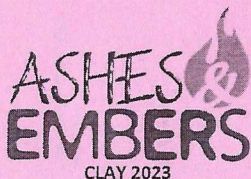


KEEPING IN TOUCH.....

with Anglican Women
in
Nova Scotia & Prince Edward Island

- ✓ Theme for 2022/2023 -
“New and Wondrous Ways”
- ✓ National ACW Presidents/Coordinators
Conference 2022
- ✓ Anglican Church Women: *A History*
- ✓ 2022/23 ACW Project -
“All In For Youth!”
- ✓ Chaplain’s Corner
- ✓ Mothers’ Union
- ✓ Education - *Bursaries to be awarded*
- ✓ Youth and Family Ministry
- ✓ Prayer Partner Initiative for the Parishes
- ✓ DEN - *Electric Transportation*



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

Please post or circulate this magazine in your parish

ANGLICAN CHURCH WOMEN PURPOSE:

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

ANGLICAN CHURCH WOMEN PRAYER:

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

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More *New and Wondrous Ways* . . .

The 2022/23 theme for Anglican Church Women is *New and Wondrous Ways* from the last verse of the Anglican Church Women hymn, *The Love of Jesus Calls Us*. With the love of Jesus calling us, we (women and men), are asked to be God's "co-creators" in a swiftly changing world, and we are asked to be so in *new and wondrous ways*.

Our *new and wondrous ways* can be both large and small – both can have significant impact. One smaller but distinctive *new and wondrous way* we are highlighting this fall consists of two opportunities for women to come together for a short time of worship, fellowship, and conversation: "*Coffee & Conversation*". At the time of writing, the Board has two such occasions planned for November, in collaboration with two regions: St. John's, Lunenburg, on Wed. Nov. 2; 1:30 – 3:00 pm, and St. Luke's Dartmouth, on Wed. Nov. 16; 10 – 12 noon. We will promote the 2022/23 Annual Project, *All In For Youth!* at these gatherings and facilitate a conversation as to **what *New and Wondrous Ways* might mean for you and your ministry**. We hope to have available at that time a video to view that the Primate shared with everyone who attended the National Anglican Church Women Presidents'/Coordinators' Conference, *Walk Humbly with Your God*, in Corner Brook, NL Sept. 29 – Oct. 2. We are extending the net widely and hope to capture a number of women from no matter which region for these times of "*Coffee & Conversation*". **You can belong to any group or no group and any region – you are welcome!**

On a larger scale, the Anglican Church Women Board is re-imagining itself for the future in what we anticipate will be a *new and wondrous way*. This process of transformation is not without challenge ("*to challenge all that limits, to change, to learn, to grow*" from the *Love of Jesus Calls Us*), but it is also energizing. We are looking at 4 current strengths or pillars of the Board upon which to build this new future, which will be that of a mini foundation-type enterprise. These pillars are: good fiscal management, fundraising capacity, partnership-building ability, and a social transformation orientation.

Features of this transformation have been shared in issues of *The Diocesan Times* since the spring of 2022 and the Michaelmas/Harvest Thanksgiving 2022 issue of *Keeping in Touch* had a number of columns that outlined the evolution of the Board and the catalysts for change. We ask for your sustaining prayers with our endeavours, just as the Board prays for you all as you devote yourselves to ministry in these "*swiftly changing days*".

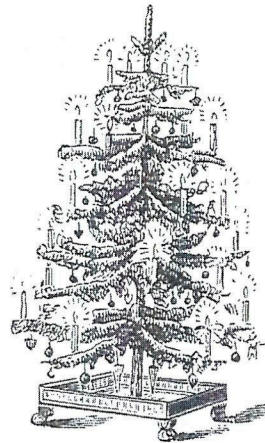
*The love of Jesus calls us, in swiftly changing days,
to be God's co-creators in **new and wondrous ways**;
that God, with men and women, may so transform the earth,
that love and peace and justice may give God's kingdom birth.*

Connie English and Cynthia Pilichos,
Co-coordinators

The Twelve Ornaments of Christmas

The secret to a good marriage? Christmas ornaments, of course. According to a Bavarian custom called the "Bride's Tree", there are 12 special molded glass ornaments that newlyweds need to hang on their tree. Each one reminds them of what's necessary for a successful relationship.

- Angel (God's Guidance)
- Bird (Joy)
- Fish (Christ's Blessing)
- Flower Basket (Good Wishes)
- Fruit Basket (Generosity)
- Heart (True Love)
- House (Protection)
- Pine Cone (Fruitfulness)
- Rabbit (Hope)
- Rose (Affection)
- Santa (Good Will)
- Teapot (Hospitality)



(Uncle John's Bathroom Reader,
Christmas Collection, 2005)

**National Conference 2022 for
Anglican Church Women Diocesan Presidents/Coordinators**

Walk Humbly with Your God

Walk Humbly with Your God was the theme of the very well planned, organized, and executed National Conference 2022 for Anglican Church Women Diocesan Presidents/Coordinators in Corner Brook, NL, Sept. 29 – Oct. 2. Marjorie Davis and Cynthia Pilichos of our Diocese did *walk humbly with [our] God*, appreciating the worship opportunities, exploration of thought-provoking questions, discussion of issues and business items, sharing of insights, and the exploration of Corner Brook and surrounding area. The last opportunity for Anglican Church Women leaders to meet in-person had been in 2019, so being together in fellowship, prayer, conversation, and song (postponed from 2020) was a very welcome treat.

The host diocese was that of Western Newfoundland, and what was much in evidence was the great support to the Western Newfoundland Anglican Church Women Conference Planning Team of the Diocese itself and a number of parishes. The famous Newfoundland hospitality was outstanding, as we were welcomed into a number of parishes for tasty dinners, lunches, and entertainment. It was a wonderful opportunity to appreciate Newfoundland generosity, traditions, and culture. Everything was done with great energy, exuberance, skill, and sheer love. Talk about living the musical, *Come From Away!!*

The National Anglican Church Women Executive consists of the ACW Diocesan Presidents/Coordinators across the country, with traditional Table Officers from various dioceses forming the National Executive Committee. Not all dioceses have an Anglican Church Women Diocesan Board/Council, but the now immediate National Past President, Margaret Warwick (Diocese of Edmonton), did a superb job of contacting all the dioceses to encourage the attendance of a representative at *Walk Humbly with Your God*, along with the offer of financial support to make such attendance possible.

A key “business” item was one that was initially raised at the 2019 National Conference by our Diocese: that the National Executive move to a pattern for the National Conferences that resembles more closely what is in place for Synods. In other words, to not meet annually in-

person. Fiscal and environmental stewardship were the key reasons for such a recommendation. The matter, referred to as the “NS & PEI Question” by the time of the virtual Conference, *Thrive*, in 2021, formed a key feature of that Conference, with an approved motion there to form a sub-committee to review the question in greater depth, with the goal of bringing a specific recommendation to the in-person Conference 2022.

The sub-committee had good geographic representation and it successfully met several times via Zoom in the winter and spring of 2022. A key task was the distribution and receipt of a survey that provided good information for the sub-committee members and the National Table Officers. The approved motion at *Walk Humbly with Your God* was to have a 4-year trial period, alternating virtual and in-person Conferences, encompassing on-going evaluation, with a firm recommendation for the future at the end of the trial period. The Diocese of Algoma offered to host the virtual Conference in 2023 and the Diocese of Huron offered to host the in-person one in 2024.

