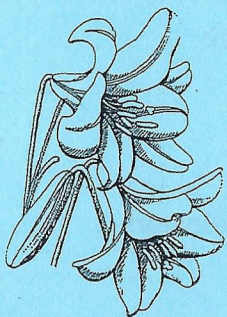


KEEPING IN TOUCH.....

with Anglican Women  
in  
Nova Scotia & Prince Edward Island



- √ Theme for 2021/2022 -  
*“Community: Care...Courage...Compassion”*
- √ *Being in Community*
- √ Anglican Healing Fund
- √ 2021-22 ACW Project -  
*“Marguerite Centre: A Future with Hope”*
- √ Chaplain’s Corner
- √ *Mothers’ Union - “Transformation - Now!”*
- √ Days and Weeks of Prayer
- √ Lenten Devotions
- √ *Youth and Family Ministry*
- √ Prayer with the Corrymeela Community

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

Please post or circulate this magazine in your parish

A.C.W. Magazine

Lent/Easter 2022

## 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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## **BEING IN COMMUNITY**

While the Anglican Church Women 2021/22 theme of **Community: Care . . . Courage . . . Compassion** encourages us to view community broadly, we have a number of world-wide events to help us appreciate this global perspective. We start in January with the **Week of Prayer for Christian Unity** (Jan. 18 – 25), then move to the **World Interfaith Harmony Week** (Feb. 1 – 7), followed by the **World Day of Prayer** (first Friday in March; in 2022, it is March 4) and **International Women's Day** (March 8).

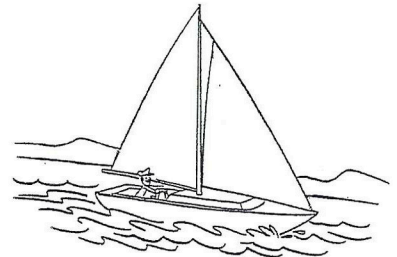
There are short columns in this Lent/Easter 2022 issue of *Keeping in Touch* on each of these global features that draw us into community with one another, but we would like to confirm and emphasize that community is much more than the physical space we share, especially as we have limited ways these days of being physically in community with one another. Even with great racial, cultural, economic, and religious differences globally, there is a common yearning for a sense of belonging and acceptance. I think we can agree with the Dalai Lama that **“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”** And we want to not just survive, **we want to thrive!**

**Thrive: to prosper or flourish; to grow or develop well** was the theme of the National Virtual Conference for Anglican Church Women Diocesan Presidents/Coordinators in late October 2021 when the Primate, Archbishop Linda Nicholls, was the keynote speaker. There is an overview in this issue of *Keeping in Touch* on that National Conference, a virtual opportunity that Connie and I had to be in community with other Anglican Church Women across Canada. **May 2022 provide you with the opportunity to thrive, to prosper and flourish.**

*Connie English & Cynthia Pilichos,*

Co-coordinators

We cannot cause the wind to blow the way we want it to, but we can so adjust our sails that they will take us where we want to go.



## *ANGLICAN HEALING FUND*

In recognition of the virtual National Conference 2021 with the theme, *Thrive*, Diocesan Anglican Church Women Boards were encouraged to make a contribution to the *Council of the North* and/or the *Anglican Healing Fund*, especially as there was no registration fee for the virtual conference. Accordingly, the Anglican Church Women Board for the Diocese of NS & PEI approved a \$1,000 contribution to the *Anglican Healing Fund*, sent in late October 2021, with the following message:

It is with great pleasure that the Anglican Church Women Board for the Diocese of Nova Scotia and Prince Edward Island makes a contribution to the *Anglican Healing Fund* in recognition of the recent virtual Anglican Church Women Conference of Saturday, October 23, 2021, with the theme, *Thrive: to prosper, flourish; to grow or develop well*. This recent Conference was virtually attended by the Anglican Church Women Presidents/Coordinators, Vice- Presidents, and Observers of a majority of the dioceses in Canada.

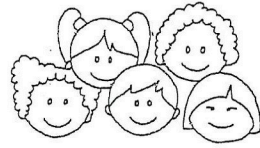
We were blessed to have our Primate, the Most Reverend Linda Nicholls, attend and be the keynote speaker. Her message that the core of our baptismal covenant would have us serve the whole community is what *Thrive* is all about. Coming from a place of humility and grace, we need to walk with Jesus so that the whole community can *Thrive* together. It is with this message resonating in our hearts that we enclose a cheque in the amount of **\$1,000** to the *Anglican Healing Fund* from the Anglican Church Women Board, Diocese of NS & PEI.

Our Diocesan Anglican Church Women Board is making a very specific request with this *Giving with Grace* contribution to the *Anglican Healing Fund*; that it **be directed to a project that supports the healing and well-being of Indigenous children and youth**, to acknowledge that *Every Child Matters*. We see our contribution as a memorial to honour those Indigenous children who did not return from the Indian Residential Schools, given in recognition of a Conference for Anglican Church Women leaders that carried the theme, *Thrive: to prosper, flourish; to grow or develop well*. It is a contribution intended to honour those children and youth who did not have the opportunity to *thrive*, with the hope that it will help Indigenous

children and youth right now do just that – *to thrive: to prosper, flourish, grow and develop well*. Thanks be to God.

Yours in Christ,

*Connie English & Cynthia Pilichos*  
Co-coordinators, Anglican Church Women Board,  
Diocese of Nova Scotia & Prince Edward Island



### Canadian Church Calendars

The Board is no longer ordering the Canadian Church Calendars. Parishes wishing to place orders for the 2023 Canadian Church Calendars must do so directly from the Anglican Church of Canada (ACC) e-store. The order must be pre-paid with a credit card at the time of placing the order. The ordering is done on-line at

[www.anglican.ca/calendar](http://www.anglican.ca/calendar)

(In the fall of 2021, orders of 10 or more calendars qualified for free shipping.)  
eStore contact details: [acc@gilmore.ca](mailto:acc@gilmore.ca) or 1-800-795-6661, Monday to Friday, 8am-5pm Eastern Time (excl. Federal and Ontario holidays).

## *THE JOYS OF AGING*

As I was lying around, pondering the problems of the world,

I realized that at my age I don't really give a fiddle anymore.

If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, drinks water, but is still fat.

A rabbit runs and hops and only lives 15 years, while

A tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

And you tell me to exercise?? I don't think so.

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

*Now that I'm older here's what I've discovered:*

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it ?
7. It was a whole lot easier to get older, than to get wiser.
8. The early bird gets the worm, but the second mouse gets the cheese.
9. I wish the buck really did stop here, I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter .....I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.
20. HAVE I SHARED THIS MESSAGE WITH YOU BEFORE.....?

**If you want to make an easy job  
seem mighty hard,  
just keep putting off doing it.**

## ***WEEK OF PRAYER FOR CHRISTIAN UNITY***

We are still in the Epiphany season with its emphasis on “showing forth”. While we may not have been able to observe the recent ***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*, in ways that have been a feature in more “normal” times, the week certainly carried a theme very appropriate for the “showing forth” aspect of Epiphany in a time of crisis. 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 showed that Christ’s light has not left us; it shines as brightly as ever, having called Christians everywhere to come together and follow the path of Jesus.

## ***WORLD INTERFAITH HARMONY WEEK***

Did you know that there was an international week that encourages followers of various faith traditions to come together to learn about one another’s faith?

