



KEEPING IN TOUCH.....

with Anglican Women
in
Nova Scotia & Prince Edward Island

- √ Theme for 2021/2022 -
"Community: Care...Courage...Compassion"
- √ *"The Rhythm of the Seasons"*
- √ National Day for Truth & Reconciliation
- √ 2021-22 ACW Project -
"Marguerite Centre: A Future with Hope"
- √ Chaplain's Corner
- √ *"With Success Comes a Challenge"*
- √ DEN's *"GREEN CENTS"*
- √ Education & Devotions
- √ *"Say Yes! to Kids"*
- √ News from Regional Representatives



<http://www.nspeidiocese.ca/Ministries/Anglican Church Women>

Please post or circulate this magazine in your parish

A.C.W. Magazine

Advent/Christmas 2021

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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COORDINATORS' LETTER:

“THE RHYTHM OF THE SEASONS”

Writing to you for a *Keeping in Touch* issue focused on the seasons of *Advent* and *Christmas*, when autumn is official only by the calendar, is a challenge! While temperatures are a bit cooler at this time of writing, we are still enjoying lots of summer warmth and there continue to be swimmers in the ocean. Yes, really! Are we reluctant to say “good-bye” to summer? For sure. Yet, we are close to the official end of the *Season of Creation*, with *Harvest Thanksgiving* around the corner, And... before the church’s New Year of *Advent*, followed by *Christmas* and the *calendar New Year* of January 1 (and before you received this Advent/Christmas 2021 issue of *Keeping in Touch*.) we have *All Saints’* and *Remembrance Days* (Nov. 1 and 11 respectively). Then there is the *Reign of Christ the King Sunday* (Nov.21) when the Anglican Church Women Board asks parishes to honour *White Ribbon Sunday*, followed by the *16 Days of Activism on Violence Against Women* (Nov 25-Dec 10), by wearing a white ribbon with the pledge “*never to commit, condone, or remain silent about all forms of gender-base violence and discrimination*” (see pages 8-9) and the accompanying poster.

Despite what is going on in the world, we approach each church new year of *Advent* with the inspiring words of the 4 Sundays of this *season of anticipation - Hope, Peace, Joy, and Love*. Like any new year, it is a time of recommitment. We would encourage our parishes to continue an exploration of the **Board’s 2021/22 theme, “Community: Care...Courage...Compassion”**, regardless of the season. It is a theme for all seasons! However, we would especially encourage parishes to honour *Women’s Ministry Sunday 2022* on March 6, 2022 by focusing on what community means to you.

But we are getting ahead of ourselves, as we haven’t finished with 2021 yet!! While it is a very active time all of December, please don’t forget that the Board offers the *Anniversary Bursary*, a **continuing education fund boost** to any woman 5 years removed from formal schooling, enrolled in **any** recognized program. The **deadline date** for submission of the application is **December 31**. The application form can be accessed on the Board’s webpage (under *Ministries* on the diocesan website (www.nspeidiocese.ca)) - see *Anniversary Bursary* on the “menu” or e-mail acw.nsboard@gmail.com If at all possible, submit the completed application electronically to the e-mail address just noted. Electronic submission really helps the Board.

Once we are into 2022, there are key events to keep in mind: One is the *Week of Prayer for Christian Unity* (Jan. 18-25, 2022) with the theme: *We saw the star in the East, and we came to worship*. The epiphany of the birth of Jesus as God incarnate brought light, hope and unity to the world at a time of darkness and uncertainty. As we face new challenges and struggles in our current day, the theme for 2022 shows that Christ's light has not left us; it shines as brightly as ever, calling Christians everywhere to come together and follow the path of Jesus.

The *World Day of Prayer (WDP - Fri. Mar. 4, 2022)* with the theme: *I Know the Plans I have for You* is especially relevant for parishes in our diocese, given that the WDP theme draws on the same source as the title for the *Anglican Church Women Annual Project 2021/22, Marguerite Centre: A Future with Hope*. Jeremiah 29:11 - *For, surely, I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.*

We remind you again of the importance of the **Anglican Church Women Annual Project 2021/22, Marguerite Centre: A Future with Hope** and the fact that the solicitation of support for this project transcends the seasons and is open to all (not just women or the women's groups). It is truly an equal opportunity for giving! The funds raised will support for a year a woman recovering from addiction in an environment that fosters the healing of mind, body, and spirit. 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, NS B2W 0L1. Individual donations of \$20 or more receive an income tax receipt. We thank all those who have already contributed and thank those in advance who will be. Your support means the world to the Board - we couldn't be successful without you.

The Marguerite Centre is restoring the dreams of women caught in the vicious cycle of addiction, trauma, and abuse. - CH, past resident.
The restoration of dreams means a *Future with Hope!*

Whew! That was a quick run-through of what lies ahead. Whatever the season, however, please know that the Anglican Church Women Board appreciates your ministry as you seek to serve Christ "in the parish, community, diocese, nation, and the world". We are very grateful.

Connie English & Cynthia Pilichos, Co-coordinators

YOUTH & FAMILY MINISTRY

“Tis the Season”



As we move into **Advent** and prepare for the coming of Christ, we enter into a magical time of year. Not just for us as church, but for many people, doing things in the lead up to Christmas just has an ineffable feeling around it. Things feel a little bit warmer, a little more special, a little more joyful.

I have many lovely memories of baking cookies, picking out Christmas trees, decorating the house, and so many other traditions that are so dear to me, and I'm sure I'm not the only one. Sometimes we don't need to be intentional about things, we just create a space where something special can happen, and that was exactly the case in so many of those memories.

This is such a great time of year to create those spaces with children and youth in your life - your children, grandchildren, Sunday School, neighbours, or whoever else it might be. Make a plan to do something festive to dig in to the spirit of **Advent** or prepare for **Christmas**. Maybe share the story of the birth of Jesus, or how we prepare for him to come again. You can't guarantee that you'll create a moment that will become a lifelong memory, but you can have a wonderful time entering in to the spirit of the season, which is enough.

You might have some ideas for what this might look like in your life, but if you need a little inspiration check out the **Advent** board that I put together on pinterest. You'll find it at www.pinterest.ca/nspeiyfm

Allie Colp

Diocesan Youth & Family Ministry Coordinator

*Youth &
Family Ministry*

DIOCESE OF NOVA SCOTIA & PEI

Christmas (kris'mes) n.

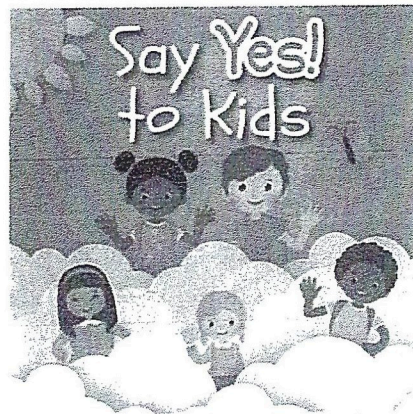
- the Christian holiday celebrating the birth of Christ.
- A winter celebration where families & friends gather together.
- a time of warmth, hope, peace & goodwill.

SAY YES! TO KIDS

As the Diocesan Rep for the Anglican Foundation, I have noted with pride that it is the generosity of Anglican Church Women that really helped our diocese be one of the top 5 fundraising teams for the 3-month (April-June, 2021)

Anglican Foundation spring campaign, *Say Yes! To Kids*. We exceeded our own diocesan goal of \$5,000 and helped bring in a total of \$110,000 Canada-wide, \$10,000 over the campaign goal!!

Our ACW Board's early contribution of \$1,000 was even an inspiration to other Anglican Church Women Diocesan Board/Councils in other Canadian dioceses.



These *Say Yes! to Kids* funds were being raised in order to support the realization of imaginative projects designed to respond to the unfortunate legacy to kids, youth, and young adults of *Covid-19* – the interrupted schooling and reduced in-person socializing, the loss of sports, music, and other extra-curricular activity, the increase in screen time, to name just a few realities. Submitted *Say Yes! to Kids* grant applications for possible projects were to show how the proposal would positively impact the target population **intellectually, physically, emotionally/socially, and spiritually**. The Anglican Foundation received these grant applications from September 1 – October 1 and these submissions are to be reviewed by an Anglican Foundation team in October / November, with decisions publicized by early December, 2021.