It was very evident that having sub-committees to address challenging and/or complex issues, or ones where there is considerable diversity of opinion, is a preferred way to address these matters, as it makes the discussion and decision-making process at the National Conference level, whether virtual or in-person, much more focused and productive. Another feature that is noteworthy, is the increase in communication with one another across the country. We believe that this is an unanticipated and positive bi-product of Covid. With the increase in virtual living as a result of a global pandemic, we have actually done a much better job of initiating and/or maintaining contact. Our Board’s e-Newsletter, *Let’s Keep in Touch*, and the link for our Magazine, *Keeping in Touch*, goes into every Diocese. We receive positive feedback and exchange greetings.

A new national Vice-President and Secretary were voted in at *Walk Humbly with Your God*. The National Table Officers are: Immediate Past President – **Margaret Warwick** (Edmonton); President – **Rosemarie Kingston** (Fredericton); Vice-President – **Janet Pike** (Algoma); Secretary – **Marni Crossley** (Ottawa); and Treasurer – **Glenda Peddle** (Western Newfoundland).

The selection of Prayer Partners is a feature of each National Conference. For the past year, the women in our Diocese have been praying for the women in the Diocese of Calgary. We have had opportunities to be in touch virtually (Zoom and e-mail) with a number on the

Calgary Anglican Church Women Board and that has been very validating. The Canadian Mothers' Union have been praying for the women in our diocese. With so many of the Canadian Mothers' Union Council being here in our diocese, being in touch on a regular basis has been facilitated.

The **new prayer partners for the remainder of 2022 and much of 2023** will have the **women in the Diocese of NS & PEI praying for the women in the Diocese of Huron. The women in the Diocese of Algoma are praying for the women in our diocese.** We are all asked to pray for our sisters in Christ in the following dioceses that either do not have now, or never have had, a diocesan structure for organized women's lay ministry, and, therefore, do not participate at the national ACW level: **Arctic, Brandon, Mishamikoweesh, Montreal, Moosonee, Niagara, Quebec, Rupert's Land, Saskatoon, Territory of the People, and Yukon.** Please uphold in prayer all these women in these dioceses, and, very specially, offer prayers for the women in the Diocese of Huron. At our Board meetings, we also offer a prayer of thanks for the women who are praying for us! It is worth noting that our most recent prayers partners (Calgary - 2021/22) and our new ones (Huron - 2022/23) have both very generously supported the Board's Annual Project 2022/23, ***All In For Youth!*** Many, many thanks.

There were so many highlights from *Walk Humbly with Your God*, but a key one was the video sent by our Primate, the Most Reverend Linda Nicholl. We hope to have a copy of that video to share more widely. Our Primate had planned to attend *Walk Humbly with Your God*, but her recent selection by her Primate colleagues in the Americas to represent them as the Primate of the Americas, meant that her schedule had to change. We missed her, but appreciated very much the video that she sent.

In closing, let's act upon what God requires of us: ***To do justice, love kindness, and walk humbly with [our] God!*** (Micah 6:8) Thanks be to God!

Marjorie Davis and Cynthia Pilichos

for the National Presidents'/Coordinators'

Conference 2022: *Walk Humbly with Your God*



Words to live by: ***LOVE GOD AND DO AS YOU PLEASE***

Chaplain's Corner

At a recent planning meeting here in our parish, we were talking about Advent/Christmas for 2022. The conversation had a very different flavor than usual. There wasn't much debate about service times or musical content or who would lead and preach. It was really centered around being in our worship space together for the first time in two years on Christmas Eve. And there was a quiet joy about that; a deep satisfaction about simply being gathered together in that sacred space and at that holy time.

Thinking about that conversation now, I realize that it was a conversation stripped down to the basics of what Christmas really is. When God came to us in the form of a child, in a way God was saying, "*I am here with you. And it is enough.*" Jesus' birth was simple. It was not accomplished in a perfect situation by any means. His young and inexperienced parents, financially unstable, far from home and at the mercy of strangers, did what they had to. And it was enough - and more than enough - just to be there together with their child. And it was enough for God as well - to be there with them - in Jesus. It is still enough for God to be here with us in the Christmas child.

I'm reminded of a time a few years before the pandemic (when such things were safe to do) when I was sitting in a circle with a group of folks in a local seniors' day program. We were sharing a pre-Christmas worship service. Most in attendance had dementia in one form or another. As we worshipped together, we passed around a swaddled baby doll and each person sat for a moment or two holding baby Jesus. The holiness of those moments were immense as people reacted to the child. Some spoke about the reality that God was with them, for others it evoked silence, for others tears, and for one or two some bubbling laughter. But whatever the reaction, it was palpable and powerful.

I believe Christmas may be something like that this year if we allow it to be. I believe we may have a new and different experience of Christmas as we glory in the simple fact of being there in worship together. I believe we will grasp in a new way what the power of the incarnation is - for God to be here with us in Jesus - and how it is enough. Enough for the challenges of aging congregations and expensive physical plants and neighbors in ever

greater need and a world that seems “hell-bent” on greed, destruction and power. How is the child a sign of God’s never failing promise to be with us, to be enough for us always “*even to the end of the ages*”?

My prayers are with your parishes as you prepare for these holy seasons. May you be together and may you experience once again, as if for the first time, the incredible joy and power of Immanuel, God with us.

Rev. Lori Ramsey
Diocesan ACW Board Chaplain



Lord, Forgive Me When I Whine!

Today, upon a bus, I saw a lovely girl with golden hair, I envied her... she seemed so gay....and I wished I were as fair. When suddenly, she rose to leave, I saw her hobble down the aisle; she had one leg and wore a crutch; but as she passed... a smile!

Oh, God forgive me when I whine, I have two legs. The world is mine!

I stopped to buy some candy. The lad who sold it had such charm. I talked with him. He seemed so glad. If I were late 'twould do no harm. And as I left he said to me, "I thank you. You have been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind."

Oh, God forgive me when I whine, I have two eyes. The world is mine!

Later, while walking down the street, I saw a child with eyes of blue. He stood and watched the others play. He did not know what to do. I stopped a moment, then I said, "Why don't you join the others, dear?" He looked ahead without a word, and then I knew he could not hear.

Oh, God forgive me when I whine, I have two ears. The world is mine!

With feet to take me where I'd go, with eyes to see the sunset's glow, with ears to hear what I would know... Oh, God forgive me when I whine. I'm blessed indeed. The world is mine.

- Author Unknown

Anglican Church Women, Anglican Committed Women, All Anglican Workers: *A History*

One lovely fall day, post Fiona, while driving to the Valley with family, my granddaughter, Ruth, asked: 'Is there a short way to get to Parrsboro from here?' At that moment we were between Windsor and Wolfville on the 101 and could see across the Minas Basin. Of course, there had to be a little geography lesson! However, did you know that at one time there was a land bridge allowing folks to get from Cape Split to Parrsboro, and that Wolfville, Windsor and area were under water – a large lake, a lake which no longer exists? The land bridge was breached by tidal changes, movement of earth, climate changes, etc. As a result, new fertile land was exposed, new proximities altered, people relationships changed. How did I learn this? On the Sunday following this trip, Mr. Kenneth McEachern and family came to my parish, Christ Church, Dartmouth, to teach and expose us to customs and life in this part of Turtle Island. The obvious reaction is that change is never new, but how we adapt to it is challenging and creative.

Where were we when Roberta Tilton, a woman who was progressive in her time campaigning for women's rights – late 1880's and early 1890's - made a proposal to the Domestic and Foreign Mission Society in our Canadian Anglican Church that women would form an auxiliary to the Missionary Society of the Church of England in Canada (MSCC) in 1885? Here is part of her presentation, from a biography authored by Sharon Anne Cook: "There are in the church today Mary's who have chosen better part; there are the Martha's, who only want the opportunity to do something for Jesus; the Magdalen's, who tell the story of our blessed Lord's resurrection; the Phoebe's, who convey messages of love and Christian greeting; the Tryphena's and Tryphosa's, Dorcas's, who are never weary in well doing . . . from Victoria to Sydney . . . there are women longing to labour more abundantly, to consecrate their talents to the Lord's work." Her enthusiastic proposal was accepted by the Domestic & Foreign Missionary Society! Mrs. Tilton was invited to become the Secretary of the Auxiliary in the Diocese of Ontario. Eventually she served as Dominion President between 1902-1908. As a Nova Scotia Board we celebrated this 100th anniversary at St. Paul's, Halifax in 1985.

While the original Auxiliary supported a number of causes, it gradually 'changed' and came

to specialize, to be a support for lady missionaries and their families. When Mrs. Tilton died, there were 70,000 Woman's Auxiliary (WA) members in 3000 branches in Canada.

Though the organization has morphed into Anglican Church Women (ACW), it remains the church's oldest continuous national organization. Out of this WA organization came Little Helpers, Junior and Girls' Auxiliaries - mentoring females in the mission and ministry of our church.

Until the 1960's, the WA's biggest project was training and hiring its own missionaries, sending them to places at home and abroad, where needed. A former ACW president, Geraldine Walker, was one such person who was trained at Anglican Women's Training College (AWTC).

In our Diocese there were many consultations to bring all women's work under one umbrella – Anglican Church Women - to create an organization which recognized local efforts in ministry, as well as national and world-wide concerns. Vivian Whynacht, a member of the Gordon Group of the Cathedral Church of All Saints, became the first ACW Board President in 1969. The Board carried on similarly to the WA Board, with some departmental name changes – one in particular, Little Helpers, became Family Life, a position held by a Mothers' Union member. Nationally the Dominion Board ceased to exist in 1973, because there was much duplication between Dioceses and the National Church. Our Diocesan Board integrated with the Diocese financially in 1976. The Board continued to be a focal point for all women's ministries in the Diocese, encouraging local talent to exercise their ministries, supporting parish projects, Altar Guilds, Junior & Girl's Auxiliaries, and facilitating leadership workshops and handbooks for various activities. There continued to be Annual Meetings, focusing on various topics, which for quite a few years were spread over two days, with well over 150 people in attendance. Many ideas were shared and many life-long friendships were forged.

During the 1980's, the National Church launched a new venture, 'Volunteers in Mission' (VIM), and our Diocese had a volunteer, the Rev. Michael Collier. Our then Diocesan Bishop, Rt. Rev. Arthur Peters, made a request of the Board to support Michael and his wife in their three-year stint in Papua, New Guinea. This was our first big project, raising over \$15,000, which was accomplished with all parish branches participating! What an accomplishment!

Another special project was organizing a Diocesan Youth Conference at the Anglican Diocesan Centre, when nearly 200 teenagers – two from every parish - came for a weekend of fellowship, worship, programming and music. It was a very uplifting feeling to see so many young people parade from the College St. entrance of the Anglican Diocesan Centre and proceed around the block to the Cathedral entrance for worship.

Since that time there have been yearly projects rotating from local to national to international, and there is a separate column in this issue of *Keeping in Touch* that notes the Annual Projects of the Board since 2001/02. The support of the women in the parishes for these projects has been impressive and much appreciated. Thank you!

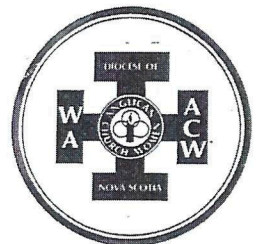
Meanwhile, many parish women's groups were also knitting prayer shawls, pneumonia vests, Teddies for Tragedies, preemie caps and finger puppets for the IWK hospital, and other items; assembling Christmas 'shoeboxes' for the Mission to Seafarers; and organizing and bringing to life all manner of fundraisers to support parish and community needs.

Other Board-sponsored events, with the Mothers' Union as a valued partner, have addressed social justice issues, specifically gender-based violence, by promoting *White Ribbon Sunday* and the *16 Days of Activism Against Gender-based Violence*, as well as human trafficking. It has been the privilege of the Board to continue to award the *Kingston Memorial Fund* Bursaries to postulants at the Atlantic School of Theology (AST) from a bequest left to the Board 50 years ago, and to offer one or two *Anniversary Bursaries* to women who want to further their education. The funds for the *Anniversary Bursary* were first raised at the time of the 100th anniversary of organized women's ministry in Canada (1985) and there have been two other special appeals to build the principal.

As can be seen by reading this 'epistle', the gifts and talents offered by the women described in Roberta Tilton's bio continue to this day, as women minister in *new and wondrous ways*, the 2022/23 theme for Anglican women. Circumstances and current demands require us to keep the flames of peace, justice, kindness, and love burning, as we gather together in faith & fellowship groups, be they small or large in composition. As always, and as expressed in the title of the Anglican Church Women hymn, *The Love of Jesus Calls Us!*

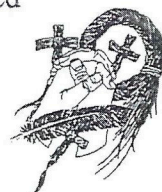
Carolyn Chenhall,

former Anglican Church Women Board President
and current Board Historian



Twenty-four Years of Generosity:
Annual Projects of the Anglican Church Women Board

- 1994-1995 - *Mission at Home and Abroad* - supporting mission in Papua New Guinea
\$7,000
- 1995-1998 - *Volunteers in Mission* - supporting Rev. Michael Collier and his wife in Papua, New Guinea. **\$15,000**
- 2001-2002 - *Lift High the Cross*- a youth conference in St. John's, NL, with the funds raised making it possible for youth from Labrador to participate. **\$5,697**
- 2002-2003 - *Many Languages, One Prayer* - translation of some liturgies into the Cree language in the Diocese of Moosonee. **\$5,388**
- 2003-2004 - *Bearskin Lake Healing Centre* with emphasis on youth in the Diocese of Keewatin. **\$3,300**
- 2004-2005 - *One in the Spirit* - supporting a Youth Conference in the Diocese of Keewatin. **\$3,000**
- 2005-2006 - *Mothers' Union Centre* - support for this MU Centre in Materi, Diocese of Manicaland, Africa. **\$3,600**
- 2006-2007 - *Atlantic Ministry of the Deaf* - funds raised were directed to sign language interpreters for worship services. **\$7,100**
- 2007-2008 - *St. Jude's Cathedral* - funds raised were directed to the restoration of this Iqaluit Cathedral, devastated by fire. **\$5,800**
- 2008-2009 - *Bursaries for Belize* - funds raised were for girls to have access to education beyond Grade 6. **\$6,000**
- 2009-2010 - *Faith in Action, Hope on the Horizon* - funds raised were to support programming for the Eskasoni Crisis and Referral Centre in Cape Breton. **\$7,000**
- 2010-2011 - *Fight-the-Bite, Buy-a-Net* - funds raised were for the purchase of malaria nets. **\$6,800**
- 2011-2012 - *Girl Power, Wolf Spirit Warrior* - funds raised were to support the development of youth resiliency, empowerment, and self-confidence, key desired outcomes at the heart of this program. **\$6,500**



- 2012-2013 – *A Breath of Fresh AIR (Autism Information Resource) Kit* – funds raised were for the production of the Autism Nova Scotia parent resource kit, made available when a child has been newly diagnosed on the autism spectrum. **\$6,200**
- 2013-2014 – *Home with a Heart* – had the Board partner with *Every Child Counts, Every Student Matters* to build a home in Africa for a grandmother/caregiver and about 8 orphaned children. **\$6,000**
- 2014-2015 – *Northward Bound: Bursaries for Ministry* – funds to support theological training for Indigenous candidates that is culturally appropriate. **\$7,100**
- 2015-2016 - *Ability to Live with Spirit* – equipment for people living with ALS. **\$16,000**
- 2016-2017 - *Madagascar School Project: Changing Lives, Sharing Hope* - to help expand the programming of what the Madagascar School Project offers in a remote area of Madagascar, Africa. **\$10,450**
- 2017-2018 – *Tribute to Teaching Indigenous Traditions* – funds to expand the intergenerational conference model that teaches traditional Indigenous culture and practices in the Indigenous Spiritual Ministry of Mishamikoweesh. **\$10,000**
- 2018-2019 - *Bonny Lea Farm: A Home Forever* – to equip the living room of a new facility for the residents so that they can continue to live at Bonny Lea Farm into retirement and senior age. **\$20,000**
- 2019-20 – *Education - a life changing gift!* - Supporting the post-secondary education of 5 Kikima, Kenyan students by partnering with the Kings Kikima Grannies. **\$17,000**
- 2020-21 – *Supporting Parents: Stories That Matter* – providing funds to promote and offer the Mothers’ Union parenting program in the Council of the North. **\$10,000**
- 2021/22 - *The Marguerite Centre: A Future with Hope* – to support a woman for a year in the Marguerite Centre, a safe place of healing for women recovering from addiction. **\$10,000**
- 2022-23- *All In For Youth!* – Initially partnering with the Anglican Foundation’s *Say Yes! to Kids* campaign to raise funds for Indigenous youth to attend the *Canadian Lutheran Anglican Youth (CLAY 2023) Conference, Ashes & Embers* **\$3,606**, and now continuing to bring in funds to support the attendance of as many Indigenous youth as possible - **more than an additional \$5,800 by October 31, 2022.**

Carolyn Chenhall, Historian
and
Cynthia Pilichos, Co-coordinator



Gender-based violence: Tackling the roots

We don't allow ourselves to acknowledge that the reality of violence and discrimination against women, girls, and other-gendered people, especially in intimate partner situations, is, in fact, a public safety issue. Moreover, it is an issue that goes well beyond seeing this travesty in the simplistic starkness of men bad/women victims. There are systemic injustices that fuel gender-based violence and it is clearly evident that our criminal justice system is ill-equipped to respond to these realities. It is past time to recognize that gender-based violence is a societal issue rooted in cultural and structural inequity that influences all of us, as noted by Nancy Ross of Dalhousie's School of Social Work in her guest column in *The Chronicle Herald* (Aug. 16/22): *Tackling the roots of gender-based violence*.

(<https://www.saltwire.com/atlantic-canada/opinion/nancy-ross-talkling-the-roots-of-gender-based-violence-100763450/>)

We can make a start in tackling the roots of gender-based violence, as Nancy Ross notes, by exploring the many factors that fuel it. There are advocates, activists, and change agents, such as Sue Bookchin and Nancy Ross of the *Be the Peace Institute* - <https://www.bethepeace.ca/>) who are doing just that. We can learn that many victims and/or offenders of gender-based violence have experienced prior trauma. As Nancy Ross notes, this does not mean we lessen the need for offenders to be held accountable for their behaviour, but what it should mean is that we provide responses to support both victims and offenders to live without violence.

Within our diocese, the Anglican Church Women Diocesan Board has partnered with the Diocesan Mothers' Union in a number of ways to raise awareness of the scourge of gender-based violence. We have been valued "*companions on a journey*" together for: 1. ongoing promotion of the *White Ribbon Campaign* and the *16 Days of Activism Against Gender-Based Violence* (Nov. 25 – Dec. 10) to foster greater awareness of the pervasiveness of gender-based violence that devastates families; 2. a Proclamation in the Nova Scotia Legislative Assembly just before November 25th, 2012 – the *International Day for the Elimination of Violence Against Women* - with white ribbons for all MLAs, accompanied by the then pledge "*never to commit, condone, or remain silent about violence against women and girls*"; 3.

a Panel Discussion and Conference entitled, *Broken Relationships: Exploring Gender-Based Violence*; 4. a Rally on the “hidden in plain sight” reality of human trafficking; and, 5. a Resolution at Diocesan Synod 2019 regarding human trafficking. We continue to explore ways in which we can collaborate and deepen our awareness of the depth, breadth, and complexity of gender-based violence, and how we can broaden these conversations to include many in the sharing of knowledge enterprise.

There are alternatives to the adversarial, punishment orientation of the criminal justice system when it comes to gender-based violence (such as a restorative approach) and an action response of Anglicans, women and men, to our Fourth Mark of Mission - **To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation** - would be to advocate for avenues that have the potential to address systemic injustice. Let's tackle the roots of gender-based violence to bring about positive change.

Cynthia Pilichos, Co-coordinator



If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way and that star-bright network of you would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realize. You're trailing a bright pathway that you don't even know about. What a thing. What a thing indeed.

- Donna Ashworth

YOUTH & FAMILY MINISTRY

Youth &
Family Ministry

DIOCESE OF NOVA SCOTIA & PEI

In the results of a study I read several years ago, one conclusion stood out to me and has stuck with me ever since. I'm even sure I've written about it in this newsletter before. The study found that the single most important factor in determining whether or not a child who was raised in a Christian family grew up to be an adult who was active in their faith is whether or not their parents showed them that their faith mattered in their day-to-day life at home.

I've continued to circle back to this idea in the years since I read that study and have had lots of conversations and tried different things to offer something to support parents as they figure out how to do that. The latest attempt at resourcing and supporting families and parents for our diocese is the **Practicing Faith at Home** newsletter. It's a monthly newsletter that gets emailed directly to parents, or whoever signs up for the email list, and includes a reflection and some ideas of things to try out.

I know there are already a number of Anglican Church Women signed up for the newsletter (and thank you for that support!), but I thought I'd send along a piece of the reflection from our November edition to give all of you a little taste of what the newsletter is all about:

“Perhaps a good place to start in thinking about rituals is to get on the same page about what rituals are. Lorraine Kubicek, who is a researcher in developmental and behavioural psychology, says that rituals are “patterned interactions that occur with predictable regularity in the course of everyday living.”

So, let's start with that as our base. To clarify it a bit further, it's important to say that rituals are about more than just routine. Routines are about what has to get done, and rituals are a reflection of who we are. Sometimes they are the same thing, but not necessarily.

Most families wash dishes every day. If it's just about washing them so that they are clean and ready for the next time you need them, that's a routine. Important for the functioning of a family, but not more than that. That said, if washing dishes can become a ritual if it's given meaning. We'll talk more later about what that means, but if every day when the dishes are washed, two members of a family are working and reflecting on the day together, that can become a ritual. (Of course, there are ways for something like washing dishes to also be a personal ritual, but we're going to stick to just talking about families for today!)

As a bit of an aside, the opposite can also be true, that things that seem like rituals might actually just be routine. If your family goes to church every single Sunday just because that's what needs to be done, but there isn't more meaning to it than that, then it's just a routine. It becomes ritual when it is part of that expression of who you are and what is important to you.

Specifically thinking about families of faith, rituals can look like lots of things. Again, they can be specific to your family, be something that is passed from one generation to the next within your family or be part of the broader church family.

Those intergenerational rituals are a certain kind of magic, connecting everyone not only to one another in the here and now, but also helping individuals find belonging in the bigger picture, maybe the bigger picture of your family going back generations, or the bigger picture as part of the Body of Christ.

Whatever the specifics of your family are, if you make sure that they provide an opportunity for your family to pause, share quality time, regroup, connect, and be together, you are off to a great start.”

You can read the most recent edition of the newsletter and sign up to receive it every month here: <https://www.nspeidiocese.ca/practicing-faith-at-home>

Allie Colp,

Diocesan Youth & Family Ministry Coordinator

Generosity Abounds . . . again and again!

The Advent and Christmas seasons are certainly associated with generosity – often an overabundance of material goods that can respond more to our “wants” than our “needs”!! Regardless, it is a pleasure to share stories of generosity for situations where generosity is responding to a need.

It was a pleasure to report in the last issue of *Keeping in Touch* that our Anglican Church Women Diocesan Board had responded to a challenge set by the women of the Diocese of New Westminster with their initiation of the *Northern Clergy Retirement Fund* to help northern clergy, many of whom are non-stipendiary, with their housing requirements, once they retire. It was exciting to learn that the Canadian Mothers’ Union has responded to this challenge with a very generous contribution of their own. This is a great example of ACW and MU partnering for a mutually understood need and benefit to a deserving and underserved group!

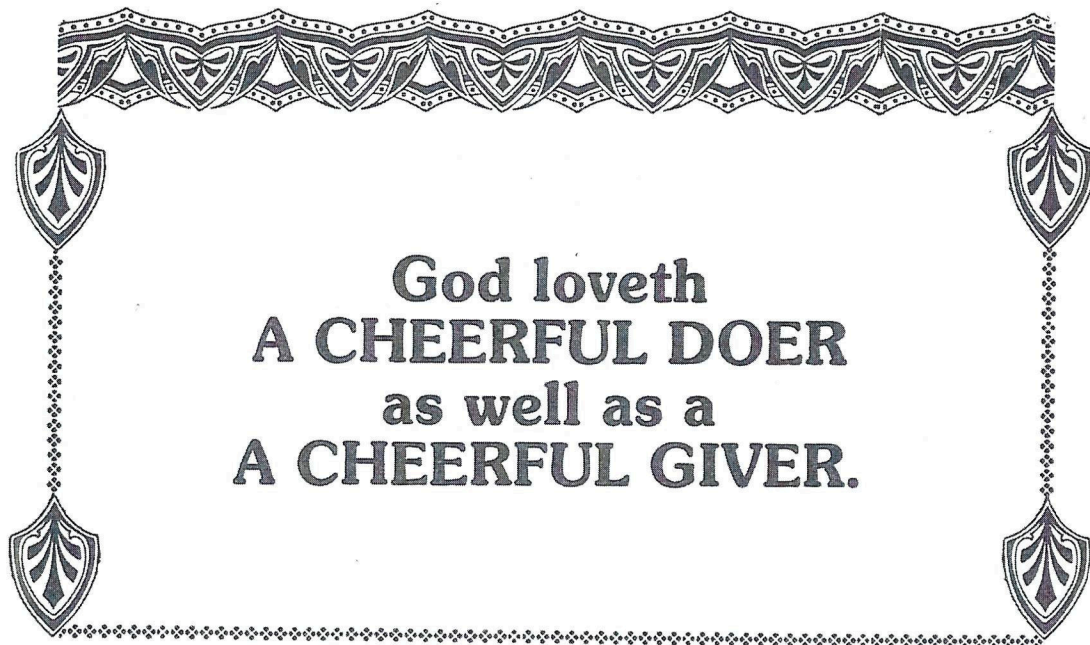
When our Annual Project, ***All In for Youth!*** was receiving funds through the Anglican Foundation’s ***Say Yes! to Kids*** P2P initiative, the project **received close to \$3,000 from the Anglican Foundation itself in matching and leadership gifts!!** The total amount raised was \$6,010, with \$3,606 for the project, *All In For Youth!* and \$1,202 each, for the *Diocese’s Community Roots Day Camp* and the Indigenous Youth Ministries with the Anglican Foundation’s partners at the national level. We had a very welcome and unexpected, generous gift from the women of the Diocese of Huron. Thank you to those in our diocese who contributed in that way, through ***Say Yes! to Kids - it was a new and wondrous way for us to “jump start” All In For Youth! We were, and are, thrilled with the results.***

As it turns out, all the funds received from *Say Yes! to Kids* for the Indigenous Youth Ministries at the national level will be directed to having Indigenous youth attend *CLAY 2023*, in line with our diocesan project! Because of the success of *Say Yes! to Kids 2022*, the Foundation has committed \$25,000 to that initiative, and we hope to add at least another \$10,000! We have another number of months ahead of us to bring in the desired funds and we thank those parishes and individuals who have made gifts already.

In honour of the National Presidents'/Coordinators' Conference in Corner Brook, our 2021/22 Prayer Partners, the women of the Diocese of Calgary, committed \$250 to our **All In For Youth!** Again, we were thrilled. Our Board followed that example and matched that amount in honour of the National Conference, as well as committing an \$250 to the *Community Ministries* of the Anglican Foundation. *Community Ministries* was chosen as a 2022 recipient in recognition of the importance of community ministries to the overall ministry and mission of Anglican women at the national, diocesan, and parish levels.

It seems that each year of the Board's Annual Project in the last several years, there has been something about the project that has captured the imagination of a donor (or more than one) in such a way as to be moved to contribute in a very generous way. To say we are appreciative is an understatement. *All In For Youth!* is no exception. A recent very generous gift is helping us get closer and closer to our \$10,000 goal. We are very excited. The Holy Spirit is at work and, yes, generosity abounds . . . again and again!

Cynthia Pilichos, Co-coordinator



Project 2022-2023

All In For Youth! in support of Indigenous youth

The Anglican Church Women Board is very excited about the potential of its current Annual Project, ***All In For Youth!*** and its thrust to make it possible for **Indigenous youth to attend and participate in the *Canadian Lutheran Anglican Youth (CLAY) Conference 2023, Ashes & Embers***. Exorbitant costs of travel for Indigenous youth have made their attendance virtually impossible in past years. We have the potential to change that, especially in partnership with the Anglican Foundation.

The Anglican Foundation of Canada (AFC) has announced a grant of \$25,000 in support of the ***Canadian Lutheran Anglican Youth (CLAY) August 2023 gathering in Waterloo, Ontario—Ashes & Embers - from the 20% proceeds of the 2022 Say Yes! to Kids (SYTK) campaign that were earmarked for a national Indigenous youth initiative***. Dr. Scott Brubacher, Executive Director of AFC, notes that: *“AFC has a strong history of sponsorship and support for CLAY. Helping the conference to become more inclusive of Indigenous youth participation is a meaningful next step for us and a wonderful outcome from the 2022 SYTK campaign.”* It is the unique partnership model of the 2022 SYTK campaign that has made this \$25,000 the largest grant that the AFC Board has awarded in AFC’s 65-year history!

The Most Rev. Linda Nicholls, Primate of the Anglican Church of Canada and Chair of AFC, thanks the AFC donors who have made this funding possible. Regarding the great timing of this funding announcement, she notes: *“As the Anglican Church of Canada continues to walk together with Indigenous Anglicans across Canada, this initiative is a tangible sign of that commitment. Building connections between young people will be essential to the future of our churches and the country.”*

And our 2022/23 Annual Project, *All In For Youth*, will be an additional infusion of funds in support of Indigenous youth and their attendance at *CLAY*. The Anglican Foundation has commented on this funding from the SYTK team of the Anglican Church Women of the Diocese of Nova Scotia & Prince Edward Island in their recent e-News (September 2022 - <https://www.anglicanfoundation.org/sytknationalgrant/>).

As the Diocesan Representative for the Anglican Foundation, I am thrilled with the success of our Diocesan Board's SYTK team, and very, very appreciative of the matching and leadership gifts provided by the Foundation. **We raised a total of \$6,010, with \$3,606 for *All In for Youth!* and \$1,202 each for our diocesan *Community Roots Day Camp* and towards a portion of the \$25,000 to bring Indigenous youth to *CLAY 2023*.** Our *All In For Youth!* supporters, both those who contributed through SYTK, and those since, want to send a clear message to the youngest members of our Indigenous church that their lives are important, that they are loved by their community, and that we encourage their participation at *CLAY 2023*.

As the AFC Diocesan Representative, I am very pleased and proud that our Diocese had more SYTK 2022 teams than any other diocese, the top SYTK team in the country (Christ Church, Amherst), and the only one with an ACW team! There was a total of 21 teams across the country that have helped contribute to the \$25,000 that the Anglican Foundation is directing to bringing Indigenous youth to *CLAY 2023*. Both the AFC Board of Directors and the Planning Committee of *CLAY* wish to thank these fundraising teams who championed the SYTK 2022 campaign. Personally, **I am especially pleased and proud that our Project, *All In For Youth!* will be in a position to boost that \$25,000 even more. Help us achieve our \$10,000 goal!** Contributions can be made payable to the Anglican Church Women Board, with Annual Project in the memo line, and sent to Marjorie Davis, 204 – 111 Pebblecreek Drive, Dartmouth, NS B2W 0L1. **Thank you to all our past, current, and future contributors for *All In for Youth!***

Cynthia Pilichos

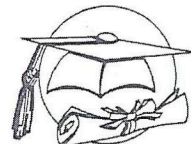
AFC Representative,
Diocese of NS & PEI, &
ACW Board Co-Coordinator

Annual Project 2022/23

All In For Youth!



EDUCATION



Bursaries to be awarded

The Anglican Church Women Diocesan Board is very fortunate to be in a position to award bursaries each year. The most generous ones are the ***Kingston Memorial Fund (KMF) Bursaries*** for qualifying postulants in our Diocese. This generosity is because of the amount of the original bequest, **made by the late Archbishop Kingston in support of theological training**, and the length of time of the investment. The growth of the *KMF* over the years has resulted in an interest amount annually that allows the Board to provide generous bursaries to postulants headed for ordained, stipendiary ministry. These *Kingston Memorial Fund* Bursaries are presented in November of each year and **the qualifying recipients for November 2022 are: Blane Finnie, Ruth MacNeil, Rob Paddock, and Ginny Wilmhoff.**

It was in 1985, the 100th anniversary of the inauguration of the *Woman's Auxiliary (WA)*, that the Anglican Church Women Board canvassed Anglican women to contribute \$2 each to form a bursary fund for continuing education for women. With this modest solicitation, the *Anniversary Bursary Fund (ABF)* was born! There have been two further appeals that also solicited modest amounts. However, the Board welcomes any contributions to the *Anniversary Bursary Fund*, at any time, as the greater the principal of the Fund, the more generous the *Anniversary Bursary* to be awarded can be! **Contributions can be made payable to the Anglican Church Women Board and sent to Marjorie Davis, 204 – 111 Pebblecreek Drive, Dartmouth, NS B2W 0L1, with *Anniversary Bursary* in the memo line.**

The interest from this fund is awarded to a successful woman applicant (one or more) who is 5 years or more beyond high school completion and who is enrolled in **any** recognized credit or non-credit program. There can be the misunderstanding that the recognized program needs to be theological in nature, but that is not the case – any recognized program is eligible.

The Board accepts applications for the Anniversary Bursary until December 21 of each year. Please e-mail acw.nsboard@gmail.com to request an

Anniversary Bursary application form. The preference is for the completed applications to be sent via 3-mail to the Board's e0mail address: acw.nsboard@gmail.com. **Please encourage eligible women candidates to apply for an *Anniversary Bursary*; the Board wants to be in a position to award at least one *Anniversary Bursary* annually!**

Ethel Nelson, Education Chair

&

Cynthia Pilichos, Co-coordinator

What's in your cup?

You are holding a cup of coffee ☕ when someone comes along and bumps into you or shakes your arm, causing you to spill your coffee everywhere. Why did you spill the coffee?

“Because someone bumped into me!”

Nope. You spilled coffee because there was coffee ☕ in your cup. Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup will spill out.

So...when life shakes you (and it WILL), whatever is inside you will come out. The big question is... “What's in MY cup?”

When life gets tough, what spills over? Joy, appreciation, love, acceptance? Hostility, anger, judgement, harsh words and exhaustion? Life provides the cup, YOU choose how to fill it.

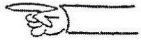
Especially right now, it's so important to make sure we fill our cups with the good stuff - forgiveness, joy, words of affirmation; and kindness and love for others. ♥



MAGAZINE SUBSCRIPTION (Oct. 2022)

Date: _____

Please return complete form. Thanks.



Last Year Paid

I wish to receive:

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

Please check your preference.

- Printed magazine @ \$15.00 per year.
- Printed magazine & electronic newsletter (\$15.00 per year)
- Electronic magazine & newsletter (no charge)

GROUP: _____

INDIVIDUAL: Name: _____

Region: _____ Parish: _____

Church: _____

Group(s) you usually attend _____

Telephone: _____ E-mail: _____

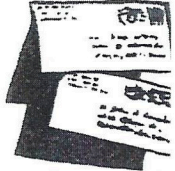
Mail Magazine to: _____

Mailing Address: _____

If name is changed, indicate previous name: _____

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

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





BRANCH or UNIT EXECUTIVE OFFICERS (Oct. 22)

(please print)

Date

Parish: _____

Church: _____

Group: _____

President: _____

Mailing Address: _____

Telephone: _____ E-mail _____

Secretary: _____

Mailing Address: _____

Telephone: _____ E-mail _____

Treasurer: _____

Mailing Address: _____

Telephone: _____ E-mail _____

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

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

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

MOTHERS' UNION

Our Diocesan MU Fall Rally was held on the morning of Saturday October 1st online and at three sites in the Halifax area. The theme was **Answering the Call** with the guest speaker, Ann de Ste. Croix, Coordinator of the Transition House Association of Nova Scotia. She advocates for and works towards increasing public awareness around violence against women.

As we near the 16 days of Activism against Gender Based Violence, it gives us pause to consider the awful impact this behaviour has on the lives of women and children. Not only does violence terrorize individuals, it has a negative effect on our communities. The sad truth is that most of this is damage caused by men against the women in their lives and has been going on for a very long time throughout the world. Along with the ACW and other organizations, MU aims to shed light into the darkest reaches of our society to bring an end to this evil through support of the ACW White Ribbon Campaign in parishes throughout our Diocese.

Some might ask why we talk about such a disturbing topic as we prepare to celebrate the birth of our Saviour, Jesus Christ. The 16 days are bracketed by the International Day for the Elimination of Violence against Women (Nov 25) and Human Rights Day (December 10). In Canada it also encompasses the anniversary of the Ecole Polytechnique Tragedy (December 6).

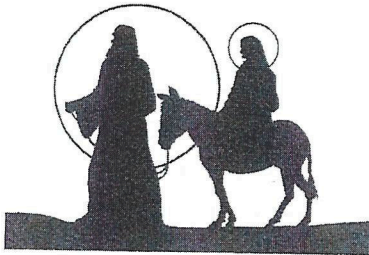
Jesus' message was to love God and to love each other. By advocating for love in all our relationships, we are following his command and fighting against the spread of gender based violence, a deadly plague which kills far more than is realized.

People here are reeling not only from the pandemic we endured for more than two years, but also from the recent effects of Hurricane Fiona. Homes have been damaged or destroyed, livelihoods have been impacted, crops have been destroyed. In the midst of this misery, we look to the Hope of the World. Jesus is with us as we face our daily trials and our collective challenges. It has been heartwarming to see the generosity, kindness, compassion and help which has poured out in our communities. This love is a sure sign that God is at work among us. He works alongside us as we strive to do his will in the world.

As Advent approaches, let us prepare to listen carefully to what Jesus is asking us to do. By taking some time to be still and reflect, away from the hustle and bustle, we can ask for His guidance and strength. He will show us the way forward. We can trust in His faithfulness and abiding love. As we light each Advent Candle, let us embrace God's promise of Hope, Love, Joy and Peace as we prepare to welcome the Christ Child into our hearts and homes.

Maxine Simpkin

Diocesan President



The Lord's Prayer

The Lord's Prayer is very special. For one thing it is the one prayer which almost everyone knows. Though I have recited it all my life, I realized another special feature only when I read this little verse whose author is unknown:

*You cannot say the Lord's Prayer and even once say "I",
You cannot say the Lord's Prayer and even once say "my",
Nor can you say the Lord's Prayer and not pray for another,
For when you ask for Daily Bread you must include your brother,
For others are included, in each and every plea,
From beginning to the end of it, it does not once say "Me".*

The Friendship Book of Francis Gay, 1994

DEVOTIONS

The Bird Cage

There was once a man named George Thomas, a pastor in a small New England town. One Easter Sunday morning, he came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Several eyebrows were raised and, as if in response, Pastor Thomas began to speak.

"I was walking through town yesterday when I saw a young boy coming toward me swinging this bird cage. In the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, *'What you got there son?'*"

"Just some old birds." came the reply.

"What are you gonna do with them?" I asked.

"Take 'em home and have fun with 'em," he answered. *"I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time."*

"But you'll get tired of those birds sooner or later. What will you do then." I asked.

"Oh, I got some cats," said the little boy. *"They like birds. I'll take 'em to them."*

The pastor was silent for a moment. *"How much do you want for those birds son?"*

"Huh??!! Why, you don't want them birds mister, there just plain old field birds. They don't sing - they ain't even pretty!"

"How much?", the pastor asked again.

The boy sized up the pastor as if he were crazy and said, *"\$10.00?"*

The pastor reached into his pocket and took out a ten dollar bill. He placed it in the boy's hand.

In a flash, the boy was gone.

The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars, persuaded the birds out, setting them free.

Well, that explained the empty bird cage by the pulpit, but then the pastor began to tell this story.

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting.



“Yes sir, I just caught the world full of people down there. Set me a trap, used bait I knew they couldn’t resist. Got ‘em all!”

“What are you going to do with them?” Jesus asked.

Satan replied, *“Oh, I’m gonna have fun! I’m gonna teach them how to marry and divorce each other, how to hate and abuse each other, how to drink and smoke and curse. I’m gonna teach them how to invent guns and bombs and kill each other. I’m really gonna have fun! Oh yeah, don’t want to forget the Internet. What a boon to the pornography business.”*

“And what will you do when you get done with them?” Jesus asked.

“Oh, I’ll kill ‘em.” Satan glared proudly.

“How much do you want for them?” Jesus asked.

“Oh, you don’t want those people. They ain’t no good. Why you’ll take them and they’ll just hate you. They’ll spit on you, curse you and kill you!! You don’t want those people!!”

“How much?” he asked again.

Satan looked at Jesus and sneered. *“All your tears and all your blood.”*

Jesus said, **“DONE!!** Then paid the price.

The pastor picked up the cage, he opened the door and walked from the pulpit.

Isn’t it odd how simple it is for people to trash God and then wonder why the world’s going to hell? Isn’t it funny how we believe what the newspapers say, but question what the Bible says?

Isn’t it strange how everyone wants to go to heaven provided they do not have to believe, think, say, or do anything the Bible says?

Isn’t it funny how someone can say “I believe in God”, but still follow Satan (who, by the way, also believes in God).

Isn’t it funny how you can send a thousand jokes through e-mail and they spread like wildfire, but when you start sending messages regarding the Lord, people think twice about sharing?

Isn’t it funny how the lewd, crude, vulgar and obscene pass freely through cyberspace, but the public discussion of Jesus is suppressed in the school and workplace?

Isn’t it funny how someone can be so fired up for Christ on Sunday, but be an invisible Christian the rest of the week?

Isn't it funny how when you go to forward this message you will not send it to many on your address list because you're not sure what they believe, or what they will think of you for sending it to them?

Isn't it funny how I can be more worried about what other people think of me than what God thinks of me?

WILL YOU PASS THIS ON?

1 John 2:15-17

(Submitted to *MUSE*, the Canadian Council of Mothers' Union Newsletter, Winter 2002 issue, by Ethel Nelson, from Nova Scotia).

Prayer for First Thing in the Morning

Good morning, Lord!

Thank You for a new day. Thank You that Your compassion is renewed every morning. Great is Your faithfulness and Your steadfast love, O Lord!

I don't know what all is going to happen today, and how much I'll get done, but You do. So I give this day to You.

Fill me with Your Holy Spirit, Father. Energize me for Your work, because You know how tired these bones are. Awaken me to the wonder of Your salvation, and quicken my spirit to the reality of Your work in my life.

Lord, my mind is filled with creative ideas, but they're all jumbled. Holy Spirit, come and hover over my mind like You hovered over the waters at creation and speak order out of the chaos! Help me to cease striving and to trust that You will give me all I need today to do the work You've given me to do.

You will be faithful to complete the good work You've started, and as I step out into my day, I declare Your sovereignty over every area of my life. I entrust myself to You and ask that You use me however You see fit.

This day is Yours. My body is yours. My mind is yours. Everything I am is Yours. May You be pleased with me today. Amen.

- Asheritah Ciuciu

Prayer Partner Initiative for the Parishes in our Diocese

More things are wrought by prayer than this world dreams of (Alfred Lord Tennyson). **Prayer is communication with God.** We are so very fortunate to be able to worship God and thank Him for the privilege of communication. We can pray individually or together, silently or aloud, in word or in song. **God hears our prayers and answers them**, even when we do not understand the what, when, where, or how of the answer. We know the **why . . . because God loves us.**

We can be very private about our prayer life or we can share it. **One very specific way of sharing prayer is to have a *Prayer Partner*.** The Anglican Church Women Board inaugurated a prayer partner initiative at the Synod in 2017, an initiative to engage our Diocese in the practice of *Prayer Partners* . . . and **not just for the women of the parish!** What the Board did was **link parishes in the Diocese with one another as *Prayer Partners*.** We said that these partnerships would be in place until at least Synod 2019, but we decided to retain the current partners indefinitely. The plan was to make a change of Prayer Partners at Synod 2022. Now that the Synod has been postponed until May 2023, the new prayer partners will be launched at that time. Not sure which parish you are partnered with right now, and have been since 2017? Please e-mail the Anglican Church Women e-mail address: acw.nsboard@gmail.com and request the list.

In a prayer partner relationship, your parish can get as involved as you wish. **Your fundamental task with the *Prayer Partner Ministry* is to PRAY for the partner to which you have been assigned.** You might want to communicate more than that (special occasion greetings, sharing of parish highlights, visits, exchanges, etc.), but it is not necessary. **Regular prayer for your *Prayer Partner* is what is asked of your parish – your whole parish – remember, not only the women!** If you feel this initiative is not understood by your Rector / Priest-in-Charge, or your Wardens, or anyone involved in the worship, especially the Prayers of the People, be sure to bring this one pager explanation to their attention and to have them e-mail acw.nsboard@gmail.com to request the Prayer Partner List and/or to ask specifically for the Parish's Prayer Partner.

Because this Prayer Partner Ministry is an initiative of the Anglican Church Women Board, any questions can be directed to Board's e-mail address: acw.nsboard@gmail.com

But, it bears repeating, this prayer partner initiative is not just for the women; it is for the whole parish!

Recalling the words of Alfred Lord Tennyson in *Idylls of the King*: “*Pray for my soul. More things are wrought by prayer than this world dreams of: Wherefore, let thy voice rise like a fountain for me night and day. Thanks be to God.*”

Cynthia Pilichos, Co-coordinator,
Anglican Church Women Diocesan Board (revised: October, 2022)

Put the Glass Down

A lecturer was giving a lecture to his student on stress management. He raised a glass of water and asked the audience, “*How heavy do you think this glass of water is?*” The students’ answers ranged from 20g to 500 gm.

“It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK.

If I hold it for an hour, I will have a ache in my right arm.

If I hold it for a day, you will have to call an ambulance.

It is the exact same weight, but the longer I hold it, the heavier it becomes.

If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier.

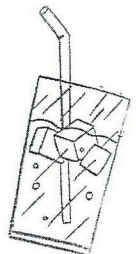
What you have to do is put the glass down, rest for a while before holding it up again.”

We have to put down the burden periodically, so that we can be refreshed and are able to carry on. So before you return home from work tonight, put the burden of work down. Don’t carry it back home. You can pick it up tomorrow.

Whatever burdens you are having now on your shoulders, let it down for a moment if you can. Pick it up again later when you have rested...

Rest and relax.

Life is short, enjoy it!!



LOOKING AHEAD

Tuesday, **November 1/22** - All Saints Day

Wednesday, **November 2/22** – All Souls Day and “*Coffee & Conversation*” at St. John’s Church Hall, Lunenburg; 1:30 – 3:00 pm. All are welcome, regardless of group (or no group) or region!

Friday, **November 11/22** – Remembrance Day – *Lest We Forget*

Wednesday, **November 16/22** - “*Coffee & Conversation*” at St. Luke’s Church, Dartmouth; 10:00 – 12:00. All are welcome, regardless of group (or no group) or region!

Sunday, **November 20/22** – Last Sunday after Pentecost: The Reign of Christ the King and *White Ribbon Sunday (WRS)* to raise awareness of gender-based violence: ***I pledge never to commit, condone or remain silent about all forms of gender-based violence and discrimination***

Friday, **November 25/22** – *International Day for the Elimination of Violence Against Women* and the start of the *16 Days of Activism Against Gender-based Violence Campaign*, an international initiative highlighting key dates

Sunday, **November 27/22** – First Day of Advent

Tuesday, **November 29/22** – *International Women Human Rights Defenders Day (WHRD)*

Wednesday, **November 30/22** – St. Andrew, Apostle

Thursday, **December 1/22** – *World Aids Day*

Tuesday, **December 6/22** – *Canada’s National Day of Remembrance and Action on Violence Against Women*, commemorating the Anniversary of the *Montreal Massacre* of 1989

Saturday, **December 10/22** - *International Humans Rights Day* and the close of the *16 Days of Activism Against Gender-based Violence Campaign*



Saturday, **December 24/22** – Christmas Eve and Sunday, **December 25/22** – The Birth of the Lord: Christmas Day

Monday, **December 26/22** – St. Stephen, Deacon and Martyr and Kwanzaa begins – Boxing Day

Tuesday, **December 27/22** – St. John, Apostle and Evangelist

Wednesday, **December 28/22** – The Holy Innocents

Saturday, **December 31/22** – New Year's Eve and the deadline date for the receipt of any *Anniversary Bursary* applications. Please see *Bursaries to be awarded* in this issue of *Keeping in Touch* for more information. (page 21-22)

Wednesday, **January 18 – January 25/23** – Week of Prayer for Christian Unity – *Do good; seek justice* (Isaiah 1:17)

Prayer for the Unity of Christians

Draw your Church together, O Lord, into one great company of disciples, together following our Lord Jesus Christ into every walk of life, serving him in His mission to the world, and together witnessing to his love on every continent and island. We ask this in His name and for His sake. Amen

Wednesday, **February 1 – February 7/23** – World Interfaith Harmony Week

Wednesday, **February 22** – Ash Wednesday, start of Lent

Friday, **March 3/23** – World Day of Prayer – *I Have Heard About Your Faith* (Ephesians 1: 15 – 19) organized by the women of Taiwan

Sunday, **March 5/23** – (Women's/Lay) Ministry Sunday, Diocese of NS & PEI

Wednesday, **March 8/23** – International Women's Day

Tuesday, **March 21/23** – International Day for the Elimination of Racial Discrimination

Saturday, **March 25/23** – The Annunciation of the Lord to the Blessed Virgin Mary

DIOCESAN ENVIRONMENT NETWORK



Electric Transportation

Fall always brings visions of school buses to my mind. All those young scholars going off to a day of study and fun.

The school buses are undergoing a revolution. Slowly but surely the diesel school bus is being replaced with its electric counterpart. PEI has 47 electric school buses presently and plan to have their entire fleet changed to electric by 2040 or sooner.

PEI has one advantage over other provinces. All their school buses are under one authority where Nova Scotia has 8 regional education centers where sometimes the buses belong to the school board and sometimes contracted out. HRM (Halifax) has three separate contract providers.

Nova Scotia did purchase 60 new electric school buses in July. They normally replace 60-100 buses a year so having 60 electric ones all at once is immense. A diesel school bus lasts about 10 years so the plan is to replace the buses with electric as needed.

All this sounds great but why is it taking so much time to change everyone to electric?

Money is always one reason. A diesel school bus costs one hundred and thirty thousand dollars. