, we need to reflect God's light in a world of often considerable darkness. In living our baptismal covenant, let us be a light in the darkness and be guided by the Board's 2020/21 theme: ***"Do justice . . . Love kindness . . . Walk humbly with your God!"***

Cynthia Pilichos,

Co-coordinator

Chaplain's Corner

Hello to all Keeping in Touch readers! I'm writing this from Covid -19 lockdown, though restrictions are beginning to ease somewhat in our provincial business community as June takes hold. In the church, of course, we are still very much physically distanced, in virtual mode (or in paper mode for those of you whose churches are not online) and I don't foresee that changing in any substantial way anytime soon.

Today is Trinity Sunday and I am thinking about Jesus' parting words in this morning's gospel from Matthew 28: "**I am with you always even to the end of the age.**" This word from Jesus has always been very close to my heart. I often quote it to myself and others before we begin to pray. It's important for us to be reminded that he is constantly there for us and with us – sustaining us and upholding us even when we do not remember or look for his presence. I've been pondering how Jesus is with us in this time of separation one from another.

We've been doing online church for 12 Sundays now (plus the extra worship services of Holy Week). We've learned something about the limitations of the platforms we work with. For example: speaking together and singing just doesn't work that well! But we've also experienced some unexpected richness. In our parish, folks **communicate more**. They email and text and call each other on the phone after the online worship – because they miss each other, are inspired by what they hear, or just want to reach out. Sometimes, the peace of Christ is passed electronically and can go on for several days – you might receive someone's peace on a Tuesday or Wednesday!

Folks seem to **reflect more** and they share their reflections. Every week I receive comments and questions about the worship, the homily, sometimes even the hymns. This creates a back and forth conversation that allows me to get to know people in a way that the brief handshake or hug at the back of the church in a "real" service just never seemed to do. And the reflections don't just happen between the rector and the parishioners – they happen between parishioners and between other leaders in the parish and parishioners. I've heard lots of our people saying that they feel closer to folks than they ever did before as a result.

Folks also seem to **share more**. We have a theological student who happens to be with us during this very strange time. She initiated a project in which she sends email questions to

the parishioners and they reply. The replies are then shared with the whole parish. She's asked folks for their favourite hymns, powerful passages of scripture, favourite contemporary song, etc. What amazes us is not that folks send them in but that they share why they have chosen what they have chosen. The depths that are revealed about our people is often pretty amazing. What we learn about each other and about the God who draws us together is a great gift!

Communicating, reflecting and sharing – in an unexpected way, we are experiencing spiritual growth and deepening of community as we are physically apart from one another! Many of us have said that they have a new appreciation for the Body of Christ, the community, even as we are apart. For me this is a powerful demonstration of the faithfulness of Jesus' promise to be with us always, no matter what strange "age" we may be living in. His Holy Spirit finds a way to be with people as individuals and to bring them together as a community in every time and every season. We are now looking forward with new and awakened eyes to how else the Lord will make his presence known to us.

What about you and your faith community? In what ways has this lockdown experience changed and enriched you? What have been the signs of Jesus' faithful presence and empowering Spirit in your midst? How has community in Christ happened for you despite distance? Food for reflection.

Thanks be to God!

Lori

the Rev. Lori Ramsey
Chaplain to the
ACW Diocesan Board

Prayer for Creation

O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you!

Amen.

(Laudato Si', 246)



Diocesan Environment Network

The Diocesan Environment Network (DEN) was established in 2012. Our mandate is to support Anglicans in living out the 5th Mark of Mission; ***“To strive to safeguard the integrity of creation and sustain and renew the life of the earth”***. The uncertainty of the pandemic changed how we interact with the world and each other. In an effort to support Anglicans and other friends of the network in community connectedness while physically distancing, the DEN is hosting online Zoom sessions titled ***Physically Distant: Spiritually Connected Through Creation***. This online Zoom gathering, developed by Nancy Blair and Rev Marian Lucas-Jefferies, delves into various topics relating to caring for creation and climate justice. These sessions began April 2 and ran until June 25, and after a summer break will resume again in September at the start of the Season of Creation. The **Season of Creation** begins September 1 and ends October 4 on the Feast of St. Francis. It is a time to restore and renew our relationship with the earth and we look forward to celebrating the Season with members of the DEN, the wider church and community.

We hope you are all safe and well. Please connect with the DEN by email or Facebook and let us know how we can support you or your Parish. The *Physically Distant: Spiritually Connected Through Creation* sessions are open to all. To join us, email marian.lucas.jefferies@gmail.com.
endionspei@gmail.com

Blessings,

The Diocesan Environment Network



Drawing inspiration

I happened to learn about Corrie ten Boom earlier this year when I was made aware of: ***“Never be afraid to trust an unknown future to a known God”*** in a book I was reading. These words of Corrie ten Boom’s seemed to capture how we needed to approach life in a *Covid-19* world. Corrie ten Boom may be familiar to a number of you, and probably should have been to me, but she wasn’t.

Cornelia Arnolda Johanna “Corrie” ten Boom (15 April 1892 - 15 April 1983) was a Dutch Christian watchmaker, and later a writer, who worked with her father, sister, and other family members to help many Jews escape the Nazis from the Holocaust during World War II by hiding them in the family home. She believed her actions were following the will of God. Corrie and her sister were caught, arrested, and sent to the Ravensbrück Concentration Camp. Corrie’s most famous book, ***The Hiding Place***, is a biography that recounts the story of her family’s efforts and how she found hope in God while she was imprisoned at the concentration camp. Corrie ten Boom’s writings have provided inspiration to many and offered hope at a time when it would be easy to despair. As we adjust to living in the midst of a global pandemic, at whatever stage, let’s remember more words of Corrie’s: ***“With Jesus, even in our darkest moments, the best remains, and the very best is yet to be.”***

Cynthia Pilichos,
Co-Coordinator

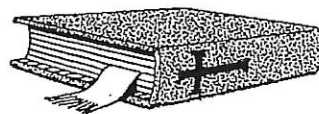


Corrie ten Boom
1892-1983



DEVOTIONS

*God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart;
bring us hope and courage
as we wait in uncertainty.
Bring hope that you will make us the equal
of whatever lies ahead.
Bring us courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you.*



(From a New Zealand Prayer Book)

Dornoch Cathedral, Scotland

I confess to a bias when it comes to the Cathedral in the delightful town of Dornoch on the far north east coast of Scotland: Dornoch was the birthplace of my maternal grandmother and the gem of the Cathedral there, dating to the 12th century, was where my maternal great grandfather was the minister in the late 1800's and very early 1900's. There are beautiful stained glass windows in his memory in the north transept and he and my great grandmother are buried outside the vestry. It is a very special part of my heart and heritage, both the town and the Cathedral. I have always loved the prayer for this Cathedral and it seems more than appropriate in these challenging times.

Cynthia Pilichos,

Co-coordinator.

**May God's Love Overshadow You,
His Power Protect You,
His Spirit Guide You, and
His Peace Enfold You.**

Dornoch Cathedral Prayer, Scotland

A Breakfast Grace

A while back I read a story of a visiting pastor who attended a men's breakfast in the middle of a rural farming area of the country. The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast.

"Lord, I hate buttermilk", the farmer began. The visiting pastor opened one eye to glance at the farmer and wonder where this was going.

The farmer loudly proclaimed, *"Lord, I hate lard."* Now the pastor was growing concerned.

Without missing a beat, the farmer continued, *"And Lord, you know I don't much care for raw white flour."*

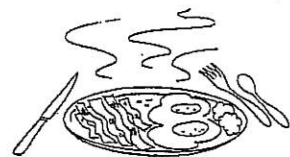
The pastor once again opened an eye to glance around the room and saw that he wasn't the only one to feel uncomfortable. Then the farmer added,

"But Lord, when you mix them all together and bake them, I do love warm fresh biscuits."

So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today. Stay strong, my friends, because our **LORD** is mixing several things that we don't really care for, but something even better is going to come when **HE** is done with it.

AMEN



A success story: *Education – a life changing gift!*

Approximately 3 years ago, the Kings Kikima Grannies made a presentation to a Regional meeting of the Anglican Church Women of the Diocese of NS & PEI at St. John's in Wolfville, starting a process that culminated in a different kind of presentation on June 11, 2020. Representatives from the Anglican Church Women Board and the Kings Kikima Grannies came full circle back to St John's for a cheque presentation: the group consisted of 10 people, so we remained legal! To say the least, we were overwhelmed and humbled when Cynthia Pilichos told us the amount of **\$17,000** raised for ***Education – a life changing gift!*** This money will mean so much to the grannies and grandchildren in Kikima.

Ruth Kyatha, our hands and feet on the ground in Kikima, provided a recent update on the five students to receive the benefits of your generosity. They have finished their exams and have been placed for September, if all goes well with the pandemic. We are so proud of these young people. When we started the project 12 years ago, none of the children were even in school, as the grandmothers had no means of sending them.

Gogos Admissions of 2019 Candidates				
S/No	Name of Student	Institution Admitted	Course	Duration
1	Aviellah Minno Kituku	Cooperative University	Bachelor of Commerce	4 yrs
2	Judah Stephen Wambua	Kibabii University	BSC. Cooperative & Entrepreneurship Mgt	4 yrs
3	Karen Muli	Coast Institute of Technology	Dip. Tour Guiding	3 yrs
4	Mercy Mukii	Coast Institute of Technology	Cert. Hairdressing & Beauty Therapy	2 yrs
5	Mbinya Kiio	Coast Institute of Technology	Craft Housekeeping	1 yr

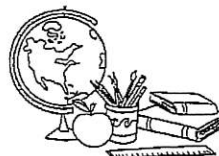
This is a note from Ruth Kyatha: *"It is great to hear that the ACW has managed to raise funds and I wish to thank them, through you and the gang, so much for taking our project as theirs. Because of this fund, some young people will get an opportunity to study to a level they never believed possible. Because of the fund, our community will have secured a brighter future, even for others who will have their lives touched by these current beneficiaries. It is indeed quite a gracious gesture, and, on behalf of the grandmothers and their grandchildren, I send our warmest regards to the ACW."*

And, along with Ruth, the Kings Kikima Grannies wish to thank the Anglican Church Women of the Diocese of NS and PEI for allowing this village to dream and reach a little higher. We always end with this quote from Margaret Mead: ***"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has"***. This year our small group got a bit bigger and we are so very grateful.

Nancy Henry and Betsy Baillie

for the Grandmothers of Kings County, N.S.

And Kikima, Kenya



The Anglican Church Women Board wishes to add our thanks to all parishes and individuals who contributed to ***Education – a life changing gift!*** in order for the Board to be in a position to present a cheque in the amount of \$17,000. We couldn't be successful without you. Please continue to support the Kings Kikima Grannies and their ministry with your prayers. **And, the Board gives thanks to Nancy Henry and Betsy Baillie for being so generous with their time and energy in travelling to so many places telling the amazing story of the Kings Kikima Grannies.** It is also the same Margaret Mead that Nancy and Betsy quote who said: ***"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."*** Amen to that!



“Supporting Parents: Stories That Matter”

Continued Support Please!

Now, we turn our attention to the Annual Project 2020/21, ***Supporting Parents: Stories That Matter***. This is a project that responds very directly to a recommendation of Canada’s Truth & Reconciliation Commission Report regarding culturally relevant parenting support for Indigenous communities, given the damaging legacy of residential schools. With this nationally-focused project, the Board is delighted to be partnering with the Mothers’ Union to support their very successful parenting facilitator training program. We will be soliciting funds until at least the end of April 2021 so that the facilitator training program can be undertaken for Indigenous Communities in the Anglican Church of Canada’s Council of the North.

We are appealing to all in your parishes for the Annual Project 2020/21. Had we been able to have the usual regional meetings when members of the Diocesan Mothers’ Union would have been available to be key presenters, we would have had that avenue to get the word out. Instead, we are depending on you, as well as various media outlets (*NetNews, Facebook, Keeping in Touch Magazine, Let’s Keep in Touch Newsletter, The Diocesan Times*). Please let everyone know that ***Supporting Parents: Stories That Matter*** is an “equal opportunity” enterprise. After all, **promoting positive relationships, supporting healthy family life, however a family is configured, and advocating for a just society is the work of all, certainly not women alone.** Cheques are payable to the ACW Board, Annual Project in the memo line, and can be directed to the Board Treasurer, Marjorie Davis at 204 – 111 Pebblecreek Drive, Dartmouth, N.S. B2W 0L1, along with a completed **Remittance Form**. Individual donations of \$20 or more receive an income tax receipt. We thank you in advance for your support of the Anglican Church Women Board’s Annual Project 2020/21, ***Supporting Parents: Stories That Matter***.

*A house is built by human hands.....
but a home is built by human hearts.*

The Sisterhood of Anglican Women

With the recent agony and tragedies that Nova Scotia has experienced, your Board was pleased and appreciative to receive greetings and prayers of support from Anglican women in the Dioceses of Calgary and Ottawa that they wished to have extended to all in our diocese. Connie English and I recently reached out to the Anglican Church Women Diocesan Presidents / Coordinators in Canada in an email of greeting and prayer. We also extended specific greetings to the dioceses with which we share a prayer partnership. The women in the Diocese of Edmonton are praying for us and we offered thanks for these prayers. We, in our diocese, are praying for the women in the Diocese of the Yukon. Please uphold in prayer your sisters-in-Christ in the Yukon.

Since sending out greetings and prayers, we have heard from the National President, Margaret Warwick, and the Anglican Church Women Diocesan Presidents / Coordinators / Volunteers in the Dioceses of Algoma, Ottawa, Edmonton, Montreal, Eastern Newfoundland & Labrador, Moosonee, Caledonia and the Territory of the People in the British Columbia Interior. The importance of prayer is evident in the following words of Corrie ten Boom: *"What wings are to a bird and sails to a ship, so is prayer to the soul."*

Connie English & Cynthia Pilichos,
Co-coordinators

O, heavenly father, we pray for our Anglican Church Women sisters across Canada, especially those in the Dioceses of Yukon and Edmonton. Keep them in peace and safety under the shadow of your wings; guide and comfort them with your Holy Spirit; and enlighten and bless those to whom they minister, for Jesus Christ's sake. Amen.

MOTHERS' UNION



As I thought about this article, the fallout from the COVID crisis was continuing to evolve with discussions of September school openings, corporations drastically reducing their staff and business cutting back or closing shop altogether. The fallout has reached into every crevice of society, including into the very fabric of our Worldwide Mothers' Union based at Mary Sumner House in the UK.

As with many charities around the world, Mothers' Union has been drastically affected. Sources of income, such as rental of conference spaces, large and small fundraising projects and the Mothers' Union shop were abruptly discontinued. Without these guaranteed sources of funding the Worldwide Mothers' Union was faced with a shortfall in excess of one million pounds! Many staff members gave up their jobs and the remaining skeleton crew took a cut in pay while working from home. Mothers' Union funds support many development projects around the world that focus on the health and welfare of families and communities – *"...reaching out as God's hands across the world."*

In Canada we quickly became aware of this acute financial situation at the heart of Mothers' Union. As was done around the world, an urgent appeal called the Mary Sumner House Appeal was sent to members and friends of the organization. Branches and individual members gave generously in this unpredictable time. Together with members and supporters from around the world a large dent has been put in the predicted shortfall. As of June 30, almost $\frac{3}{4}$ of the million pounds target has been reached, 723,835 pounds. Although there is still 276,165 pounds to go, we are hopeful that individuals and groups will see the value of the work of the Mothers' Union worldwide and will continue to give as they are able.

Many members have contributed comments as to why the work of the Mothers' Union is so important. Ethel Nelson, Past Canadian President and Past Member of Worldwide Faith & Policy Committee, shares her thoughts on the importance of Mothers' Union.

"When I was Canadian President, I had the privilege of meeting the Provincial Presidents from 30 other countries and hearing their stories. I always felt humbled by the amount of work they were able to accomplish with their Mothers' Union members."

One woman, a Bishop's wife, had to get out of her home when he died. While she was in England she was buying tomato seeds to take home to raise tomatoes so she could make

some money to support herself. There was no pension for her. Another was raising 4 grandchildren and 2 others who had been orphaned in the community. When asked by a neighbour why she would do that she said, "Why wouldn't I do that?"

Most of them live with far fewer advantages than we have in Canada, but they make the most of everything they have, and they share with those who have less. With a \$50 microloan, they can start a business, earn money to send their children to school, even hire a neighbour to work in the business and still pay back the loan. Others need training so they can teach Literacy, Parenting, or Family Life Programs. When they prosper the whole community prospers. They depend on Mary Sumner House and the central work done there to provide the start-up money for this work."

If you are interested in making a donation please visit <https://canadianmothersunion.ca/> and click on the Canada Helps button. Or, an e-transfer can be sent to the Canadian Mothers' Union treasurer, eedasher@gmail.com. Please include your mailing address to receive an income tax receipt.

Mary Stone

Mothers' Union Diocesan President



TEN COMMANDMENTS OF HUMAN RELATIONS

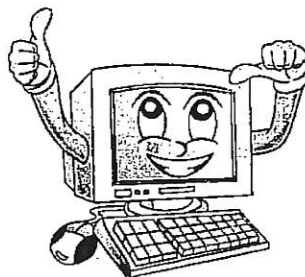
1. SPEAK TO PEOPLE - there is nothing so nice as a cheerful word of greeting.
2. SMILE AT PEOPLE - it takes 72 muscles to frown, only 14 to smile.
3. CALL PEOPLE - the sweetest music to anyone's ears is the sound of his own name.
4. BE FRIENDLY AND HELPFUL, if you would have friends, be a friend.
5. BE CORDIAL - speak and act as if everything you do is a genuine pleasure.
6. BE GENUINELY interested in people - you can like almost everybody if you try.
7. BE GENEROUS with praise - CAUTIOUS with criticism.
8. BE CONSIDERATE with the feelings of others - there are usually three sides to a controversy: yours, the other fellow's, and the right side.
9. BE ALERT to give service -what counts most in life is what we do for others.
10. ADD TO THIS a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

TOUCHING TERMINOLOGY

Keeping in Touch Editor, Donna Parsons, has encouraged so many in our diocese to be contributors to *Keeping in Touch* that its generous content means it is really a Magazine. This Newsletter / Magazine distinction was amplified with the inaugural issue (June 2020) of the electronic Newsletter Update, *Let's Keep in Touch* that Co-coordinator, Connie English, spearheaded. So, our new *Let's Keep in Touch* is a **Newsletter** and our long-standing *Keeping in Touch* is now officially designated a **Magazine**. Thanks to both Donna and Connie for coordinating these two "touching" communication vehicles for our diocese and beyond.

Cynthia Pilichos

Co-Coordinator



Receiving "Keeping in Touch..."
.....in your electronic inbox

Anne Williams has encouraged the Board to reduce its paper output in order to be more environmentally friendly! With this in mind, and if you so wish, you are able to receive future issues of our magazine "**Keeping in Touch...**" in your e-mail inbox, just as you are able to receive our new Newsletter Update, "**Let's Keep in Touch**" in your e-mail inbox. How? You need to provide your e-mail address to the Anglican Church Women Board's e-mail address: acw.nsboard@gmail.com copied to the "**Keeping in Touch...**" Editor's e-mail address: donnnaparsons@eastlink.ca **When sending your e-mail address, please put Electronic Magazine/Newsletter Distribution in the subject line and clearly type your name, phone number, parish and region to accompany your e-mail address.** Thank you.


It is Ethel Nelson's grandson, Brian Skene, who is our tech person making it possible for the Board to take this environmentally-friendly step, and we thank him. It is Jan Connors in the Synod Office who scans "**Keeping in Touch...**" to the diocesan website on the Anglican Church Women web page and we thank her for her continuing support in this regard.



MAGAZINE SUBSCRIPTION (Jul. 2020)

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complete form.
Thanks.*


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Paid

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Newsletter (electronic): *"Let's Keep in Touch"*

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- Printed magazine & electronic newsletter (\$15.00 per year)
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INDIVIDUAL: Name: _____

Region: _____ Parish: _____

Church: _____

Group(s) you usually attend _____

Telephone: _____ E-mail: _____

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Mailing Address: _____

If name is changed, indicate previous name: _____

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

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





BRANCH or UNIT EXECUTIVE OFFICERS (Jul/20)

(please print)

Date

Parish: _____

Church: _____

Group: _____

President: _____

Mailing Address: _____

Telephone: _____ E-mail _____

Secretary: _____

Mailing Address: _____

Telephone: _____ E-mail _____

Treasurer: _____

Mailing Address: _____

Telephone: _____ E-mail _____

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

Donna Parsons, ACW Mailing List
112 Ridgeview Drive, Lower Sackville, N.S., B4C 1M1

Please note that we take your privacy seriously and do not sell or share our contact information with other organizations or companies. We only use it to contact Anglican Women in Nova Scotia and Prince Edward Island for the purposes of sharing information and programming.

EDUCATION



Greetings in the name of the Trinity!

As we continue to self-isolate for the majority of the time, we may like to use those minutes or hours thinking about what the future holds. No one has a crystal ball for long-term predictions, but we can see into the near future. Stores, businesses and other places of work are opening, but with lots of restrictions. Our church buildings are still closed for regular worship services. Many of us continue to gather virtually for worship on Zoom, Facebook or other media. We see and experience ourselves, random acts of kindness. I have been noticing it myself, from family members, friends and neighbours whom I had not previously met. Each of these groups have used various methods - placing items on our front steps, emails, regular grocery deliveries, cards in the mail, phone calls, social distancing lunch with a couple in our back yard (no shared food), etc. I hope you have been blessed in some of these ways as they really give a lift to your day.

The Anglican Church Women Diocesan Board chose the theme for the 2020-2021 year before the pandemic hit, but we couldn't have chosen a better one for the time. It is taken from Micah, ch. 6, verse 8 and says, "and what does the Lord require of you but to **do justice**, and to **love kindness**, and to **walk humbly with your God**?" Look back to the April issue of the Diocesan Times and see the Board's column about our new theme. In that article Cynthia Pilichos gives some background for the situation that prompted Micah to tell the people what God wants - a change of heart.

This is what I think has been happening during the last few months. Because of the Covid 19 pandemic, people have been thinking about others as well as themselves and realizing that we're all in the same boat. We have been looking at justice issues at a deeper level. We have appreciated the kindness shown to us and we, in turn, have been kind in many ways ourselves. We have been walking with God through prayer. You may think that action is needed, not just prayer. But as someone said, prayer is action because it produces change - change in our selves. We have received the Spirit of God and are empowered to do great things. We see the way clearer to *do justice, love kindness, and walk humbly with our God.*

Ethel Nelson

Education Coordinator

VIRTUAL VITAL CHURCH MARITIMES

VCM 2020 IS BEING OFFERED ON Zoom this fall!

Join in a day of enrichment to learn about navigating change, how to harness it for missional ministry and discover hope for your church! Vital Church Maritimes conferences are held annually for lay and clergy leaders to learn about fresh approaches to being and doing church. This year, because of COVID-19 we not hosting our usual 3-day event at a hotel, but instead online. The teaching is dynamic and practical. Discussion groups are inspiring.

DATE: Saturday, Nov. 14

TIME: 10 a.m. to 3 p.m.

SPEAKER: The Rev'd. Tasha Carrothers, Missioner for Parish Development,
Diocese of New Westminster, BC.

THEME: ***Winds of Change: finding our joy***

COST: \$10.

Join with people across the Diocese and with a few from other denominations and dioceses.

Got questions? Phone 902-420-0717, ask for Lisa.

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

*"If ye canna see the bright side of life,
polish the dull side."*

(From a historical romance novel set in the Highlands of Scotland.)



CANADIAN CHURCH CALENDARS 2021

We have every reason to believe that the Canadian Church Calendar order will be delivered to the Anglican Diocesan Centre in the early fall. Parishes need to know that there are significant changes with the publication and distribution of the calendars at the Atlantic Church of Canada office and the **costs of producing the printed calendar have increased considerably**. While we do not have specifics at this time (mid-July), we know that **there will be a higher cost per calendar than has been the case for the last number of years, probably by at least a \$1.00 per calendar**.

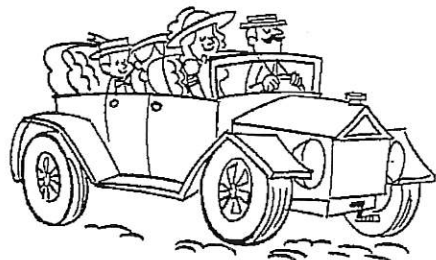
The easiest and most effective way for parishes to place a calendar order is to e-mail the Board's address: acw.nsboard@gmail.com. This approach allows for **prompt receipt of and attention to the order**, including an **invoice being e-mailed to the ordering parish**. However, if you phone the order (902-406-8981), **please speak slowly and clearly**. E-mail or phone, the following information is needed: **date, your name, your phone number, the name of the parish and community, region and the number of calendars being ordered**.

The Board's e-mail is checked **daily**, but phone messages are only checked once a week (when the Diocesan Centre is open). Please **place your Canadian Church Calendar 2021 order no later than the middle of November 2020**. The Board will be **reducing the total number of calendars to be ordered** and parishes will have to **organize pick up of completed orders from the Anglican Church Women Board Office in the Anglican Diocesan Centre**, as there will not be the Regional Women's Meetings as a potential pick up location. **Payment is to be by cheque or money order (payable to ACW Board, calendars in the memo line) upon pick up of the completed order**. Thank you.

Marjorie Davis, Treasurer and
Cynthia Pilichos, Co-coordinator

*Is prayer your steering
wheel or your spare tire?*

Corrie ten Boom



REGIONAL REPRESENTATIVES

Cape Breton Region

Greetings from Cape Breton! I pray that you are all well and "*staying the blazes home!*".

We may be home but we are still finding ways to keep in touch. At Trinity Church we have Sunday morning prayer services on our Church Facebook page. Each Sunday a different book is used. (New Zealand; Australia; Canada; B.A.S.; B.C.P.; etc). Monthly we send out a newsletter with daily prayer listings and collects. We are not opening the church for the summer.

At St. John the Baptist in North Sydney, Rev. Doug does Zoom morning prayers on Sundays and Compline through the week with a Lay Minister alternating certain days. Christ the King in Sydney has Communion via Zoom at 10:00 a.m. with an organist and Lay Minister.

St. Albans has services on Sunday in the church, limited to 10 parishioners. During the week, there is reading and music with Rev. Brenda and her father.

Colleries in Glace Bay and Area is where Rev. Dorothy does Zoom morning prayer; also a children's talk. Every Sunday on Coast Radio there is an Ecumenical Service at noon with a different minister from Glace Bay.

Rev. Carolyn in Neil's Harbour/Ingonish has had scheduled services in the Church and in the Hall. The telephone has been the best way to keep in touch.

The only Anglican Church Women's group to hold a meeting in June was held by St. Paul's, Port Morien. They took over the local ballfield, marked off the field, set up chairs and had their full meeting. Everyone enjoyed the outing and brought their own snacks and tea. A big hit to be sure.

We are still "*.... keeping in touch*".
Blessings,

Joanne Turner



Chignecto Regional

2020 has been a hard year so far for the Chignecto Region to deal with. It started off with 3 Sundays of snow storms which caused the cancellation our morning church services throughout Nova Scotia. A few weeks later all the churches were closed because of the COVID-19 pandemic; again, we were not alone in this situation.. The region was then devastated by the horrific massacre of the 22 people in the Portapique and surrounding areas in March. Our congregations collectively mourned the losses and prayed for all the families affected, particularly Const. Heidi Stevenson of Dartmouth.

Ten days later an Armed Forces helicopter crashed into the Ionian Sea and all six of the crew were killed. Again, we grieved the loss of Sub. Lt. Matthew Pyke from Truro, Capt. Brendan Ian MacDonald, and Sub. Lt. Abigail Crowbrough of Halifax. This was then added to a month later by the loss of the three-year old toddler in Truro. Most of us being mothers and grandmothers, we sympathized deeply with the Ehler family also.

We were thrilled when the Canadian Snowbirds flying team honoured Portapique and the Region with their flypast on a sunny Sunday afternoon on May 3rd. This was been tempered 2 weeks later by the crash of one of the planes and another Nova Scotian lost, the pilot, Cpt. Jennifer Casey of Halifax.

Our combined losses have certainly tested our Faith, but since Easter has occurred in the midst of all of the tragedy, we are reminded that we are a Resurrection people. Despite everything and all our questions, God is with us, he gives us the strength to be **NOVA SCOTIA STRONG**.

The loss of the three dedicated, independent strong women, role models for many of our young women of Nova Scotia, and inspirational for all of us, is tragic. All were team players in their individual careers. We too are all team players, as members of our Anglican Church Women's groups, our church congregations, Diocesan members and Nova Scotians and Prince Edward Islanders. Each of us have a duty to add to the functioning of the whole team. We; as Anglicans, are in the midst of changing and difficult times. Each of us is necessary to the teams we are part of .

We will – with God's help.



All the usual activities that the Anglican Church Women were generally busy with in the Lenten and summer season have all been canceled because of the churches being closed due to the Pandemic. The many fund raising events have also been curtailed.

The Lantz and Dutch Settlement ladies managed to sell the 30 pounds of frozen fish they had for their chowder lunches in Lent, as the last 3 were canceled. Despite a good crop of rhubarb this spring their usual rhubarb pie sale was also canceled, as was their Lobster and Ham take out for Father's Day.

After several weeks of practice, the people St James in Shubenacadie were unable to perform their Dinner Theatre. Fortunately no food had been ordered. The Giant Annual Flea market in May and the Strawberry supper in July were also canceled.

The ladies at Christ Church in Amherst are still doing *Godly Play* via Zoom for their younger members of the congregation. The Ladies were finishing a Latch Hook Rug that a gentleman of the parish had started before he died, with the aim of selling it as a fund raiser, but that is on hold.

Many of the monthly events that were scheduled at St. John's Church in Truro to celebrate their 200th anniversary have been canceled. They do have a jigsaw puzzle of a photo of the church available for sale. In 1906 the ladies of the St. John's Church contributed about 1/3 of the \$3,500 cost of the 10 bells that were purchased from a New York manufacturer. Two teams of oxen were needed to take the 10,600 lbs of bells from the train station to the church. Scaffolding was erected around the tower in order to place the bells in the belfry. There were three church services on the first Sunday the bells were played, when all the other churches in Truro were asked not to play their bells, so that the carillon could be appreciated

These same bells were played following the massacre in the region in March.

The Regional Anglican Church Women's meeting at St. George's Church in Parrsboro originally planned for April 25th and canceled due to the Corona Virus restrictions, has been rescheduled for September 26th if the restrictions allow. It will be a shorter than usual meeting with an altered format. Since we don't know when the churches will be reopened further notices will be sent out as to the status of the gathering nearer to the date when we have more information.

On Trinity Sunday, the story of creation in Genesis was read, a reminder to us to celebrate creation. With the curtailment of activities this Spring hopefully we can all get outside and appreciate the beauty of nature around us with the warmer Summer weather and no fund raising activities to distract us. Enjoy!

With the many forms of social media available to many of us, we are able to stay connected. Moreover, if you have an e-mail address, you are able to receive future issues of the magazine "*Keeping in Touch*" in your e-mail box, if you provide your e-mail address to the Anglican Church Women Board's e-mail address: acw.nsboard@gmail.com ; copied to the Magazine Editor's e-mail address: donnaparsons@eastlink.ca When sending your e-mail address, please put *Electronic Magazine/Newsletter Distribution* in the subject line and clearly type your name to accompany your e-mail address, along with your phone number, parish and region. When you take advantage of receiving *Keeping in Touch* electronically, you help the Anglican Church Women Board reduce the amount of paper in order to be more environmentally friendly. (See page 16.)

Thankfully there have been no one reported sick from the Corona Virus in the Regional Churches. Thanks be to God. Stay safe and well.

Anne Williams

Regional Rep.



Eastern Shore Region

Nadine Conrad of the Parish of Seaforth reports two churches have been sold - St. Augustine's in Lake Echo and Christ Church in Lower East Chezzetcook. The remaining church in Seaforth has been renamed "Apostles by the Sea". Congregants have been delivering about 20 copies of the church services weekly to parishioners who can also watch the services on-line with music available on Zoom.

In the Parish of Musquodoboit/Ship Harbour, Eleanor Keeping tells us their services can be watched on-line too. Some parishioners have been reaching out to those that are living alone. Unfortunately, events planned to celebrate 180 years of Parish Ministry in Ship Harbour have been postponed.

In the Parish of Port Dufferin, Rev. Gary Barr. has had good attendance at his outdoor services. Patsy Burgoyne wanted us to know one of our great supporters lost his home recently to fire. Jonathan Cumming is a local teacher who is blessed with a beautiful voice. He has played the organ and sung for many local funerals, led choirs and supported many of our churches. I'm sure many of our locals will be supporting him.

Faye Levy was saying the Parish of Ecum Secum has had very few services. Some isolation calls have been made during the pandemic to stay in touch. Hopefully things will look up soon .

Rev. Lorraine Otto has been providing two services per week for the Tangier Parish. A Book of Common Prayer (BCP), 11:00 a.m. morning prayer at Holy Trinity and 7:00 p.m. evening prayer at St. Paul's have been happening since being permitted to do so. These two churches of the seven in the parish, have large parking lots for safe spacing. We now have the ability to broadcast through our radios instead of a microphone on the front steps, although that has been working well. Of course no Eucharist nor collection can happen, but all services have been well attended and enjoyed!

One of our churches had a take-out only Supper recently that went well and we have a drive-in Corpus Christie service planned for June 11th, in our cars.

On a sad note, we lost a Matriarch of our Anglican Church community on June 7th. Joan Kennedy was a long time member of Holy Trinity since adulthood and grew up attending St. Peter's. She was also an active ACW Vice-President and an associate of the Sisters of St. John Devine. We will miss her!

Sue Slauenwhite
Regional Rep.



VALLEY REGION

Well, this is not your typical summer magazine report. Usually I would have much news to tell about fundraising teas, suppers, concerts and yard sales. Yet, only a few of these activities were held before the COVID-19 lockdown occurred. Church and ACW life was curtailed and our usual way of doing things was stopped in its tracks.

Since mid-March, life has moved at a different pace with all of us doing things differently and that included church and church-related activities. On-line church services have replace in-person church services and while it is not what we are used to, it is a better alternative than

not having church at all. Thanks to Zoom we can still keep in touch, worship together, hold mediation sessions and engage in virtual coffee hours. We can even have electronic council meetings to ensure the vital work of our churches and parishes continues. For those people not on-lin, homilies, prayer lists and orders of service have been delivered to people's homes, while telephone calls continue to keep congregations connected and up-to-date.

Even without regular Anglican Church Women activities, members have been keeping busy. In the Parish of Wilmot, cloth masks are being sowed - some of for the Middleton Rotary Club to use as a fundraiser and some to be given to volunteers delivering groceries to seniors. As well, ACW members all over have been participating in on-line church services: reading lessons, preparing intercessions and providing music. Though churches have been closed, their bells have not been silences. In the parish of Cornwallis, ACW members are among those making sure that the bell of St. John's Church is rung every Sunday at 11:00 a.m. Rogation Sunday celebrations still occurred at St. Luke's Church in Annapolis Royal. Members of the congregation were able to receive a tomato plant, seeds and words of wisdom at the church door as long as they came forward one person at a time. Through on-line church services, seeds, plants, soil and water were blessed virtually. The ACW Diocesan Annual Project: "*Education - a life changing gift!*" was supported with enthusiasm throughout the region, though even more money could have been collected if fundraising activities had not been cut short! (See pages 10 & 11)

While all of these activities are heartening, rules around social distancing and worries about the health of older members have placed the October Regional Meetings in jeopardy. Hosting parishes fear they will be unable to invite members from neighbouring ACW groups and guest speakers to their parishes while keeping them safe and spaced well apart at the same time. Plans may be in the works for a Diocesan-led Annual Meeting - stay tuned for more information.

As I write, rules around social distancing and group gatherings are changing with the real possibility that church services will resume - in a very limited way. Still, we are a long way off from resuming our old way of doing things, in the surroundings that we love. But, as one of our ACW sisters said, "*The church is still open, only the building has closed!*"

Blessings,

Sheila Hulford
Regional Rep



THE FINAL INSPECTION

The soldier stood and faced God,
Which must always come to pass.
He hoped his shoes were shining,
Just as brightly as his brass.

"Step forward now, you soldier,
How shall I deal with you ?
Have you always turned the other cheek ?
To My Church have you been true?"

The soldier squared his shoulders and
said,
"No, Lord, I guess I ain't.
Because those of us who carry guns,
Can't always be a saint.

I've had to work most Sundays,
And at times my talk was tough.
And sometimes I've been violent,
Because the world is awfully rough.

But, I never took a penny,
That wasn't mine to keep...
Though I worked a lot of overtime,
When the bills got just too steep.

And I never passed a cry for help,
Though at times I shook with fear.
And sometimes, God, forgive me,
I've wept unmanly tears.

I know I don't deserve a place,
Among the people here.
They never wanted me around,
Except to calm their fears.

If you've a place for me here, Lord,
It needn't be so grand.
I never expected or had too much,
But if you don't, I'll understand.

There was a silence all around the throne,
Where the saints had often trod.
As the soldier waited quietly,
For the judgment of his God.

"Step forward now, you soldier,
You've borne your burdens well.
Walk peacefully on Heaven's streets,
You've done your time in Hell."

A Canadian Moment

THE PLAINTIVE WAIL OF THE PIPES
AND THE SOFT BEAT OF THE
MUFFLED
ECHO IN THE MORNING MIST.

THE MAPLE LEAF SNAPS IN THE WIND
ABOVE THE BOWED HEADS OF THE MOURNERS
WHILE THE WORDS OF JOHN McCRAE'S
IMMORTAL POEM: "IN FLANDERS FIELD" ARE READ.

AS THE BUGLER SOUNDS THE LAST POST
THE YOUNGSTERS FIDGET, AND
LOOK FORWARD TO PLAYTIME.
THE OLDSTERS SHUFFLE, COUGH
AND LOOK BACKWARD TO WARTIME

THE PAST AND FUTURE OF THIS
BLESSED LAND MINGLE HERE
AT THE ELEVENTH HOUR
ON THE ELEVENTH DAY
OF THE ELEVENTH MONTH.

LEST WE FORGET.

William Bedford



"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."

—John Diefenbaker

ANNIVERSARY BURSARY: Supporting Continuing Education Locally

Did you know that the Board has an *Anniversary Bursary* that is available to any Anglican woman in our diocese, 5 years removed from formal schooling, enrolled in any recognized program? The course of study can be in **any** field - it does not have to be faith-based (but it can be faith-based). The application form is available by contacting: acw.nsboard@gmail.com. **Completed applications are due by December 31 of each year.**

Also, did you know that parishes and individuals are welcome to **support the *Anniversary Bursary Fund* by contributing to its principal?** The more generous the principal of the fund, the more generous we are able to make the annual *Anniversary Bursary* award. Contributions can be made payable to the ACW Board, *Anniversary Bursary* in the memo line, directed to Marjorie Davis, Board Treasurer, 204-111 Pebblecreek Drive, Dartmouth, NS B2W 0L1. Contributions of \$20 or more receive an income tax receipt. (See *Anniversary Bursary* posters inserted with this magazine.)

Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather:

"Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Combating gender-based violence:

Honouring *White Ribbon Sunday*



Are we ever going to get serious about combatting violence against women and create the society that values women and girls in ways that ensure they are seen and treated as more than expendable property? Will there be a public inquiry into the tragic deaths of 22 Nova Scotians on April 18 & 19, 2020 that looks at all the factors contributing to this devastating outcome, including the role of misogynist thinking and sustained intimate relations violence? Let's make sure that we **continue to raise awareness of gender-based violence by making and distributing white ribbons for *White Ribbon Sunday on the Reign of Christ the King Sunday, November 22, 2020.*** Let's wear white ribbons for the 16 days of Activism of the *White Ribbon Campaign* that includes Canada's *National Day of Remembrance and Action on Violence Against Women* on December 6. Let's live into the promise of the *White Ribbon Campaign never to commit, condone, nor remain silent about violence against women and girls.*

Cynthia Pilichos

Co-Coordinator

I've been talking about you!

I've been talking about you a lot with the Lord,
There was so much I wanted to say,
I told Him how thankful and helpful you are,
how I treasure you more every day.

I tried to describe how just having you there
can make things more special and fun.
I said how loyal you are to your friends,
and I thanked him for making me one.

And I told him how much I keep learning from you,
how your faith is inspiring to see.
Then I asked Him if He'd let you know how I feel,
and He said you should hear it from me.

When I'm an old lady

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
When I'm an old lady and live with my kids....

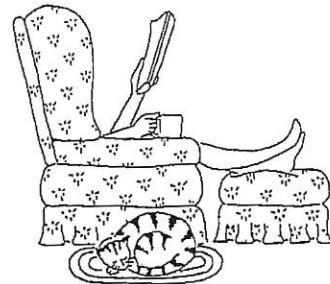


I'll write on the walls with reds, whites and blues,
And I'll bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
When I'm an old lady and live with my kids.



When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry I'll run if I'm able!
When I'm an old lady and live with my kids.



I'll sit close to the TV, through channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan, "She's so sweet when she's sleeping!"

**Anglican Church Women Board & Associated Coordinators 2020-2021
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(July 20/20)

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When I say... "I am a Christian"

When I say... I am a Christian"
I'm not shouting "I'm clean livin'."
I'm whispering "I was lost,
Now I'm found and forgiven."

When I say... I am a Christian"
I don't speak of this with pride.
I'm confessing that I stumble
And need Christ to be my guide.

When I say... I am a Christian"
I'm not trying to be strong.
I'm professing that I'm weak
And need His strength to carry on.

When I say... I am a Christian"
I'm not bragging of success.
I'm admitting I have failed
And need God to clean my mess.

When I say... I am a Christian"
I'm not claiming to be perfect.
My flaws are far too visible
But, God believes I am worth it.

When I say... I am a Christian"
I still feel the sting of pain.
I have my share of heartaches
So I call upon is name.

When I say... I am a Christian"
I'm not holier than thou..
I'm just a simple sinner
Who received God's good grace somehow!

By Maya Angelou