I really wanted to see our diocese submit *Say Yes! to Kids* grant applications, especially considering our success with the *Say Yes! to Kids* campaign in the spring - I wanted to see the possibility of parishes benefitting from these *Say Yes! to Kids* funds. There was a huge flurry of activity as the deadline for submissions loomed, but thanks go to those who have completed and submitted *Say Yes! to Kids* grant applications from NS/PEI. Special thanks to Bishop Sandra who had to write letters of support for these *Say Yes! to Kids* grant applications up to and during the time she was at the House of Bishops in Niagara, ON (Sept. 26 – Oct. 2). All told, I can assure you that our diocese has submitted *Say Yes! to Kids* grant proposals that are both imaginative and inspirational. The *Say Yes! to Kids* grant

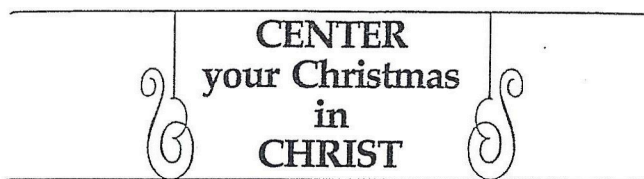
submissions from the Diocese of Nova Scotia & Prince Edward Island have the potential, in whole or in part, for kids, youth, and young adults to meet the following *Say Yes! to Kids* criteria:

- Grow in faith and deepen community connections.
- Participate in a variety of enrichment activities.
- Experience improvements in health and well-being.
- Overcome cycles of poverty and hardship.
- Achieve better learning outcomes.

Bravo to all those who developed and submitted a *Say Yes! to Kids* grant application. Thank you! Here's to success!

Cynthia Pilichos

Anglican Foundation of Canada Representative for the Diocese of NS & PEI



Gift Giving Made Easy

'Tis the season . . . to be thinking of Advent or Christmas gifts! The Anglican Church Women Board has a supply of two *Hope Bear* items – *Hope Bear him/herself* and a delightful *Book of Prayers with Hope Bear* – both perfect for children. *Hope Bear* is available @ \$20 each and the *Book of Prayers with Hope Bear* @ \$15. *Hope Bear* is a signature feature of the Anglican Foundation of Canada – a *Hope Bear* purchase supports the Foundation. Send an email to: acw.nsboard@gmail.com to place your *Hope Bear* order. (Please do not phone the ACW Board office, as messages are not able to be retrieved in a timely manner – e-mail is the way to go!). Pick-up is at the Anglican Diocesan Centre, 1340 Cathedral Lane, Halifax; Wednesdays., until Nov. 24; 1:00–2:30 pm, or by special arrangement.

GREEN CENTS

Go Green Save the Earth

You are invited to register for the **GREEN CENTS** Zoom Symposium, **November 18-20, 2021** sponsored by **DEN**, the Diocesan Environment Network. **GREEN CENTS** is about the spiritual and the practical, liturgical practices as well as building and site management. **GREEN CENTS** is an event to address the **SENSE** and **CENTS** in making our parishes **GREEN**.

**How green is your parish?
How can it be greener?
What role can you play?**

As Rev. Marian Lucas-Jefferies wrote recently in the *Diocesan Times*,

“Based on the premise that rooted in love of creation, faith communities can live out their commitment to caring for the planet by cleaning up our own act and doing the “nuts and bolts housework” of reducing our own impact on the planet. This Symposium will ground us in our commitment and provide practical information for doing that work.”

The **GREEN CENTS** Symposium is about people, liturgical practices, building and site management, funding, and most importantly, opening our senses to understanding the role each of us can play. Young and old, lay persons and clergy, wardens, property management committees, Diocesan Council members, Parish Council members, Anglican Church Women members, Mothers' Union members, and individuals who are not currently involved, can all play a role. **GREEN CENTS** is for the experienced and the curious, leaders and followers.

GREEN CENTS participants, while zooming at home, will learn:

- **Why we should want to make our churches green.**
- **What we can do.**
- **What other parishes have done already.**
- **Where to find funding.**

The **GREEN CENTS** program includes:

Session 1: Thursday evening, Nov. 18th, 7:00-9:00 will feature a message, *Being Green Spiritually*, from our bishop, the Rev Sandra Fyfe followed by *The Nuts and Bolts of Being*

Green delivered by representatives from Faith and the Common Good and the Green Churches Network.

Session 2: Friday evening, Nov. 19th, 7:00-9:00 will cover *Practical Aspects of Parishes Achieving Greeness* through a panel presentation by Nick Walker and Spencer LeBlanc from Efficiency NS and Efficiency PEI respectively. Sue Carson from the Diocese of Niagara will then motivate us to reflect on how we treat **single use plastics**.

Session 3: Saturday morning, Nov. 20, 10:00 to 12:15 will begin with *Green Church Case Studies* provided by St. Andrews United Church, Halifax, the Anglican Church of St. Andrew, Dartmouth, and a participant parish in the UK Eco Church Program. There will be opportunity for Q & A. in the session. The morning will finish with **Funding Part 1 - Diocesan Grants**.

Session 4: Saturday afternoon, Nov. 20, 1:15-3:15 will begin with **Funding Part 2 - Anglican Foundation of Canada** and will be followed by several **Concurrent Workshops**:

1. **Multi-use of Church Facilities,**
2. **Caring for People.**
3. **Green Advocacy,**
4. **TBA.**

Then **GREEN CENTS Session 4** will end with a presentation focusing on love of creation by Archbishop Mark MacDonald.

If your church has a green team already, register and participate in **GREEN CENTS** and share what you have accomplished. If your parish does not have a green focus **GREEN CENTS** is a good place to learn about becoming green.

REGISTRATION Deadline is November 15th.

For more information contact: endionspei@gmail.com Or call Rev. Marian Lucas-Jefferies at 902-482-6866. **To register:**

Thursday and/or Friday:

<https://us06web.zoom.us/meeting/register/tZEpd-GvqzsoHtPoQlhtwCZdahB9ir1r9c14>

Saturday:

<https://us06web.zoom.us/meeting/register/tZEscumrjwrHt2CYjNb1xTNU4o-LrZvf1eh>

After registering, you will receive a confirmation e-mail containing information about joining the **GREEN CENTS ZOOM** event. *Becoming green is a matter of **SENSE** and as well as **CENTS**.*

Submitted by *Dr. Margaret Bateman Ellison*,
GREEN CENTS ZOOM Symposium Coordinator

THE SHADOW PANDEMIC

The ***Covid-19*** pandemic is not the only scourge we are fighting; there is another pandemic that also continues to bedevil us . . . and that is **the scourge of gender-based violence**. With the beginning of the ***16 Days of Activism against Gender-Based Violence (GBV)*** on November 25 (***International Day for the Elimination of Violence Against Women***), we turn our attention to this other significant public health challenge: **the shadow pandemic of gender-based violence**.

CUSO International reminds us that gender-based violence has not taken a pause; rather, the world is seeing an alarming increase of violence faced by women, girls, and non-binary people. They are at a higher risk of experiencing household violence during times of crisis and the widespread job losses, economic and food insecurity, school closures, isolation, and stress related to the virus itself, are exacerbating violence around the world. Services for survivors are reporting a 30-60 percent increase in calls and police reports filed. What makes this current increase of particular concern is the fact that before the *Covid-19* pandemic, 1 in 3 women globally experienced violence in their lifetime.

Are you aware that the Anglican Church worldwide helps women with their equality and empowerment goals through *the Primates' World Relief and Development Fund (PWRDF)*. This is especially evident in the support of *PWRDF* with the *Rape Hurts Foundation (RHF)*. Hellen Lunkuse W. Tanyinga founded the *Rape Hurts Foundation (RHF)* as a community-based organization in Jinja District, Uganda in 2008, in response to some startling statistics and her own personal experience. Ugandan women make up 51% of the population, but do not enjoy the same opportunities as men. One quarter of women ages 15 to 49 have experienced physical intimate partner violence with less than 15% of cases being reported. *PWRDF* is supporting *RHF*, as it empowers women to manage their socio economic development. Addressing women's rights and sexual and gender-based violence is at the core of the work.



The world-wide **Mothers' Union** recognizes that one of the most destructive weapons in the assault against the family today is that of gender-based violence, and the Mothers' Union is joining in the fight against it. Violence or abuse perpetrated against individuals because of their gender, destroys lives. It rips families apart, devastates communities, and perpetuates the continued oppression of one half of the world's population.

We cannot remain silent in the face of gender-based violence: the results are devastating. Silence allows gender-based violence to continue unabated, as well as condemning those affected to a voiceless and isolated existence. Speaking out is essential in order to: challenge societal attitudes and myths that allow gender-based violence to persist; ensure that survivors know they are not alone, and can access help, justice and healing; and to place pressure on governments and those in authority to take necessary action to combat it. Mothers' Union around the world has been increasingly vocal in speaking out against gender-based violence, and the MU message is very simple: reduce the number of those affected by gender-based violence across the world from one in three to zero.

A small but significant step for us all is the recognition of the **White Ribbon Campaign (November 25 – December 10 – World Human Rights Day)** and its pledge "**never to commit, condone, or remain silent about all forms of gender-based violence and discrimination.**" Please note the change in the wording of this pledge to reflect a range of gender identities and, thereby, be more inclusive. The **Anglican Church Women Diocesan Board** is asking that parishes recognize **White Ribbon Sunday (November 21, 2021)** by having men and women wear a white ribbon with the foregoing pledge. What better way to honour the *Sunday of the Reign of Christ the King* than to advocate for equal rights and well being for half the world's population? Let's bring the **shadow pandemic of gender-based violence** out from the dark and together work to eliminate the violence that we now know at least one in three women and girls experience globally. **Let's do it!**

Cynthia Pilichos,

Co-coordinator



MOTHERS' UNION



Despite an old-fashioned name and a history dating back to the Victorian era, the Mothers' Union has certainly entered the 21st century with ***Hope and Confidence***, our theme for 2020 which was extended to ***Rebuilding Hope and Confidence*** for 2021.

The worldwide Mothers' Union reaches many parts of the world including countries of Asia and Africa, supporting families and caregivers. The experience of COVID has been very difficult for us here in Canada, despite vaccine availability, masking mandates in much of the country and a community of health professionals who know how to handle a pandemic. The impact of this virus has been devastating in parts of the world where the vaccines are not readily available and the health networks are practically non-existent. With the added strain of COVID, families in these areas are seriously harmed.

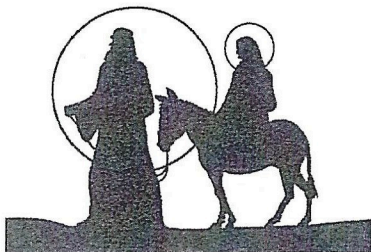
This is the world in which many of the members of Mothers' Union live. They are feet-on-the-ground, practically minded people who see problems in their communities and find ways to improve the lives of their fellow citizens, regardless of their religious affiliation. Human suffering is a universal issue. In Guyana, one of the most experienced Parenting facilitators is a Muslim woman

The Parenting Program itself is about twenty years old and is presently being renovated through a Renew and Reflect process held by Zoom where facilitators from many nations are working together to improve the program with emphasis on safeguarding. In our Diocese we have a form of safeguarding, called SafeR Church, which promotes practices which protect children and other vulnerable people. Our Zone B Reflect and Renew meetings have brought together participants from North and South America as well as the Caribbean. Our hope is to provide a contemporary program which resonates with caregivers today, whatever their cultural background.

Here in our Diocese, MU members have been active in supporting many endeavours which improve the lives of women, children and families. Branches find places of need within their communities and take action to make a difference in people's lives. For example, the French Village branch of MU has been partnering

with The Marguerite Centre (ACW 2021-22 Annual Project) and another church to support women in their residential program.

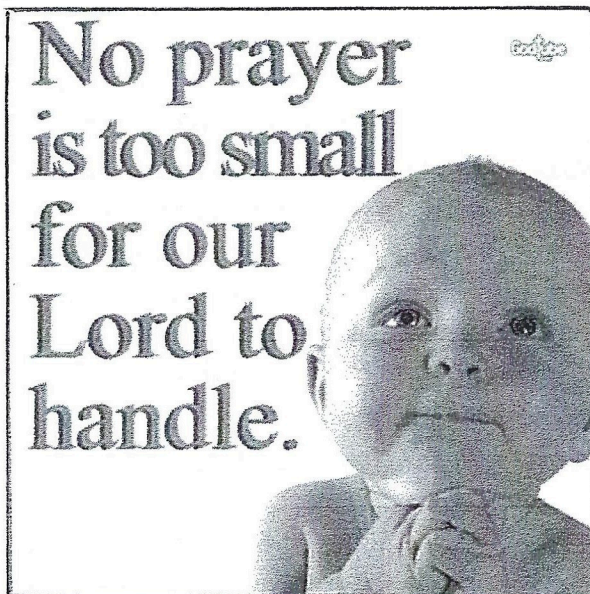
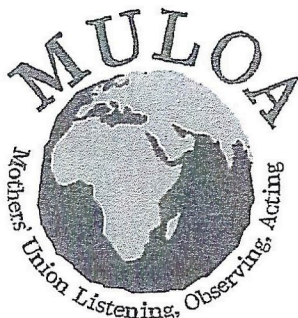
The Mothers' Union has a voice on the international stage outside of Canada and the Anglican Communion. We have been participating in the United Nations Commission on the Status of Women for some years now, advocating for human rights issues. In areas where the plight of women and children can be dire, Mothers' Union members are often the first, and only, help available to advocate for and encourage them.



As we enter the seasons of Advent and Christmas, let us remember that Mary was a poor young woman, living in an occupied territory, who gave birth in a stable. Not long afterwards, she and Joseph became refugees fleeing to Egypt with Jesus in order to escape from the terror of King Herod.

Let us look with love and compassion on all those who suffer and are fearful, standing up for those who cry out but whose voices are not heard.

In peace,
Maxine Simpkin
MU Diocesan President



CHAPLAIN'S CORNER

As I write this, the Advent/Christmas planning time is just beginning in our parish. And as the season approaches in 2021, I suspect we're all ready for a more "normal" experience this year after the virtual and limited Christmas of 2020. And because of that desire, I've been thinking that it's all the more important not to rush headlong into a frenzy of seasonal preparation. Even without the ongoing need to be cautious on a health and wellness front, is the need to be slow and purposeful on the spiritual front. One of my favorite Christian writers, bloggers and artists, Jan Richardson has written: *"The season of Advent means there is something on the horizon that we have never seen before."* Every year that's true. When Jesus came into the world at Bethlehem, it was God doing a new thing. So every Advent, Jesus comes again into the world through our hearts. And because the world is different each year and we are different too, that coming of Jesus is always something new on the horizon; something that God hopes and dreams and tries to bring to fruition through us *in and for that moment*. This year, I have a more sure sense of that something new; that something we have never seen before because the church has not been *here* in living memory – coming out of a pandemic that still lingers, learning about what's been lost and what's been gained, and how the hand of God has been shaping us through this time. Maybe this year, we can see more clearly what is always true in Advent; that the timeless God is breaking through into our human world so bound by time. As the 2nd letter of Paul to the Corinthians says **"...we urge you not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See now, is the acceptable time, now is the day of salvation."** (2 Corinthians 6: 1-2) Advent is always a great and terrifying and opportune time for us as the people of God and I have a sense that at least some of us are really feeling that this year. How will we sense God with us in a new way this season? What will we do with the time that is before us? Will we only want to return to what may now again be possible; to be as we were in the pre-pandemic church? Or will something new dawn on our horizons?

As Jan Richardson notes, it is possible for the opportunity in which we stand; this horizon changing moment we have never seen before, to go unnoticed. **"What is**

possible is to not see it, to miss it, to turn just as it brushes past you. And you begin to grasp what it was you missed, like Moses in the cleft of the rock watching God's [back] fade in the distance. So stay. Sit. Linger. Tarry. Ponder. Wait. Behold. Wonder. There will be time enough for rushing. For running. For worrying. For pushing. For now stay. Wait. Something is on the horizon." I pray that in this coming season of Advent as we prepare for the joys of Christmas, we have the wisdom to fix our eyes on the horizon and to do just that.

I wish you fruitful blessings for these great seasons to come,

Lori

The Rev. Lori Ramsey
Diocesan ACW Board Chaplain



Be connected: Canadian Church Calendars 2022

The Anglican Church Women Board has extras of the Canadian Church Calendar 2022, with the theme, *Connections*. The January 2022 photo is the artistic creation of Connie English, Board Co-coordinator, specializing in Publicity, and features a beautiful scene of Holy Trinity, Bridgewater. Calendars (10 or more @ \$5 each, tax included, and 9 or fewer @ \$6 each, tax included) can be ordered by e-mailing: acw.nsboard@gmail.com Pick-up of the 2022 calendars is at the Anglican Diocesan Centre, 1340 Cathedral Lane, Halifax, Wednesday, 1:00 – 2:30 pm, until November 24, 2021

E-Newsletter: *Let's Keep in Touch*

Don't miss out on receiving in your inbox the Board's colourful, two page, every second month E-Newsletter, *Let's Keep in Touch*, edited by Connie English. Make sure we have your e-mail address. If we don't already have it, send it, along with your name, parish, and community, to: acw.nsboard@gmail.com The E-Newsletter is sent to the Anglican *NetNews* and is available under the *Publications* tab on the Anglican Church Women webpage. The webpage is accessed under *Ministries* on the diocesan website: www.nspeidiocese.ca The next issue of *Let's Keep in Touch* will be for **November/December 2021.**



Marguerite Centre: A Future with Hope

Jeremiah 29:11: "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

Hope is the essence of life. Fundamentally it is the ability to see a bright future. Many of us could not even live a life of peace without having hope deep inside the heart. Life is unpredictable, hard, and quite brutally unfair at times. Things get out of hand and beyond our control many times. Hope helps us keep the fight on and improves the chances of making our life better. Hope - the essence of life keeps our eyes wide open for an improved future. We all know it's very hard keeping up during the most critical times, but those who never abandon hope make it till the end.

The women of The Marguerite Centre come to us believing that they have lost hope. And while we have all kinds of tools to teach women life skills, educate them on health and addiction issues, show them healthy relationships and boundary setting, help them with anger management and emotional regulations, guide them through grief and trauma healing - really the ONLY thing we need to do is show them their own hope.

Marguerite Bourgeoys, a young woman from France, came to Montreal to teach in 1653. She worked toward the education of women and children so their lives would be eased from the hardships of a new land. Marguerite's compassion, commitment and vision helped make a better society in this early settlement. She founded a community of women who would share her vision and continue to respond to the needs of the times. The Marguerite Centre is a tribute to these pioneering women. We endeavor to capture their strength and dedication by helping women and children in need and we do this by supporting women recovering from addiction. Since 2002 we have offered a long-term, abstinence based, residential program focusing on the healing of mind, body, and spirit.

Located on St. Margaref's Bay Road in Timberlea, the Centre is staffed 24 hours a day, 7 days a week. We have 12 beds, and we are the only facility providing supports exclusively to women on mainland Nova Scotia.

The Marguerite Centre believes in the right for women to recover from their addictions in a safe residential setting where their unique needs will be met, their issues addressed, and their voices heard. Our woman-centered, holistic approach to programming empowers each woman to create her own path to healing and recovery (“holistic” meaning “all encompassing”). We have 3 areas of focus, believing that it takes healing in all three to achieve long term recovery. These are ***Mind, Body, and Spirit***. Our classroom teachings include subjects such as Beyond Trauma, Guilt Shame & Grief, Self-esteem, financial literacy, healthy relationships, boundary setting, employment skills, life skills and coaching, anger management, smoking cessation, etc. We also include healthy lifestyles into our learnings by incorporating physical fitness, yoga, reiki, and other pro-social creative leisure activities.

The Marguerite Centre is a registered charity, which operates under a volunteer Board of Directors. Funding comes from a variety of sources, including government and private grants, fundraising events and donations.

We also have opportunities to partner with other organizations in our community to work together toward a common goal. This year the Anglican Church Women Diocesan Board has voted to partner with the Marguerite Centre in the 2021/22 project called ***“The Marguerite Centre: A Future with Hope”***. The common goal in this project is to sponsor a bedroom - providing a safe, dignified space for a woman to call home, for up to a year of programming with us.

Bring us back to hope - Hope helps us to ignore the sufferings of the present. When we stay positive about our future and feel that we must fight to overcome problems, our probability to succeed increases. It happens at the Marguerite Centre because our work supports women so that they can get, and stay, mentally strong; to show them that their best efforts CAN be enough.

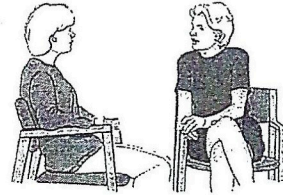
Hope is a belief. You believe long enough that something good will happen and eventually it will. The intensity of this feeling can really change your present and future. Remember that hope is also contagious! When we have hope, and open ourselves to others, sharing in any small measure, it is the most powerful thing on this earth. With the help of YOUR hope, you can make this impossible possible - like overcoming addiction, for example!

It would mean the world to the women of Nova Scotia to have your support, enabling us to financially provide for everything a woman will need to stay with us for up to a year.

Any questions about The Marguerite Centre or the programs we provide can be directed to me, Lisa Mullin at (902)444-3089 or email: margdirector@eastlink.ca. I would be happy to speak with anybody!

Lisa Mullin

Executive Director
The Marguerite Centre



It would be appreciated if groups could send \$75 towards the 2021-2022 project ***“The Marguerite Centre: A Future with Hope”***. If that is not possible, any amount will be gratefully received. Tax receipts will be issued for individual donations of \$20 or more. Please send contributions to - Marjorie Davis, Treasurer, Anglican Church Women Board, 204 - 111 Pebblecreek Drive, Dartmouth, NS B2W 0L1. Please make cheque payable to **“Anglican Church Women Board”**, and indicate **“Project 2021/22”** on the cheque’s memo line. The Board will be accepting donations for this project until April 2022.

Be mindful that happiness isn't based on possessions, power, or prestige, but on relationships with people we like, respect, and enjoy spending time with.

WITH SUCCESS COMES A CHALLENGE;

How to Fund the Many Inspirational Proposals?

Since writing an Anglican Foundation of Canada (AFC) column for this issue of *Keeping in Touch* (about the scope of proposals to benefit from the funds raised in the Anglican Foundation's **Say Yes! to Kids** spring campaign – pages 4-5), I, as the AFC's Diocesan Representative, have received updated information about the unprecedented wave of grant applications from across Canada (in response to the **Say Yes! to Kids Request for Proposals - RFP**). "In the history of AFC, we have never seen anything like this kind of energy around a grant cycle," says The Rev. Canon Dr. Judy Rois, former AFC Executive Director (retired October 18, 2021). "We asked people to **imagine more for children and youth in a post-pandemic world, and that is exactly what they did!**"

At the close of the October 1 deadline, AFC had received **more than 80 proposals, representing a total funding request of more than \$500,000!** "We are having to recruit additional volunteers to our RFP Committee to review the applications," says Dr. Scott Brubacher, former Executive Administrator and now the new Executive Director of the Anglican Foundation. "At first glance **the vast majority of these proposals are well-articulated and fall within the funding parameters.**"

In the **Diocese of Nova Scotia & Prince Edward Island alone, there are 10 applicants, representing 11 proposals, seeking close to \$65,000 in funding.** I really feel this RFP has the potential to be a game-changer: the **enthusiastic response right here at home** has given us a much stronger understanding of the **willingness and capacity of our churches to stretch themselves to meet the needs of young people in communities across the Diocese. This is exciting!** As Bishop Sandra had to write letters of support for these grant applications, I know she is encouraged by their potential.

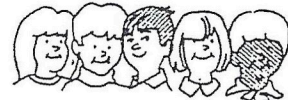
Canon Rois says **proposals reveal an incredible breadth and diversity**, "from podcasts to pilgrimage, **the vision for new ministry is inspiring.**" She says demand has been highest for smaller grants and seed funding for new initiatives, with eighty percent of applicants accessing category A grants of up to \$5,000. The majority of these are for pilot projects.

“There are dozens of applications for student enrichment in education, arts, and recreation, many of them designed to reach new Canadians and low-income communities,” says Rois. “Some of the most innovative projects, and new models for outreach to non-church youth, have come from rural parishes.” Rois says partnerships abound as applicants reveal their plans to work with community agencies and the healthcare sector to either advise on, or help deliver, impactful, youth-oriented programs. “We are also seeing a remarkable number of reconciliation-focused projects.” **The missional focus of the proposals is, indeed, inspiring!**

In terms of **geographic diversity**, Brubacher says 9 out of 10 Canadian provinces, and 2 out of 3 Territories are represented, and 21 of 30 dioceses. “We have never seen this kind of **broad, nationwide representation** during a grant cycle. This is truly an **exceptional situation.**”

For sure, it is a **good news story**, but with such success, there is a **challenge: how to address the gap between the funds raised in the spring *Say Yes! to Kids* campaign (\$110,000) and the total required to fund qualifying applications (over \$500,000).** The Very Rev. Peter Wall, AFC’s Development Consultant, explains that his team is working hard to address the funding shortfall. “In addition to the \$110,000 raised as a result of the spring campaign, we have received two exceptionally generous gifts that might be used towards this effort.” AFC Management and Board are developing a contingency plan that, once approved, may result in close to \$330,000 in available funding. “Our goal is to bring that funding gap closer to \$150,000.” So, now we need to see about **closing that \$150,000 gap.** You can help!

Wall says that between now and when the Board of Directors meets in November to approve the RFP grants, he and his team will be having “quiet conversations” with donors who may now wish to support this largest-ever outreach to young people. “Many donors responded very generously to the spring ***Say Yes! to Kids*** campaign,” says Wall, “and others were unsure about the timing and if it was too soon to begin planning for pandemic recovery. We didn’t know how many proposals we could expect to receive. Now we know!”



With this new information in hand, Wall and his team will make sure AFC supporters are aware of the many worthwhile projects that await funding. “There is **so much compassion and creativity in these proposals—the least we can do is stretch ourselves to try to fund as many of them as possible.**”

So, here is an **appeal to our very generous Anglicans in NS & PEI:** If you have not, or your parish has not, already donated to AFC’s **Say Yes! to Kids**, please consider a contribution. **Help make our submitted diocesan Say Yes! to Kids proposals a reality.** Huge thanks again to the many in our diocese who were so generous with the **Say Yes! to Kids** spring campaign. However, if you missed that opportunity, it is definitely not too late to donate!

Those interested in making a gift to support the **Say Yes! To Kids RFP** and to help **close the funding shortfall are encouraged to donate on line:**

<https://www.anglicanfoundation.org/donate/> or to send a cheque payable to the Anglican Foundation, **Say Yes! To Kids** in the memo line, to the Anglican Foundation of Canada, 80 Hayden Street, Toronto, ON M4Y 3G2. **Your contribution, and/or that of your parish, can make a positive difference!**

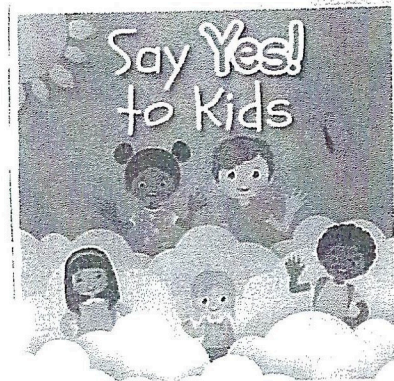
Cynthia Pilichos

Anglican Foundation of Canada Representative for the Diocese of NS & PEI
with

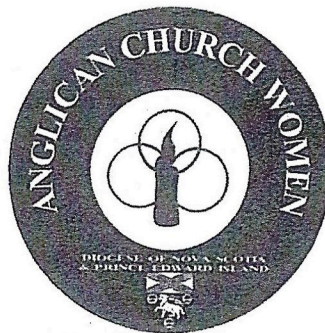
Michelle Hauser,

Anglican Foundation of Canada Development Consultant

*I have too many
flaws to be perfect,
But I have too many
blessings to be
ungrateful.*



The Power of Publicity



Hello folks,

As you all know, the world has gone through an upheaval; lives have been lost and upended and a New Normal will hopefully be emerging soon. As we embrace this ever changing world, may we do so with love and respect, ready to face new beginnings and new journeys with anticipation, optimism and enthusiasm. **Be Kind! Stay Safe! Stay Well!**

If there is a special photo or something that you would like to have shared on the Anglican Church Women Board's Facebook page please contact me, *Anglican Church Women Board*, Co-coordinator & Publicity Chair

Connie English

84 North St. Apt. 407
Bridgewater, NS B4V 4H1

Home – 902-543-9959

Cell- 902 523-0102

Email: connierenglish@bellaliant.net



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MAGAZINE SUBSCRIPTION (Oct. 2021)

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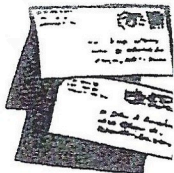
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- A **yearly** donation of **\$15.00** is enclosed for the **year(s)** _____ towards the annual production / mailing costs of the **printed magazine**. Ideally, annual donations should be received by January 30th. Copy or cut this sheet from magazine 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 (Oct/21)

(please print)

Date

Parish: _____

Church: _____

Group: _____

President: _____

Mailing Address: _____

Telephone: _____ E-mail _____

Secretary: _____

Mailing Address: _____

Telephone: _____ E-mail _____

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

Donna Parsons, ACW Mailing List

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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.

THRIVE - to prosper, flourish - to grow or develop well

Thrive is the theme for the virtual Conference to which Anglican Church Women Diocesan Presidents/Coordinators are invited. It is the first virtual gathering for the Diocesan Presidents/Coordinators and it is being organized by the National Executive Table Officers. The National Executive for Anglican Church Women comprises the Presidents/Coordinators of the Anglican Church Women Diocesan Boards/Councils across Canada. The Executive Officers include a President, Past President, Vice-President, Secretary, and Treasurer. There has been a practice of having an annual in-person Conference, hosted by a Diocese – the last one that was able to be held in person was in 2019, hosted by the Diocese of Edmonton.

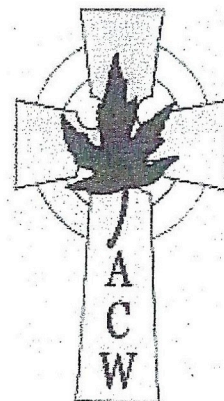
By the time you are reading this Advent/Christmas 2021 issue of *Keeping in Touch*, the Conference will have taken place, as the date is October 23. The Dioceses that have an Anglican Church Women Diocesan Board/Council (not all do, for one reason or another) are being encouraged to contribute to the Anglican Church of Canada's Healing Fund and/or the Council of the North, especially given as there is no registration fee for the virtual event.

We are very pleased that our Primate, the Most Reverend Linda Nicholls, will be the keynote speaker. We look forward to hearing her perspective on ***Thrive . . . prospering, flourishing, growing and developing well*** and we look forward to reporting on the Conference in the Lent/Easter 2022 issue of *Keeping in Touch*. We think the theme is very appropriate.

Connie English & Cynthia Pilichos,

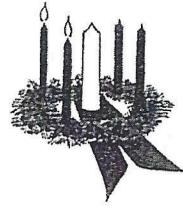
Co-coordinators

We are changing the titles for the 3 issues of *Keeping in Touch* that are more in keeping with the church year. The new titles will be "***Lent/Easter***" (replacing Winter); "***Michaelmas/Thanksgiving***" (replacing Summer), and "***Advent/Christmas***" (replacing Fall).



DEVOTIONS

Advent & Christmas



A FAMILY CUSTOM

Draw names at the beginning of Advent – the name which you draw is the person you do favors for during the season of Advent. On December 23, “Little Christmas Eve”, you reveal which family member’s name you drew.

THE CHEERIO BOTTLE

One of last year’s candle stubs (from the Advent Wreath) is placed in a wine or spirits bottle. It is a way of continuing the light and cheer from year to year. Every time you eat Christmas goodies or toast during the festive season, the candle is lit. The bottle is saved from year to year.

ST. NICHOLAS DAY, December 6th

This pre-Christmas festival is celebrated by the children with sweets in the memory of the kindly old Bishop of Myra. Indeed the name St. Nicholas has become “Santa Claus” and his custom of carrying a bag of gifts to distribute among the poor has inspired a similar Christmas custom.

THE CRECHE

St. Francis of Assisi is given credit for arranging the first replica of the manger in Italy in 1223.

CHRIST BREADS

These breads honour Christ, the Bread of Life. They are usually baked before Christmas Eve and Served on Christmas Day

THE YULE CANDLE

A large candle surrounded by greens is placed on your table with small red candles next to it. It is lit on Christmas Even and kept burning throughout the holidays. Anyone visiting during the holidays lights a small red candle from the Yule candle, blows it out, and takes it home as a gift from your house to theirs.

*Be still
and know
that I am
God*
-PSALM 46:10

The following was found in the August 30, 2015 Sunday bulletin of St. John the Evangelist Anglican Church, Crapaud, Prince Edward Island. Courtesy: Kym Harris, Diocese of Rockhampton, Australia & www.prayasyoucan.com.au

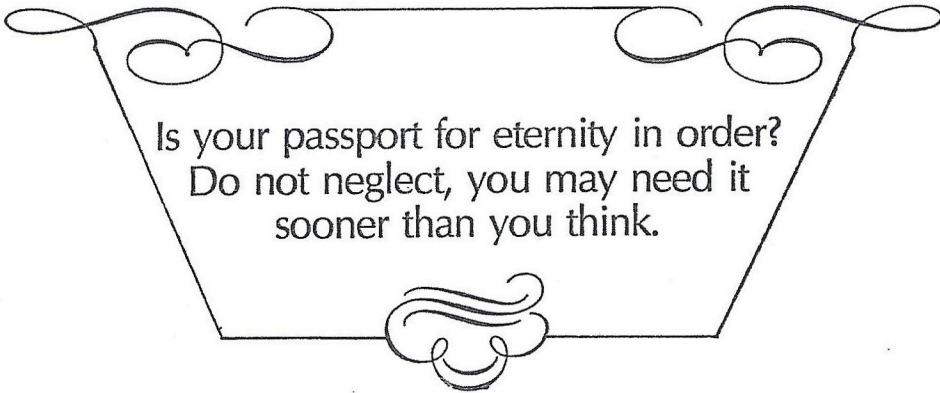
This Week's Mulling Meditation

As you go through this week, mull on your regular routine. Does this routine allow you to adapt appropriately the needs of others as they arise? Do you take time to reflect on how your attitudes and actions affect other people?

Rest in the Love of your God.

When you are at rest, ask God's Spirit to come upon you, and show you the attitudes you may have that make you insensitive to God's ways and the needs of other people. Ponder how one of these attitudes manifests itself in different ways in your life. As you ponder, ask God to show you how you can change this attitude. As you imagine new ways of acting, can you recognise how this would be virtue in your life?

Rest in the Love of your God.



Is your passport for eternity in order?
Do not neglect, you may need it
sooner than you think.

Whether you have a traditional tree, or something less so, here is a blessing for whatever you have.

A CHRISTMAS BLESSING

Loving God, bless our tree.
May its evergreen branches be a sign
of your never-fading promises.
May its colourful lights
and bright ornaments call us
to decorate our world with love.
May the gifts beneath it
be symbols of all we've received
through your Son, Jesus Christ.
May Joy and Peace
Come next in its branches and grow
in our hearts.

Amen

(This blessing is courtesy of the Rev. Frances Drolet-Smith when she did an Advent workshop some years ago during the former *Saints Alive* programs at the Cathedral Church of All Saints, Halifax.)

**Little faith will bring your soul to heaven,
but great faith will bring heaven to your soul.**

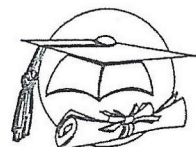


ANGLICAN CHURCH WOMEN DIOCESAN BOARD SUPPORTS EDUCATION

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 (AST) students headed for stipendiary ministry**? Qualifying candidates need to be enrolled at AST in the Masters of Divinity program and need to have been approved by ACPO for future ordination. ACPO, the acronym for the *Advisory Committee on Postulants for Ordination*, is responsible for a national discernment process that is an advisory to bishops. The Anglican Church Women Board looks forward to presenting the following 2021/22 qualifying AST students with *Kingston Memorial Fund* bursaries before the close of 2021: **Debbie Fice, Blane Finnie, Dawn-Lea Greer, Ruth MacNeil, Jane Magrath, and Rob Paddock.**

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 our former Diocesan Bishop and Metropolitan of the Ecclesiastical Province of Canada, Archbishop Ron Cutler, had his name put forward for consideration as the 14th Primate, an election in 2019 that saw the raising up and installation of the first woman Primate, the Most Reverend Linda Nicholls, from the Diocese of Huron?

With specific respect to the late Archbishop George Frederick Kingston and the fund that he endowed, we are very grateful for his foresightedness. The monies are invested with the Diocese's Consolidated Trust Fund and the very generous interest



earned means that we are able to provide this financial boost to qualifying AST students.

We hope 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, especially as there is a poster advertising this bursary enclosed with this issue of *Keeping in Touch*. 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 is December 31** and we really prefer to have completed applications returned electronically to the board's e-mail address: acw.nsboard@gmail.com An application form is available on the Anglican Church Women Board webpage on the diocesan website, www.nspeidiocese.ca or by contacting: 1. acw.nsboard@gmail.com 2. Donna (donnaparsons@eastlink.ca - 902-865-8169, or 3. Cynthia (cjp2320@gmail.com - 902-858-2350). **Please make sure that any Anglican women undergoing continuing education studies knows of this bursary.** This could be you, your daughter, granddaughter, or a friend.

A reminder, as well, that donations to the principal of the ***Anniversary Fund*** are always welcome. Donations were first solicited in 1985 to celebrate the 100th anniversary of organized women's ministry in the Diocese. A further solicitation went out in 2010, as that was the 125th year of organized women's ministry in the Diocese. To celebrate Canada's 150th year of Confederation, another request to boost the principal went out. However, we do not need a milestone year for you or your group to make a donation. Contributions of \$20 or more 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.

We are not going to ask if you see evidence of Board support for education by the choice of so many of our Annual Projects, as there are a considerable number of Annual Projects that have had a direct or indirect focus on education. The most recent one in this category was the 2019/20 Annual Project, ***Education – a life***

changing gift! wherein the funds raised are supporting 5 orphaned youth in Kikima, Kenya with post-secondary studies.

Here is something you probably didn't know regarding the Anglican Church Women Board and education and that is the fact that the Board has approved the development of a bursary for a graduating grade 12 Anglican student, male or female. We hope to have the terms of reference in place so that we can award the bursary in June 2022. All this to say that there is no question the interests of the Anglican Church Women Diocesan Board and education are inextricably linked.

Ethel Nelson, Education Coordinator and

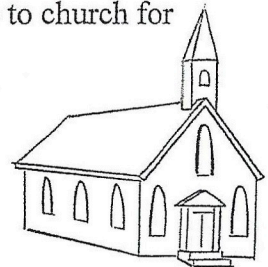
Cynthía Pílichos, Co-coordinator

A Church goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons, but for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the priests are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column. Much to the delight of the editor, it went on for weeks until someone wrote this clincher: "I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this: They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing, God is UP to something!
Faith sees the invisible, believes the incredible and receives
the impossible!

Thank God for our physical and our spiritual nourishment!



NATIONAL DAY FOR TRUTH & RECONCILIATION

September 30, 2021 marked Canada's first *National Day for Truth & Reconciliation*. In particular, the day honoured the lost children and survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

The creation of this federal statutory holiday was through legislative amendments made by Parliament. On June 3, 2021, Bill C-5, *An Act to amend the Bills of Exchange Act, the Interpretation Act and the Canada Labour Code (National Day for Truth and Reconciliation)* received Royal Assent.

The *National Day for Truth and Reconciliation* is also referred to as *Orange Shirt Day*. *Orange Shirt Day* is an Indigenous-led, grassroots commemorative day that honours the children who survived residential schools and remembers those who did not. This day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom, and self-esteem experienced by Indigenous children over generations. On September 30, 2021, Canadians were encouraged to wear an orange shirt, or an orange ribbon, to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of survivors and those who were lost.

We need more than one day of the year to honour both the residential schools' survivors and those who were lost – we need to recognize every day that *“Every Child Matters”*. We need to remember the many murdered and missing Indigenous women. We need to acknowledge that our knowledge and appreciation of Indigenous history, culture, traditions, and ways of being are incomplete at best. We need to resolve to do better in our journey towards reconciliation.

When we gather as a Christian community and we acknowledge that we are on the Indigenous territory of Mi'kma'ki, the traditional and unceded territory of the Mi'kmaq People, we need also to acknowledge that before European settlement, the Mi'kmaq People lived and worked here, spoke their language, raised their families, shared their stories, and developed their laws. This reality has not been honoured and acknowledged enough.

The Europeans who first came here, brought with them the strange idea that the Americas were “discovered” by them, that this was somehow a “promised land” that God had decided

belonged to them. This dangerous myth was based on other notions – that European people were superior, that their languages were better, their religion was truer, their rights were more important. We need to acknowledge the error and arrogance of these dangerous myths and notions (adapted from Remarks of Bob Rae, Canada’s Permanent Representative to the United Nations, on Canada Day, July 1, 2021, in New York City).

Let’s remind ourselves of the words of our former Diocesan Bishop and Primate, Archbishop Fred Hiltz, who has asked that *we pray to God that our Church and our country remain firm in their resolve to support healing and reconciliation; that all the people of Canada – First Nations, Inuit and Métis – and all others who, through waves of immigration, have come to settle here, may, with goodwill, forge a new future together; [and, ultimately], that the future will be marked by a profound respect for the dignity with which the Creator has endowed all peoples, and by that harmony with which the Creator would have us live – in relations that are good and right and just for all. This we ask in Jesus’ name. Amen.* And, let’s remind ourselves that we need to offer this prayer on more than one day of the year – September 30 - *National Day for Truth & Reconciliation*; we need to offer this prayer every day.

Cynthia Pilichos
co-coordinator

Prayer for Reconciliation

Holy One, Creator of all that is, seen and unseen,
of story and of song, of heartbeat and of tears,
of bodies, souls, voices and all relations:

You are the God of all truth and the way of all reconciliation.
Uphold with your love and compassion all who open their lives
in the sacred sharing of their stories.

Breathe in us the grace to trust in your loving forgiveness,
that we may face our histories with courage;
touch us through the holy gift of story
that those who speak and those who listen may
behold your own redeeming presence;

guide us with holy wisdom to enter through the gates of remorse
that our feet may walk gently and firmly on the way of justice and healing.

Amen.

From the Anglican Church of Canada

WHERE DOES YOUR SHADOW LAND?

Hi,

After three weeks of craziness, this week has been kind-of a “catch-up and re-group” kind of week. Do you ever have one of those? For me, they are a necessity!

Because the older (and hopefully wiser) I get, the more I am beginning to realize that balance doesn't always mean dividing my time equally between worthy endeavors, but instead learning how to focus all my attention on the top priority at any given time.

A while back I read in an interview with Jennifer Garner, where in reference to her ex-husband, Ben Affleck, she said “When his sun shines on you, you feel it. But when the sun is shining elsewhere, it's cold. He can cast quite a shadow.”

And while she was speaking specifically about her marriage, it struck me that in a way, this is just the nature of life. **When our sun is shining in one area, there will be a shadow somewhere else.**

A couple of years ago, in a commencement address at Dartmouth University, Shonda Rhimes spokes to this phenomenon as well. In response to the question, “How do you do it all.” she said:

“The answer is this: I don't.”

Whenever you see me somewhere succeeding in one area of my life, that almost certainly means I am failing in another area of my life. If I am killing it on a Scandal script for work, I am probably missing bath and story time at home. If I am at home sewing my kids' Halloween costumes, I'm probably blowing off a rewrite I was supposed to turn in.... If I am succeeding at one, I am inevitably failing at the other. That is the tradeoff...

You never feel a hundred percent OK: you never get your sea legs; you are always a little nauseous. Something is always lost. Something is always missing.”

And I'll be honest - I used to feel pretty guilty for not being able to successfully juggle everything all at once. It felt like no matter how well I was doing in one area of my life, there was something else that was falling behind, some other ball that was being dropped. It was so frustrating!

Because I think as women we have this idea that we are supposed to be able to do it all, that we should have it all together all the time, and that if we aren't somehow managing to do all the things we want to be doing or think we should be doing at any given time, then we are failing.

But we're not.

Because the truth is that no one can do it all, and the ones who say they can are lying. There is always a shadow somewhere. There is always a ball that will be dropped.

If we are busy working to put food on the table, chances are there is a pile of laundry in the corner that never quite goes away. If we are busy trying to shuttle three kids between four different sports, then chances are an organic, made-from-scratch meal is simply not going to happen. If we are focused on trying to get out of debt, then perhaps we haven't had much time to keep up with our friends.

Ultimately, I think sometimes balance is just knowing where the balls landed so that you can pick them up again later.

My challenge for you this week is to stop feeling guilty about the things you're not doing, and instead make sure your sun is shining on the things that are most important right now. If you are going to cast a shadow - and you are - make sure that shadow is where you want it to be.

Live with purpose, friend, and have a wonderful week!

xoxo Ruth.

(Editor's note: This is from an e-mail that my daughter forwarded to me.
It is from LWSL & Company, Florida / Ruth Soukup.)

REGIONAL REPRESENTATIVES



Chignecto Region

Once more the seasons change, both in nature and in the church, each with its own beauty and Blessings. Unfortunately, Covid-19 still has its' hold over our activities, curbing and limiting them severely.

Most of the Anglican Church Women groups in the Chignecto Region have not met for over a year. Two groups, St. George's, Dutch Settlement and St. James, Shubenacadie, have had a few meetings.

The Dutch Settlement ladies with their sisters from Christ Church in Lantz are planning to assist with the Apple Pie & Apple Crisp Sale at the end of October. Similar to their Rhubarb Pie Sale in the early summer which is a well-supported and profitable fundraiser for them. Dutch Settlement ACW also has a Tea and Sale planned for December, depending on the health restrictions at that time. Their priest, Rev. Canon David Fletcher, is retiring in February so the Parish is planning a retirement party.

St. James, Shubenacadie, held an outdoor Yard Sale in mid-September. After an overcast early morning it brightened to an almost summer day, which brought many buyers out. It was an enjoyable community event. A "take-out" Pork Supper is planned for late November.

A Yard Sale was also held at All Saints in Springhill earlier in the summer. They do not have any meetings planned for the fall.

There has not been any ACW meetings held by either of the two groups at Christ Church in Amherst. They held an online auction to raise funds for the family of 6 that died in their trailer fire in September.

Most groups will be involved in the decorating of their church sanctuaries for Thanksgiving and Christmas services. Many donations are made, particularly to the local food banks during the holiday seasons. The Mission to Seafarers in Halifax are also well supported with donations of warm hats, mitts, gloves and socks. Toiletries are also welcome for all the men and women in port form foreign countries, far from home during the winter months.

Most ACW groups will be giving out White Ribbons at their services on November 21, 2021 to celebrate "*White Ribbon Sunday*", part of the White Ribbon Campaign from November 25 to December 20, these are the *16 days o f Action to end Gender Based Violence*.

The Regional Meeting planned for October has been rescheduled for the Spring 2022, with the hope that the Covid-19 restrictions and prevalence will be more favourable for us to gather safely and to protect the health of our members.

Wishing you a Blessed Advent and Christmas.

Respectfully submitted,

Anne Williams

Regional Representative



Eastern Shore Region

Holy Trinity Anglican Church Women's group presented their faithful sexton and church caretaker a Certificate of Recognition at a recent church service. Wayne Clattenburg never misses a church service, ringing the bell and keeping the outside of the church in wonderful condition.

Our parish is enjoying the services of our faithful theology student, Rob Paddock. An accomplished organist, he brings great joy to all the services.

Our young Lay Minister, Brent Boutilier, was presented with his Lay Minister's licence recently and is now a Licenced Lay Minister for the parish.

After reading the story of our toques and mittens in the last "*Keeping in Touch...*", Eleanor Keeping of the Musquodoboit Harbour/Ship Harbour parish, has offered to knit children's socks. We hope to have another parcel of socks, toques and mittens ready to send off to the North by Christmas.

The Parish of Port Dufferin was sorry to lose the services of the Rev. Gary Barr. He will be taking over the Parish of St. John', in Westphal.

Fay Levy, a licensed Lay Minister in the Parish of Ecum Secum, reports that there are two

services a month in that parish, one in Ecum Secum and one in Mitchell Bay. Services in the Parish of Musquodoboit Harbour/Ship Harbour are taken alternately in each of the churches.

The parish Anglican Church Women's group in Tangier continues its "*Sunday School by Post*", with letters being sent out four times a year to eighty children.

Bernice Logan and
Sue Slauenwhite

Fort Sackville Region

While the Parish of St. John the Evangelist, Lower Sackville, does not have an active ACW group, it does have a very active Mothers' Union group.

You may be aware that some time ago a request was made through the ACW for school supplies for the North. The reaction from the North has been mixed. However, St. John's MU was given a school contact in Nunavut who were pleased to accept school supplies and asked if we could send them lightly used gym shoes for the children to wear. Our Mothers' Union branch held a virtual walk-a-thon over the summer.... members walked in the neighbourhoods and donated the money they raised to cover the cost of shipping in flat rate boxes through Canada Post. In the end, 65 pairs of shoes and more than 25 kilograms of school supplies were sent and gratefully received. Members of the parish supported this outreach.

As well, our MU decided to fill used handbags with hygiene products, and other items a woman would like, for the Elizabeth Fry Society. In the end, 19 handbags were donated for their clientele. Members of the parish supported this outreach as well.

Like most parishes in Fort Sackville, we have been raising money for the Primate's World Relief & Development Fund's *Solar Suitcase Project*. This fall, our PWRDF representative and MU member, Sue Heenan, was made an Honourary Associate of the PWRDF Board for her tireless and effective fundraising efforts.

So far this year, our Sew and Tell Crafting Group crocheted eight blankets for the Elizabeth Fry Society. They also donated a dozen knitted teddy bears to the local detachment of the

RCMP to comfort children in distress.

That's the latest on what the women of St. John's have been doing!
Stay safe,

Maxine Simpkin

Mothers' Union member at St. John's
and Diocesan Mothers' Union President



At St. Francis By The Lakes in Lower Sackville, the Anglican Church Women and the Mothers' Union held a joint meeting on September 26th. Our guest speaker was Lisa Mullin, Executive Director of The Marguerite Centre, speaking about the 2021/2022 ACW Project, "*Marguerite Centre: A Future with Hope*". During the presentation, several members read comments written by former clients of the Centre about how much the Centre changed their lives for the better. (See pages 14-16 for Lisa's article in this project.)

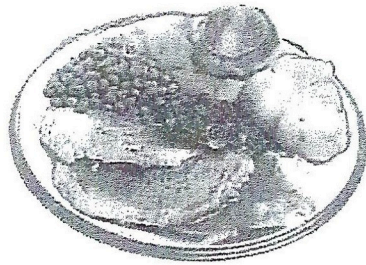
The St. Francis ACW hold an annual Roast Beef Supper, with the help and support of the parish. Last year and this year, of course, it has been "take-out only". With so few members, we could not do this without the wonderful help and support of the parish. The funds raised go for some outreach projects, some to our Junior Auxiliary to purchase badges, membership in the Anglican Foundation, a donation towards the current ACW project, and with the most going to the general funds of the parish. Because the parish has been unable to hold their eat-in Chowder Lunches (Sept. to June), and 6 nights of Dinner Theatre, (a loss of around \$25,000) it has been holding several take-out meals. Our ACW members help out.

The St. Francis ACW members will pass out White Ribbons on November 21st, and help out the Mothers' Union as they collect items for the Christmas Shoeboxes for the Mission to Seafarers.

Donna Parsons

St. Francis By the Lakes

Valley Region



Happy (church)(New Year!

Once again, it is the season of Advent (and soon to be Christmas). Can you believe that it's

almost that time of year again? What a strange time these last few months have been. By now you would think that we'd have this Covid-19 thing licked, but it is with us still. Will we ever return to the way things used to be?

Still, this hasn't stopped the Valley Region Anglican Church Women from meeting, planning and working in their church communities. Preparations are underway for the upcoming season with members organizing take-out lunches and suppers, as well as socially-distanced yard sales. Church calendars have been purchased and distributed in many parishes. Donations of warm clothing and personal items have been gathered and are being donated to the **Mission to Seafarers** and hundreds of white ribbons are being tied and given out to mark the *White Ribbon Campaign* and its *16 Days of Activism Against Gender Based Violence*. In preparation for the Christmas season, visits to shut in members of the church community are in the works and the Parish of Horton will be making and selling their famous (and delicious) plum puddings at their Church Bazaar. Jars of jam and packages of fudge will be on sale for Christmas in the Parish of Wilmot. Also, the Parish of Avon ACW is pleased to announce that they will be having a student minister for a few months and they look forward to aiding her in her progress of becoming an Anglican minister in the near future.

Now and in the months to come, groups throughout the region will be promoting and building awareness of this year's project. All funds raised will go toward sponsoring a woman to live for a year at the Marguerite Centre, a facility for women looking to recover from addiction. Using the title: "*Marguerite Centre: A Future with Hope*", this project is a wonderful example of the Diocesan ACW's commitment to its 2021/22 theme *Community: Care...Courage...Compassion*.

In the words of civil rights leader Coretta Scott King:

*"The greatness of a community is more accurately measured by the **compassionate** actions of its members."*

Add to this the words *care* and *courage* and we sum up the work of our Anglican Church Women members throughout the diocese.

May our endeavours now and in the months to come continue to bear fruit as we strive to serve God by loving and caring for one another and all God's children.

Blessings,

Sheila Hulford

Valley Representative

AGE ACTIVATED ATTENTION DEFICIT DISORDER

Recently, I was diagnosed with A.A.A.D.D.
Age Activated Attention Deficit Disorder. ??
This is how it manifests:
I decide to water my garden.
As I turn on the hose in the driveway,
I look over at my car and decide it needs washing.
As I start toward the garage,
I notice mail on the porch table that
I brought up from the mail box earlier.
I decide to go through the mail before I wash the car.
I lay my car keys on the table,
put the junk mail in the garbage can under the table,
and notice that the can is full.
So, I decide to put the bills back
on the table and take out the garbage first.
But then I think, since I'm going to be near the mailbox
when I take out the garbage anyway,
I may as well pay the bills first.
I take my check book off the table,
and see that there is only one check left.
My extra checks are in my desk in the study,
so I go inside the house to my desk where
I find the can of Coke I'd been drinking.
I'm going to look for my checks,
but first I need to push the Coke aside
so that I don't accidentally knock it over.
The Coke is getting warm,
and I decide to put it in the refrigerator to keep it cold.
As I head toward the kitchen with the Coke,
a vase of flowers on the counter
catches my eye--they need water.
I put the Coke on the counter and
discover my reading glasses that
I've been searching for all morning.

I decide I better put them back on my desk,
but first I'm going to water the flowers.
I set the glasses back down on the counter,
fill a container with water and suddenly spot the TV remote.
Someone left it on the kitchen table.
I realize that tonight when we go to watch TV,
I'll be looking for the remote,
but I won't remember that it's on the kitchen table,
so I decide to put it back in the den where it belongs,
but first I'll water the flowers.
I pour some water in the flowers,
but quite a bit of it spills on the floor.
So, I set the remote back on the table,
get some towels and wipe up the spill.
Then, I head down the hall trying to
remember what I was planning to do.
At the end of the day:
the car isn't washed
the bills aren't paid
there is a warm can of Coke sitting on the counter
the flowers don't have enough water,
there is still only 1 check in my check book,
I can't find the remote,
I can't find my glasses,
and I don't remember what I did with the car keys.
Then, when I try to figure out why nothing got done today,
I'm really baffled because I know I was busy all day,
and I'm really tired.
I realize this is a serious problem,
and I'll try to get some help for it,
but first I'll check my e-mail....
Do me a favor.
Forward this message to everyone you know,
because I don't remember who I've sent it to.
Don't laugh -- if this isn't you yet, your day is coming!!.....

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(27 Sep/21)

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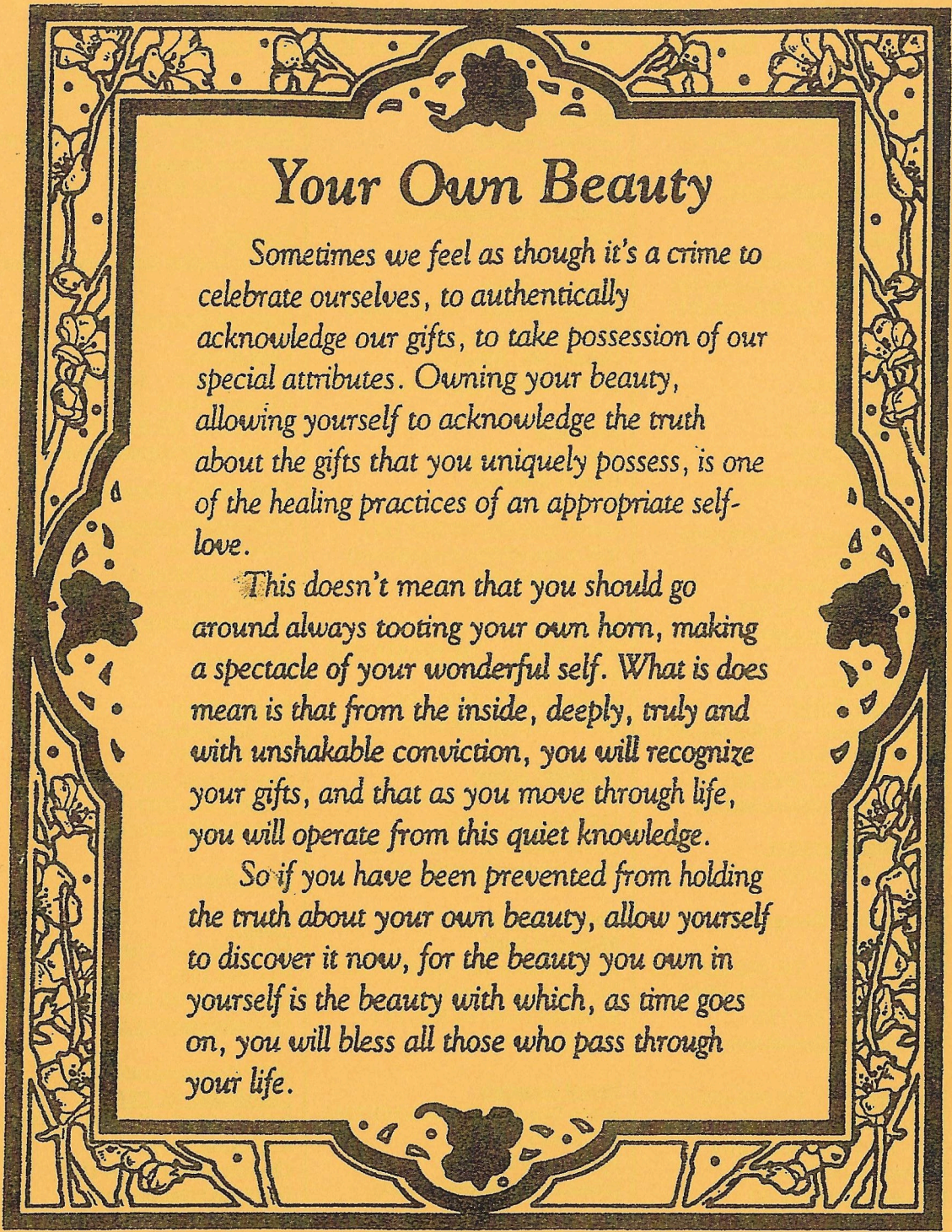
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Your Own Beauty

Sometimes we feel as though it's a crime to celebrate ourselves, to authentically acknowledge our gifts, to take possession of our special attributes. Owning your beauty, allowing yourself to acknowledge the truth about the gifts that you uniquely possess, is one of the healing practices of an appropriate self-love.

This doesn't mean that you should go around always tooting your own horn, making a spectacle of your wonderful self. What it does mean is that from the inside, deeply, truly and with unshakable conviction, you will recognize your gifts, and that as you move through life, you will operate from this quiet knowledge.

So if you have been prevented from holding the truth about your own beauty, allow yourself to discover it now, for the beauty you own in yourself is the beauty with which, as time goes on, you will bless all those who pass through your life.