Well, there is, and it is named: ***World Interfaith Harmony Week***, an annual event observed during the first week of February (1 – 7). It is a week that seeks to ***build bridges across boundaries of faith traditions***. *World Interfaith Harmony Week* was proclaimed by the United Nations General Assembly in 2010. In its resolution, the General Assembly, pointed out that mutual understanding and interreligious dialogue constitute important dimensions of a culture of peace and established *World Interfaith Harmony Week* as a way to promote harmony between all people, regardless of their faith.

***Cynthia Pilichos,***

Co-coordinator

**Satan trembles when he sees the  
weakest Christian on his knees.**



# MOTHERS' UNION



The 2022 global theme for Mothers' Union is ***"Transformation - Now!"*** What does this mean?

As the world has lived through the most dreadful pandemic in our lifetime, we can't help but consider how it has affected us as individuals and as an organization.

The resilience and resourcefulness of so many who have devoted themselves to guiding us through these times and the courage of those who have been working on the frontlines is breathtaking. In the face of so much sickness, death and anxiety, many people have taken stock of how they live their lives and are making decisions to change the way in which they live.

Transformation can take many forms. It can be physical, emotional, spiritual, psychological or any combination of factors. What they all have in common is that the person is no longer the same as they were pre-pandemic. There are a lot of news articles on the positive changes made to families during this time: Cooking and eating meals together, slowing down their lifestyles instead of rushing about, enjoying the outdoors and spending more time in nature, to name just a few.



By changing the way we live and think, we change who we are. Habits are difficult to break and it takes time to develop new habits. If those habits are life-giving and positive, there is hope that we can be transformed to better reflect the life which Jesus modeled for us all. The external constraints on behaviour are many: Mask wearing, physical distancing, vaccinations, restrictions on gatherings and how we interact with each other. But the spiritual changes which have arisen are countless: Self examination, choosing healthier relationships, coming together to help others, finding new ways to reach out to each other, caring for one another, sharing our resources, loving kindness to all. These pillars of Christian living now seem to be seeping out into the wider community, reminding us of the love of our Creator for us all.

Looking back, our members have seen a lot happen over the history of the Mothers' Union. Originally we were concerned with the plight of uneducated mothers and took steps to help them. This grew into a concern for Christian family life and supporting healthy relationships. Mothers' Union around the world continues to advocate for and model loving kindness in our communities. In this diocese, we are watching for opportunities to transform ourselves and our parishes and partner with our communities to create a better world for all.

In the year ahead, we look towards transforming ourselves to better live out our faith; transforming our churches and communities to reflect Christ's kingdom; transforming Mothers' Union to be relevant for living in the 21st century.

*Transform us first, Lord, that we might transform this world  
through your love and your power. (John Birch)*

*Maxine Simpkin*  
MU Diocesan President

**Bad habits are like comfortable beds;  
easy to get into, but hard to get out of.**

## **CHAMPIONING YOUTH & FAMILY MINISTRY**

It feels great to be in a diocese that champions youth and family ministry. The Diocese of Nova Scotia & Prince Edward Island said **Yes! to Kids** by offering generous support to the Anglican Foundation's spring **Say Yes! to Kids** campaign. And . . . the Anglican Church Women Diocesan Board took a front runner role in the early days of the campaign with a leadership gift of \$1,000 that inspired giving within our diocese and beyond. When the campaign concluded on June 30 with \$110,000 raised, Anglican Church Women in Canada had been responsible for almost 10% of that total. **Anglican Church Women said "Yes!" to Kids.**

However, the other aspect of the **Say Yes! to Kids** initiative, and what is so exciting for our Diocese, is the number of approved projects to benefit from the funds raised. Our Diocese had the greatest number of proposals approved of any diocese, with a total of \$61,650 to support 10 inspirational initiatives in the social impact categories of **Resilience & Mental Health (4), Arts & Music (2), Capacity Building & Youth Ministry (2), Outdoor Recreation (1), and Indigenous Reconciliation (1)**. This is a very big "Yes!" to Kids.

As the Foundation's Executive Director, Dr. Scott Brubacher, noted: "Anglican Foundation supporters embraced **Say Yes! to Kids** with a spirit of generosity last spring and applicants responded to that generosity with a spirit of innovation and creativity this fall." This innovation and creativity is very evident in the proposals submitted from our Diocese, each accompanied by a comprehensive letter of support from Bishop Sandra, who is able to see the potential for a positive impact on the well being of kids, youth, and families of our Diocese's successful project proposals. The Foundation could see the underpinning of the Marks of Mission in our diocese's grant proposals – this underpinning was both implicit and explicit.

Anglican Church Women have an historical and understandable interest in and support for youth and family ministry. The demonstration of this interest and support has taken various forms over the years and is evolving with current realities. The Anglican Church Women Board recognizes that we are very fortunate in our Diocese to have an effective **Youth & Family Ministry Vision, Strategy and Support Team (VSST)**, along with the Synod staff position of **Youth & Family**

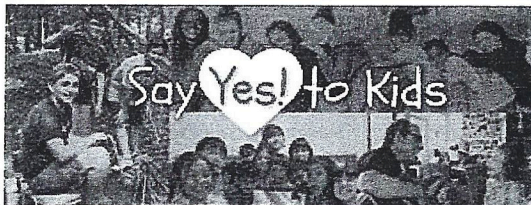
**Ministry Coordinator** in the person of **Allie Colp**. We have parishes prepared to put energy and resources into ministry that benefits kids, youth, young adults, and families. These infrastructure features, combined with the effective episcopal leadership of Bishop Sandra and Foundation funding, spell success for youth and family ministry in our Diocese in the weeks and months ahead in 2022. It is true that behind every approved grant is a generous gift able to make a positive difference.

To get a sense of the grants that have been funded by the Foundation this fall, with particular attention to the Say Yes! to Kids proposals, take advantage of the following link to view a short video/slide presentation: [fall 2021 grant awards slide presentation](#)

Anglican Church Women are praying for the success of all these projects and for the renewed energy for youth and family ministry in our diocese and across the country in the Anglican Church of Canada.

*Cynthia Pilichos,*

AFC Diocesan Representative NS & PEI



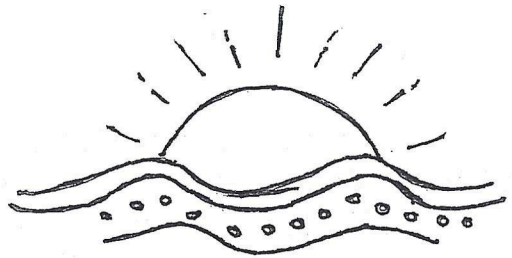
[www.anglicanfoundation.org/2021rfp](http://www.anglicanfoundation.org/2021rfp)

**Where love resides, God abides.**

# YOUTH & FAMILY MINISTRY

## Making Faith Matter at Home

It feels like study after study comes to the same conclusion about raising kids to have a strong faith - it's got to matter at home if it's going to stick.



YOUTH AND FAMILY MINISTRY  
DIOCESE OF NS & PEI

Meaningful worship and children's ministry help, to be sure, but the single biggest factor in whether or not a person raised as a Christian will grow up to be active in their faith is whether or not it mattered at home, whether it mattered to their parents. I haven't read any research that takes it a further step to see what the impact of grandparents might be, but I don't think it's a stretch to say that the impact would be similar, especially when grandparents are active participants in the lives of their grandchildren.

So what do you do now that you know that? Well, I've got two suggestions for you.

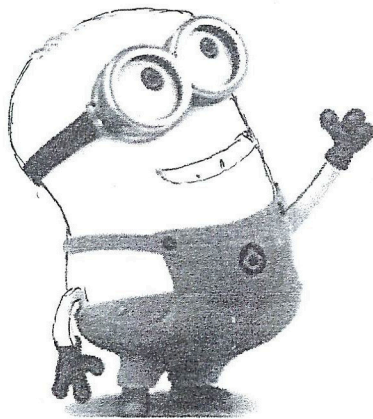
The first is to think about how your faith shapes the way that you live your life, and whether or not you are able to talk about that with your kids, grandkids, or others in your life. Does your faith call you to fight injustice in your community? To share a meal with your neighbour? To volunteer at the food bank? Once you've figured that out - think about how you can invite your children or grandchildren to be part of that with you or help them to figure out how their faith might shape their life.

The second is to think about how you can build liturgy or worship and ritual into your day to day life, and to invite your kids or grandkids to participate in that. This doesn't need to be huge - I'm not talking about a full morning prayer service complete with a procession, hymns, and sermon, just done at home instead of church, although if that works for you then by all means go for it! This could be something as simple as saying grace before you share a meal, or praying together before bedtime, The seasons of the church year can offer an opportunity to try taking on something new to see if it works for you - maybe each day in Lent you read a passage of scripture together and talk about it together, for example.

Beyond just supporting the faith formation of the young people in your life, doing these two things (if you aren't already doing them!) and bringing the action of your faith to a more present place in your day to day life can be hugely meaningful for your own ongoing faith formation. Have fun, get creative, and enjoy the gift of learning and growing together!

*Allie Colp*

Diocesan Youth & Family Ministry Coordinator



**Faith is trusting  
GOD  
even when you  
don't understand  
His plan.  
Amen!**

## ***THRIVE: to prosper, flourish; to grow or develop well.***

The 2021 National Conference for Diocesan Presidents/Coordinators, with the theme, ***Thrive: to prosper, flourish; to grow or develop well*** was held by Zoom on Saturday, October 23, 2021 with the tech host being the Diocese of Calgary. There were 47 participants, including guests, with 21 (of 30) Dioceses being represented. Special guests included: **1.** the Rt. Rev David Lehmann, Chair of the Council of the North; **2.** Dr. Scott Brubacher, Executive Director of the Anglican Foundation of Canada; **3.** the Most Reverend Linda Nicholls, Primate of the Anglican Church of Canada; and, **4.** Mary Stone, National President of Mothers' Union Canada. Our chaplain for the weekend was the Rev. Sandra Arbeau of the Diocese of Edmonton, but formerly of our Diocese. Two Past Presidents were in attendance: Marion Saunders, 2008-2001 (Diocese of Toronto) and Terri Perrill, 2011-2013 (Diocese of Western Newfoundland).

The meeting began with Morning Prayer, led by Deacon Sandra Arbeau. After greetings and expressions of gratitude from the special guests, with reference to the theme of *Thrive*, the business of the day began, with the proceedings ably chaired by the National President, Margaret Warwick. Executive Reports were received and the Financial Reports approved. New business included amendments to the Constitution and By-laws; information re the 2022 Conference in Western Newfoundland; the forming of two committees: one to bring greater clarity to an ACW trust fund and another to study the proposal (raised and previously presented by our Board) to hold some of the future Annual Conferences virtually; and the possibility of another ACW National Gathering for all Anglican women (virtual, in person, or hybrid). Prayer Partners for 2021-2022 were chosen. **The Diocese of NS & PEI will be praying for the Diocese of Calgary and the Canadian Mothers' Union will be praying for our Diocese.**

Reports for 2019 & 2020 from 16 Diocesan presidents, were included in our registration package and a reading of these showed that much ministry has continued at both the parish and diocesan levels, in spite of the pandemic, with meetings being held virtually, where the technology makes it possible. Some of the ministry activity includes: Dorcas packages, bales, and school supplies for northern communities, delivery of food hampers, awarding of bursaries, an ACW service of lessons & carols, book studies, Zoom conferences, hymn singing events,

publication & distribution of newsletters & magazines, Facebook & NetNews posts, outreach donations, special projects & campaigns, and on-line sales.

Our keynote speaker was the Most Rev. Linda Nicholls and she was excellent. Our Primate noted that Anglicans have shown they can thrive, even in a pandemic, because they have shown they are able to make necessary changes – they have had the courage to make these changes. For instance, outreach is continuing, although in changed ways, and women are front and centre with this ministry. What the Primate had to say really spoke to our Anglican Church Women Diocesan theme of *Community: Care . . . Courage . . . Compassion*, as she believes we are called to serve the whole community, loving others, even when it means sacrificing for the sake of others. This care and compassion for others takes courage. Many are finding there can be community on-line with the benefits that everyone is equal and you can see everyone's face (not the backs of their heads). Some are rediscovering the Morning Prayer service! God is speaking to us through reason, research, science and medicine. *Thriving* is God's purpose for all – at the parish, diocesan, provincial, national, and global levels. In a short Q & A opportunity, the Primate spoke to the matter of gender-based violence and the continuing work of reconciliation with our Indigenous colleagues, highlighting both these issues as ones of paramount importance.

The virtual Conference 2021, *Thrive: to prosper, flourish, to grow or develop well* was well organized and executed and greatly appreciated by the participants.

*Connie English & Cynthia Pilichos,*  
Co-coordinators

  
*Where there is charity and  
loving friendship  
there is god*



## ***Women's Ministry Sunday***

Right after the *World Day of Prayer*, with its theme: *I Know the Plans I Have for You*, we have a Board-established day that focuses on the ministry of women, often in collaboration with men: ***Women's Ministry Sunday*** (March 6/22). We encourage parishes to honour the ministry of women within the church and the community on that Sunday (or another Sunday if that works better for the parish). Early March, with ***International Women's Day***, always on the 8<sup>th</sup>, puts a lens on the many accomplishments of women, so it is an opportunity for the Diocese of NS & PEI to do the same with ***Women's Ministry Sunday*** just before ***International Women's Day***.

At the time of writing about ***Women's Ministry Sunday***, it is hoped that the Board can provide a resource kit to help parishes design a ***Women's Ministry Sunday*** service.

Whether ***Women's Ministry Sunday*** is celebrated on March 6, or another day, 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" (Anglican Church Women Purpose), especially in these times of limited in-person worship and contact. We are very grateful for your faithful service and for exemplifying the **care, courage, and compassion** of the Anglican Church Women's **3 C's of Community!**

***Cynthia Pilichos,***

Co-coordinator



What you do makes a difference  
and you have to decide what  
difference you want to make.

..... *Jane Goodall*



## ***World Day of Prayer***

Looking ahead to March, the first international event in Lent 2022 is the ***World Day of Prayer*** (Fri. Mar. 4/22). The annual *World Day of Prayer* is one aspect of the *Women's Inter-Church Council* that advocates for peace and reconciliation. The ***Women's Inter-Church Council of Canada (WICC)*** is **Canada's only national ecumenical council**, with representatives from 10 church partners, focusing on bringing hope to women touched by injustice, especially those experiencing gender-based violence. Through grant programs, *WICC* assists vulnerable women and children by supporting grassroots work in Canada and worldwide.

The theme in 2022 for the ***World Day of Prayer (WDP)*** is: ***I Know the Plans I Have for You*** from Jeremiah 29:1-14. In the midst of all the uncertainties we are living under, the *WDP 2022* theme emerges like a balm of confidence. It is an invitation to place our trust in God in times of suffering. The program for the *World Day of Prayer* has been prepared by a team in England, Wales and Northern Ireland (EWNl) and is based on the letter that the prophet Jeremiah wrote to the exiles in Babylonia. The exiles were in a context of suffering, uncertainty, and opposing views on how to respond to the moment. The *World Day of Prayer* provides an opportunity to come together (either in person and/or virtually) to hear the stories of women who feel excluded, to listen to the fear of a child refugee, and learn to see the context of a multi-ethnic, multi-cultural, and multi-faith society, such as we have in Canada (and many other parts of the world).

***Cynthia Pilichos,***

Co-coordinator

**Jesus said:** *"I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them."*

Matthew 18:19-20

## ***DIOCESAN ENVIRONMENT NETWORK***

### **Archbishop Tutu chose Aquamation – Have you thought about Natural Burial?**

Nobel Peace Prize winner and environmental activist, Archbishop Desmond Tutu, chose aquamation, considered to be a greener alternative to flame cremation, as his preferred approach to disposition of his body. This might prompt some thinking about alternatives to what are now considered typical approaches - either cremation or traditional burial in a fancy casket in a lawn cemetery. But there are many shades of green – and we want to tell you about a project in our Diocese that could result in a much greener option.

First though, you might be wondering what aquamation is. A water-based process often called “water cremation” whose scientific name is "alkaline hydrolysis", involves heated water and chemicals to breakdown organic materials. It is said to use up to 90% less energy than flame-based cremation (which many people mistakenly think is “green”), and the end result is similar remains that can be buried in an urn. An even greener option is what people did for centuries – and still do in many parts of the world – green, or natural burial. Here’s our story about that...

Thank you to the DEN which has kindly invited us to take their spot in this edition to share our exciting environmental story. It’s one that we hope may provide inspiration for others. It combines opportunities to:

- Promote the growth of Green Burial in the Anglican community;
- Find innovative ways to repurpose church buildings and land;
- Provide valuable resources to the local community, and especially to our seniors.

Our church is St Paul’s, one of four in the Anglican Parish of French Village around beautiful St Margaret’s Bay, close to Halifax Nova Scotia.

It is a designated Heritage building, and we are blessed to own 27 acres of unspoilt woodland.

We have named our project The French Village Conservation Woodland. Our plan is for the land to become a designated conservation site so it can be protected forever for future generations to enjoy.

Our original idea for the land was to create a green burial cemetery, and this remains a key goal. But we have now expanded our ambitions to provide a wide range of outdoor activities to benefit our community. These will include walking trails and a fitness loop, designed particularly with the seniors in our community in mind.

The land has significant conservation value. Yellow Birch trees, wetland, a lakeshore and various habitat types all contribute to the value of this scenic site. Our church property lends itself to many experiences of nature for people of all ages. Recent experiences with COVID also emphasize the need for safe, convenient and accessible spaces to walk - we imagine such walking paths, designed with seniors in mind.

Green Burial is a concept which has grown rapidly over the past few decades in the UK and other parts of Europe, and is now very quickly being adopted in the USA. Canada has some catching up to do, but there is a lot of enthusiasm and support for its development here.

Green burial in its simplest form – placing a body directly into the earth in a simple grave - is nothing new; in fact, it is the oldest form of human disposition and has been practiced by human civilization for many thousands of years. The modern green burial movement is more recent and has its roots in the United Kingdom.

The 5 principles of Green Burial are:

1. No embalming or use of unnecessary use of toxic chemicals
2. Direct earth burial in a biodegradable container (a shroud or a simple casket)
3. Ecological restoration and conservation of the land
4. Communal memorialization
5. Optimized land use.

There are now a growing number of cemeteries in Canada offering green burial as an option. These are many conventional cemeteries which have set aside an area for green burial, meeting the five principles. But mainland Canada does not yet have any devoted conservation green burial sites - we hope to become the first!

As well as the use of the land, the enterprise also offers special opportunities for new uses of our heritage church building. These could include use an interpretation

centre for the conservation area, a base for educational activities and workshops, and of course a venue for funeral services and celebrations of life.

Our project is still in its early stages of development. But we have made important progress in the past 12 months, mapping the land, discovering the wealth of the flora and fauna, and gaining important support. Four talented students, with the guidance of a retired Biology professor, spent 2 months last summer mapping the ecology of the land and we continue to work on compiling the data and on researching the history of the land.

Like Archbishop Tutu, you have probably cared about the environment for many years – recycling and reusing – green burial supports continued environmental stewardship with restoring and repurposing land. As a way of helping to spread awareness of Green Burial options, and to support other churches who may have similar opportunities open to them, we would be delighted to talk about our project with you and we are happy to do presentations about green burial for your group. Let us know if you'd like to learn more!

*Ray Matthöle,*

St. Paul's Church, French Village

and

*Louisa Horne,*

Project Volunteer

[louisa.fvwc@gmail.com](mailto:louisa.fvwc@gmail.com)



A Chinese proverb says:

"The best time to plant a tree was 20 years ago. The second best time is **today!**"



Students and others listening to a Biologist describe aspects of the ecology of the beautiful forest.

## CHAPLAIN'S CORNER

It's a snowy day in the first full week of the New Year, so it might seem premature to be focusing the mind on spring! But being a rector in a parish also means planning ahead and it is often a fairly short time between the New Year and the beginning of Lent. Ash Wednesday this year is on March 2 and so I have already begun the search for good Lenten materials and programs. And this being the Lent/Easter addition of the newsletter – here goes.

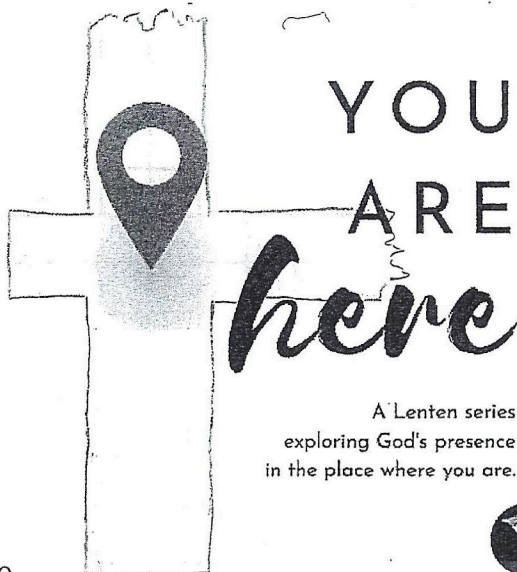
I have recently become acquainted with a website called Barn Geese Workshop. They are a group of Lutheran pastors in the U.S. who began in 2021 to attempt to produce fresh preaching and programming ideas for parishes around the seasons of Advent, Lent and summer. The materials are a bit tongue-in-cheek (their tag-line is Honk if You Love Jesus!). But they are also solid and scripture based and thoughtful. I am considering using their Lenten offering for 2022 which is called **You Are Here**. In the intro to the series, we're told *"We typically talk about Lent being a journey. And it's true there is movement in Lent. But what if Lent isn't only about journey? What if it's also about stationary place? The scripture readings for Lent this year (Revised Common Lectionary Year C) present a unique sustained focus on location and place."* That has gotten me thinking about being rooted in the place where we are. Most of us live where we live for a host of reasons, but not usually by accident. To ponder where God is and what role God is asking us to take in our unique place is a holy undertaking. And I think it's a unique focus for Lent. I'm looking forward to its possibilities.

Might it have possibilities for you and your parish? Check out Barn Geese Worship at [www.barngeeseworship.com](http://www.barngeeseworship.com) to see if this program might be for you. Whatever you do this Lent, may it be joyful and fruitful.

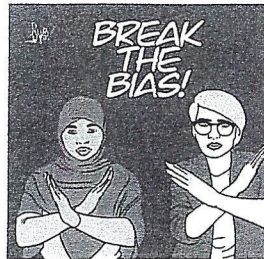
Blessings,

*Rev. Lori*

Rev. Lori Ramsey  
Diocesan ACW Chaplain



## International Women's Day



**International Women's Day (IWD)** is a global day on March 8 (every year), celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. This year, *IWD* is a Tuesday. *International Women's Day* has occurred for well over a century, with the first *IWD* gathering in 1911, supported by over a million people. Today, *IWD* belongs to all groups collectively everywhere. *International Women's Day* is not country, group, or organization specific.

The theme for *International Women's Day 2022* is: **#BreakTheBias** and the pose is arms crossed at the wrist. Imagine a gender equal world: a world free of bias, stereotypes, and discrimination; a world that is diverse, equitable, and inclusive; a world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all **#BreakTheBias**. So, strike the ***IWD2022 #BreakTheBias*** pose with your arms crossed to show your commitment to calling out bias, smashing stereotypes, breaking inequality, and rejecting discrimination. Together, we can all **break the bias** - on *International Women's Day (IWD)* and beyond. After all, in the words of Mao Zedong: ***Women Hold Up Half The Sky!***

***Cynthia Pilichos,***

Co-coordinator

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).



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(Jan. 2022)

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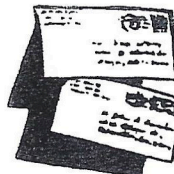
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- A **yearly** donation of **\$15.00** is enclosed for the **year(s)** \_\_\_\_\_ towards the annual production / mailing costs of the **printed magazine**. Ideally, annual donations should be received by January 30<sup>th</sup>. Copy or cut this sheet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

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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.*



## ***GIVE WAY . . . A Path To Reconciliation***

While travelling in Northern Ireland a few years ago, I was intrigued by road signs instructing drivers to “give way”. According to various on-line dictionaries, to “give way” means: *to yield, to stop and step aside, to give preference to someone or something*. In a rolling countryside of narrow, winding roads and frequent roundabouts, there is a certain kind of courtesy that governs the to and fro of traffic. Add in the challenge of manoeuvring farm equipment and flocks of sheep, and driving becomes a kind of slow dance. Drivers must be prepared to stop to let a driver on another approach proceed. The driver who stops or slows down to let another vehicle through yields the right of way to that vehicle and now must wait. There’s a negotiation that happens, which happily, is most times accompanied by a wave or a nod of the head. It seems to me that the ability to “give way” is readily applicable in matters of reconciliation.

I gained this insight while navigating the back roads of County Antrim during my participation in the Centre’s short-term volunteer program. In exchange for room, board and daily chores in support of the day-to-day operations, I was afforded many such hands-on experiences of what it takes to make and sustain healthy relationships in community

Perched on Ireland’s north coast, on a craggy out-crop of land near the town of Ballycastle, is the Corrymeela Centre, a residential facility which, in non-Covid times, works with upwards of 10,000 people annually, all ages and backgrounds, from all over the world, who come to explore the possibilities of peace and reconciliation. Like the rest of us when faced with the constraints of Covid, Corrymeela quickly pivoted and retooled. When unable to welcome people in, they turned outward, partnering with the Ballycastle foodbank, using their commercial kitchen to prepare some 500 meals a month for local families in need. They stepped up their online presence too, offering weekly recorded worship led by Community members and their Instagram and Facebook accounts daily featured an evocative prayer capturing our common fears and hopes, offering comfort and courage to thousands worldwide.

I once heard a preacher say, “Wherever two or three are gathered, there is friction!” She went on to say that what happens next depends upon our response. Friction in community can create a wound – or it can create a pearl, an opportunity for

healing. It takes work and perseverance – and time. The Corrymeela Community has taken the time, persevered through many difficulties and worked diligently to create such a pearl.

Corrymeela is the realization of an extraordinarily simple yet challenging dream: bring together people of differing perspectives to talk with and listen deeply to one another – not with the view to “undo their differences”, but so they can “learn to hold our differences differently.”<sup>1</sup> This simple dream was cultivated in 1942 by Ray Davey who was a prisoner-of-war, held at Dresden. In 1965 the Rev. Ray Davey became a chaplain at Queen’s University, Belfast. He firmly believed that creating space for people to meet one another in a bucolic setting, sharing a common task, like renovating an old farm-house, and sharing common meals and common prayer, could somehow renovate misunderstandings and possibly reconcile some differences. It was a bold dream that began even before what has since been referred to as “the Troubles”. Lived experience of those turbulent, painful years provides Corrymeela with a credibility and a mission to affect healing for many old and current wounds. Now, nearly six decades on, Corrymeela remains a beacon of bright hope that with God, nothing is impossible

What gifts or charisms are needed for such an lofty endeavour? While the tradition of Corrymeela is Christian, people of all faiths – and those professing no faith, come together to seek a way forward. The gifts which St. Paul writes of “patience, kindness, goodness, faithfulness, gentleness” and all the rest (Galatians 5: 22-23) are evident in the bottomless cups of tea and late-night chats, in the vulnerable work of storytelling and the hard work of deep-listening, in the recognition of the many sides to stories, in the awkward silences and in the raucous celebration of even the smallest steps forward when common ground is traversed.

At the center of the Centre is the Croi (pronounced “Kree”, the Irish word for “Heart”), the Chapel space at Corrymeela. Round in design, the Croi resembles the shape of both the human heart and ear, symbolizing the centrality to the Corrymeela community of love and listening. The prayer of St. Francis is etched on the glass doors of the Croi, with the word “Peace” inscribed on the large wooden handle. It creates a powerful gesture: you must take hold of the word Peace with both hands as you enter.

Morning Prayer at Corrymeela begins with 25 minutes of silence, followed by a short scripture reading, prayers for Community members and volunteers, then the Prayer

of Courage, recited by all present. I reprint it here as commentary about this prayer could never adequately express its simplicity – or its aching truth.

**Courage comes from the heart  
and we are always welcomed by God,  
the Croi of all being.**

**We bear witness to our faith,  
knowing that we are called  
to live lives of courage, love and reconciliation  
in the ordinary and extraordinary moments of each day.**

**We bear witness, too, to our failures  
and our complicity in the fractures of our world.**

**May we be courageous today.  
May we learn today.  
May we love today. Amen.**

I've come to understand that to "give way" is a charism necessary to reconciliation. Not in the sense of yielding or diminishing or discarding one's truth, but rather in the sense of courteous dance: to stop, to give preference, to hear what perhaps has not been heard – or listened to, before. There is a courage that comes from prayerful silence, from deep listening, from the desire to learn, and most especially, from prodigious loving that can indeed give way to creating a pearl.

*The Rev. Frances Drolet-Smith*

Vocations Coordinator

Diocese of Nova Scotia & Prince Edward Island

To further explore the wonder that is Corrymeela, visit: [www.corrymeela.org/](http://www.corrymeela.org/)

To experience the rhythm of prayer life of the Corrymeela Community:

<sup>1</sup> **Daily Prayer with the Corrymeela Community** by Pádraig Ó Tuama, visit:  
[amazon.ca](http://amazon.ca)

## *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.”*

As we continue to move through this year “A Future With Hope” I would like to share with you a more in-depth look at how The Marguerite Centre programming is aiding women with their recovery journey.

At The Marguerite Centre, we acknowledge that there is a gap in the supports women receive when transitioning back into community. To address this, we focus on each woman’s ability to re-connect with society after she leaves us and lessen the impact of stigma. This process begins at admission and continues throughout her stay - becoming an integral part of discharge planning. We assess the community resources that are most appropriate for each woman and aid her in establishing contact with each of these resources. We also focus on re-establishing healthy relationships with family members including parents, siblings, spouses, and children. This empowers each woman to be able to seek out assistance when needed and the ability to choose safe and healthy communication options. Our program encourages women to begin to re-integrate into community by choosing volunteer opportunities and/or learning opportunities that help them build healthy social networks. Our program supports those choices by ensuring transportation to each of these opportunities is not limited. When she has the tools to establish trust in relationship, a woman can build a supportive network of family, friends, and professionals that all play a part in a well-adjusted, contributive lifestyle.

*The Marguerite Centre has given me a fresh start at life - a second chance. It has given me a sense of peace and belonging which I have never experienced before. The staff members here all believe in me and they push me to do better and to want more out of life for myself. They believed in me when I didn’t believe in me. I am happy and at peace for the first time in my life and I want more for myself. The Marguerite Centre has freed me from the chains of addiction. It has given me a new life to live. I don’t know what I would have done without this place - DP, resident 2020.*

It is our intent to assist women in having the relationships they need to build a sense of belonging and to improve their well-being. A woman's family plays an integral role in her ability to maintain her recovery. Halfway through their stay with us, women are encouraged to spend more time with their children and incorporate activities in their visits. We also assist the women with job seeking and employment, volunteering at other agencies, and educational opportunities while maintaining a safe, supportive environment for them to return to at the end of the day. This enables each woman to be able to seek out opportunities are meaningful to her and limit her feelings of isolation and stigmatization.

The continued support of community groups such as the Anglican Women Diocesan Group, we can close the gap in services. By supporting our transition planning and outreach services to provide individualized support and services to 30-35 adult females per year who will participate in The Marguerite Centre programming, you are building the capacity for hope in Nova Scotia.

*Lisa Mullin*

Executive Director  
The Marguerite Centre



### ***Marguerite Centre: A Future with Hope***

The theme for the *World Day of Prayer* 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*”.

The *World Day of Prayer* is an opportunity to remind one another 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 women 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.

*Cynthia Pilichos,*  
Co-coordinator

## **DEVOTIONS**

I hope when you receive this magazine that the weather is getting warmer and we will be getting ready for Lent and Easter. With the warmer weather, we will all be wishing for the opportunity to plant our gardens. Hopefully Covid 19 will be decreasing. It certainly is a different virus and it appears that God is giving knowledge to the science world that, through all our prayers, He will show the way.

Happy Easter,

*Beverley Scammell*

Devotions Coordinator

### **How the Virus Stole Easter**

By Kristi Bothur

With a nod to Dr. Seuss ??

Twas late in '19 when the virus began  
Bringing chaos and fear to all people, each land.  
People were sick, hospitals full,  
Doctors overwhelmed, no one in school.

As winter gave way to the promise of spring,  
The virus raged on, touching peasant and king.  
People hid in their homes from the enemy unseen.  
They YouTubed and Zoomed, social-distanced, and cleaned.

April approached and churches were closed.  
"There won't be an Easter," the world supposed.  
"There won't be church services, and egg hunts are out.  
No reason for new dresses when we can't go about."

Holy Week started, as bleak as the rest.  
The world was focused on masks and on tests.  
"Easter can't happen this year," it proclaimed.  
"Online and at home, it just won't be the same."

Maundy Thursday, Good Friday, the days came and went.  
The virus pressed on; it just would not relent.  
The world woke Sunday and nothing had changed.  
The virus still menaced, the people, estranged.

“Pooh pooh to the saints,” the world was grumbling.  
“They’re finding out now that no Easter is coming.  
“They’re just waking up! We know just what they’ll do!  
Their mouths will hang open a minute or two,  
And then all the saints will all cry boo-hoo.

“That noise,” said the world, “will be something to hear.”  
So it paused and the world put a hand to its ear.  
And it did hear a sound coming through all the skies.  
It started down low, then it started to rise.

But the sound wasn’t depressed.  
Why, this sound was triumphant!  
It couldn’t be so!  
But it grew with abundance!

The world stared around, popping its eyes.  
Then it shook! What it saw was a shocking surprise!  
Every saint in every nation, the tall and the small,  
Was celebrating Jesus in spite of it all!

It hadn’t stopped Easter from coming! It came!  
Somehow or other, it came just the same!  
And the world with its life quite stuck in quarantine  
Stood puzzling and puzzling.  
“Just how can it be?”

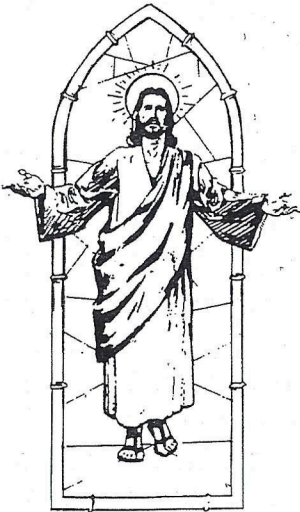
“It came without bonnets, it came without bunnies,  
It came without egg hunts, cantatas, or money.”  
Then the world thought of something it hadn’t before.  
“Maybe Easter,” it thought, “doesn’t come from a store.”

Maybe Easter, perhaps, means a little bit more.”  
And what happened then?  
Well....the story's not done.  
What will YOU do?  
Will you share with that one  
Or two or more people needing hope in this night?  
Will you share the source of your life in this fight?

The churches are empty - but so is the tomb,  
And Jesus is victor over death, doom, and gloom.  
So this year at Easter, let this be our prayer,  
As the virus still rages all around, everywhere.

May the world see hope when it looks at God's people.  
May the world see the church is not a building or steeple.  
May the world find Faith in Jesus' death and resurrection,  
May the world find Joy in a time of dejection.

May 2022 be known as the year of survival,  
But not only that -  
Let it start a revival.



*Jesus died over 2000 years ago.  
Nobody has ever referred to HIM as  
the late Jesus, Not even the heathens.  
Nowhere in history. Nowhere has HE  
ever been referred to in the past  
tense HE 'is' the Living God!*



## FOOTPRINTS IN THE SAND

One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
one belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.  
*"Lord, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome  
times of my life, there was only one set of footprints.  
I don't understand why, when I needed You the most,  
You would leave me."*

He whispered, *"My precious child, I love you and will  
never leave you  
Never, ever, during your trials and testings.,  
When you saw only one set of footprints,  
It was then that I carried you."*

Author Unknown

In these COVID pandemic times, there are bound to be many occasions  
when there is only one set of footprints as we walk with the Lord.

Jesus is a friend who walks in  
when the world has walked out.

## ***PRAYER PARTNER***

### ***National Diocesan Prayer Partners***

At the National Conference for Diocesan Presidents/Coordinators held via Zoom on October 23, 2021, National Prayer Partners for 2021-2022 were chosen. **The Diocese of NS & PEI will be praying for the Diocese of Calgary and the Canadian Mothers' Union will be praying for our Diocese.** A greeting was sent by our Coordinators to the ACW President of the Diocese of Calgary and to follow is President Linda's thank you:

December 9, 2021

Dear Cynthia, (and Connie),

Thank you so very much for sending us this lovely reflection. May you too, have a season of Hope, Peace, Joy and Love. It means a lot to us to have our "fellow sisters" praying for us, especially at this time. When there seems to be so much sadness, worry and uncertainty, knowing that we are prayed for and thought of means so much to the ladies in our Diocese.

May Christ's blessings be felt by all of you in your diocese at this time.  
Wishing you the most joyous of seasons,

*Linda Holt*

### ***Prayer to Begin the Day***

Jesus, I desire to start this day. And yet, my mind keeps flitting to so many things:

the projects I want to accomplish,

the people I want to talk to,

The people I wish I didn't have to talk to.

I wonder. Are these things distractions to spiritual concentration or invitations to see God in the ordinary? I'm not sure. Jesus, I know that you are that Centre who knows no distraction. So I offer up my mental fragmentation to you, O Lord my God. May my scatteredness become your gatheredness. As I'm contemplating a thousand things, Jesus, may I somehow be contemplating you.

Richard J. Foster.

***Beverly Scammell***

Prayer Partner Coordinator

## *EDUCATION*

As I'm writing this, it's less than a month since Christmas, yet we've heard about Jesus being baptized by John the Baptist and about the temptations he faced in the wilderness. Soon we'll be in the Lenten Season. In Epiphany we learn who Jesus knows himself to be and what his mission is. In Lent we travel the road with him as his mission carries him into dangerous territory.

If we travel this path with Jesus, we need a break in the middle of Lent to reflect on where we've been and to discern where we need to go. We need a bit of comforting and a break from fasting, whatever form that takes - it could be food, watching TV, shopping, or taking up something - but we need a break. The 4<sup>th</sup> Sunday in Lent gives us that in the form of ***Mothering Sunday*** which began years ago, when young people who were "in service" came home, bringing flowers for their mothers and attending their home or "mother" church. Tea usually included a piece of traditional Simnel cake which had mixed fruit and raisins, a rich marzipan layer baked into the middle and another layer for icing. The day is often overlooked in the secular world, focusing instead on Mother's Day, but the church continues to celebrate *Mothering Sunday*, because most people want to express how much a mother's love and care means to us. William Barclay expressed it in a prayer for mothers in which he reminds us that even though it's a demanding job, most mothers are pleased to make a home where love resides and where grown children still love to visit and remember their childhood.

As Jesus discovered who he was and what his mission would be, so did his mother, Mary. Lady Day or the Annunciation of the Blessed Virgin Mary is celebrated on March 25, nine months before Christmas. On this day we remember how an angel came to Mary and told her what was about to happen in God's plan. She was a young woman, very much surprised by this news. She asked how this could be possible and, evidently, she was satisfied with the angel's answer - *With God all things are possible* - and she said Yes. She must have had some reservations about it. But, like Jesus, she cooperated with God in doing God's will. Sometimes I have wondered what the result would have been if she had said No. Would God send the angel to another girl? Would God have changed the plan, at least for that time and waited to find someone else? Or would God have decided not to come as

a human being at all? What would our fate have been and where would we be today? I shudder to think. So we honour Mary who was brave, trusting and believing that God would be with her as she fully embraced this wondrous plan. Can we be like her and take our part in showing God's love to others as we have experienced it through Mary's son, Jesus? Perhaps Lent is a good time to reflect on the role Mary played and be thankful for her Yes. Would any one of us had said Yes?



*Ethel Nelson,*  
Education Coordinator

A recipe for Simnel Cake (a light fruit cake covered in marzipan) is available on the Canadian Mothers' Union website

[https://canadianmothersunion.ca/mothering\\_sunday](https://canadianmothersunion.ca/mothering_sunday)



# REGIONAL REPRESENTATIVES



## Chignecto Regional Report

Once more we start a new year with an unsettled status. The Covid virus, in its many forms, is playing havoc with our activities continually - as we are all aware of. All our Christmas church decorating inside was shelved, for the most part, due to the church closures.

Most Anglican Women's groups in the region have not had many meetings - some none at all, which has limited their activities drastically - if they had any. Our increasing age and vulnerability has also curtailed our participation.

At St. George's in Dutch Settlement, a take-out Cold Plate Salad Supper was successful and well patronized in December, and their short breads sold well too. Together with St. George's, Lantz, the two congregations are making plans to fete their retiring priest, Canon Rev. David Fletcher at the end of February - Covid willing!

St. James in Shubenacadie managed to hold their take-out Ham, Bake Beans and Potato Scallop Supper successfully - the 3<sup>rd</sup> attempt, at the end of November, despite it being a rainy evening, but not snow! No plans have been made for Spring activities.

The ACW ladies in Maitland area held their Christmas sale of 25 hand-made Wreaths at the community sale at the end of November.

A take-out Tea and Sale was held at St. George's in Parrsboro, followed by the ACW group going out for dinner together one evening, the following week to conclude their year. Unfortunately they have lost 6 active members in the past few months from various causes, so that they are unable to cater the lunch for the Valentine Social at the Winter Carnival this February. The Anglican Church Women's groups in the River John area nor St. John's, Truro, are not active at this time.

There have been no meetings in Springhill but they did do take-out Turkey Burgers at the Christmas Bazaar and a Sunday "after Service lunch" in December.

The ladies at Christ Church in Amherst managed to hold their Advent Christmas Quiet Evening in mid-December prior to the church closures. Both the St. Martha's and the St. Monica's Guilds made their annual donations to several charities. Most Anglican Church Women's groups in the Chignecto Region made generous donations to several charities, including the Food Banks, Angel Gift Trees and The Missions to Seafarers.

Plans for Women's Ministry Sunday in March and Lenten activities are on hold, pending the reopening - and staying open - of our churches in according wit the state of our Community Health.

We are all hoping that 2022 will allow more freedom to become more actively involved again!

*Anne Williams*  
Regional Representative.



### **Valley Region**

Greetings and Happy 2022!

Yet another year begins under the shadow of Covid-19. Are we getting used to this yet? Updates, illness, complaints, more and more advice from experts; all of this can really wear a person down. It may be difficult to see a silver lining in this seemingly negative situation, but I think it is possible if we look at things through the lens of positivity, generosity and hope.

Why positivity? Well for starters, we are more experienced than last year. We know how to connect with one another over the phone (old school) and through Zoom (high tech). Online church (even at Christmas Eve!) is becoming easier and easier for us now. We know who needs our help and we are better equipped to reach those in our church and local communities.

We are also getting better at learning to work with and around lockdowns. Takeout lunches and suppers are threatening to replace our traditional fund raising model of sit down meals. While this may result in a loss of community and fellowship,

these meals seem to be easier to organize and operate. With aging and fewer members, this new model can be a real positive for an ACW group!

Covid fears have not stopped the generosity of church goers and their families. Interest in the Anglican Church calendar resulted in a large order in the Valley Region – 288 of them! The collection of Christmas gifts and donations of warm clothing and money continued (and even increased) for the Mission to Seafarers. Making and distributing white ribbons, gathering supplies for local charities, planning Christmas visits and filling cheer boxes continued as always. Even some Christmas sales were held!

In the coming months, ACWs will continue to promote the Annual Project *Marguerite Centre: A Future with Hope* and think ahead to Women's Ministry Sunday. The annual (virtual) Faith and Fellowship Day is in the planning phase, as are World Day of Prayer preparations. Let us hope that we will actually be permitted to celebrate Lenten, Holy Week and Easter services in person (with online only being an option).

In closing, let us remember to focus on the positive, viewing our circumstances in light of all the good things that are occurring in our lives. God's abundant grace, and the love and kindness of those around us make life worth living.

In the words of Christine Sine, contemplative activist, author, and liturgist:

**A new day dawns, a new year emerges.**

**Let us open our eyes and our ears.**

**There is Hope in every Sunrise and every Sunset all around the world.**

**The light of Hope will guide us.**

**Let us entwine our hearts with God's, and allow the eternal in us  
to welcome the wonder of each day.**

Wishing you all the blessings of a new year,

*Sheila Hulford*  
Valley Representative



# Sharing our story: hidden gems from the bell tower

## St. Peter's Cathedral Archive Project

Father Peter Harris has told me that when he began to work with Father Westin, in 1990, the latter asked him to “see what could be done with the archives”. A small area in the bell tower was stuffed with church records, pictures, books, and other artifacts dating back to 1869. The demolition of the old hall and the construction of the new hall in 2004, provided a new space in the basement to house the archives. An archives committee was struck under the leadership of Pete Paton and Hugh Simpson. Volunteers combed through and sorted the historical collection over the years. Later Mike Smitherman and Edgar MacDonald joined the group.

### Some highlights

Open House 2009 was held in the newly prepared archive room. Other sessions with slide shows and opportunities to “dig” deep into the collection followed.

In 2016-17, a strategic plan was prepared by Dr. Laura Millar and federal funding from the Documentary Heritage Communities Program was secured for 2018-2020. This grant began the process of digitizing the collection. Laura shared archival best practices with the community and shepherded a team of volunteers in identifying, cataloguing and digitizing hundreds of images, newspaper articles and other documents. Late 2018, I joined the team and worked with the volunteers and learned some of the craft of archival work. Josh Smith, Meghan Kirkland, and Andrea Corder were summer students or interns that assisted with our project work.

The Archives Team organized many displays and exhibits in 2019 working with the Anniversary Committee to support 150th anniversary celebrations. The first event was an Open House on February 3, 2019, coinciding with the visit of the Primate, Archbishop Fred Hiltz. Other events included Father Hodgson Sunday, March 24; the Atlantic Theology Conference, June 28-30; Homecoming Sunday, September 22; Canon Simpson Sunday, October 20; and Canon Malone Sunday, November 17. The Archives was officially opened on Friday, November 29, with Member of Parliament Sean Casey in attendance. Additional ceremonies were held on Sunday, December 1. The Archives also welcomed several researchers and visitors over the year, including representatives of the provincial government, university, and other agencies, as well as individuals conducting personal or academic research.



Launch of the public archive site <https://archives.stpeter.org/> was held to celebrate the work of the past. We are proud to share our church heritage with you. The public site has pictures, documents and information about St. Peter's. As copyright expires, additional pictures are released every year.

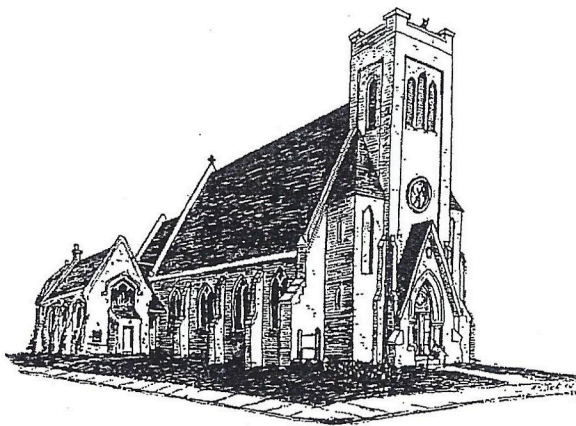
A special thank you to the "Binney Group" of Anglican Church Women who made the special receptions and launch such a success. Mystery pictures continue to appear at special events (at least until Covid intervened) and stories and history continue to be added to the collection.

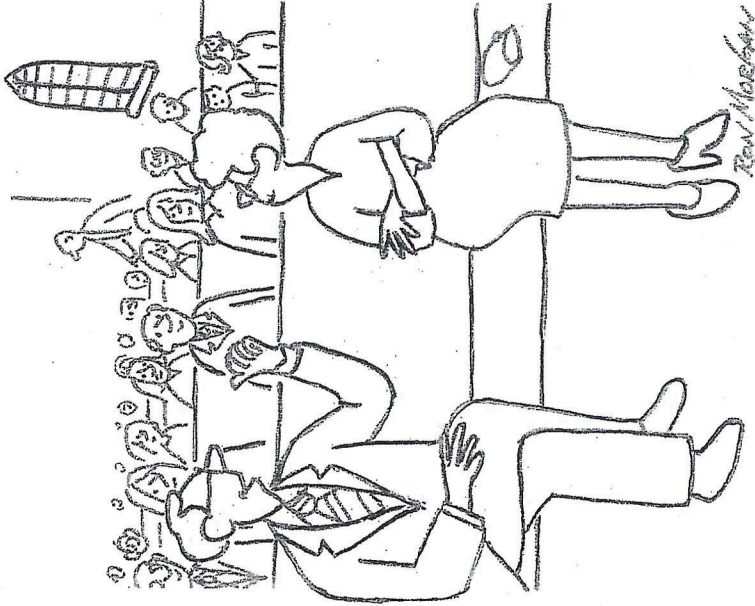
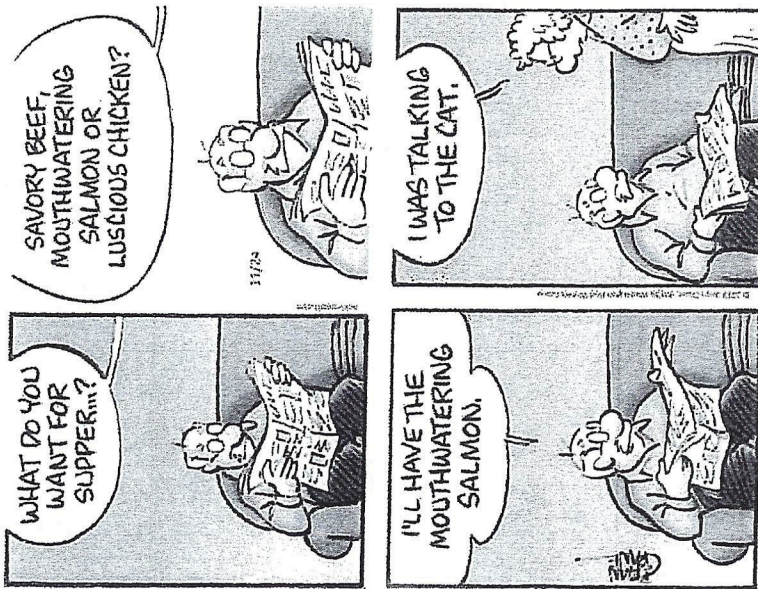
Summer and Fall 2020 focused on the digitization and transfer of the audio collection: reel to reel material, old cassette tapes, VHS tapes, and a record. These documents will be released to the public side of the archives in the near future.

.. and the work continues as new "finds" from our community appear. All of this work only happens with the dedicated volunteers that over the decades have brought our history to light.

Our 2021 summer student, Katie Lowe, has produced our first digital tour of the Chapel and Cathedral. Smart phone and computer friendly, please visit: [yourauditour.com/tours/1659](http://yourauditour.com/tours/1659) or download the app [Yourauditour](#). A French version is in production as well. Although Covid has kept us apart, you can still visit!

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"These beat Facebook friends any time..."

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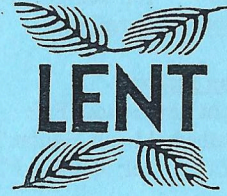
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# DAILY PRAYER FOR LENT

May we who are merely inconvenienced  
Remember those whose lives are at stake.



May we who have no risk factors  
Remember those most vulnerable.

May we who have the luxury of working from home  
Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close  
Remember those who have no options.

May we who have to cancel our trips  
Remember those that have no place to go.

May we who are losing our margin money in the tumult of the economic market  
Remember those who have no margin at all.

May we who settle in for a quarantine at home  
Remember those who have no home.

During this time when we cannot physically wrap our arms around each other,  
Let us yet find ways to be the loving embrace of God to our neighbours.

Author unknown.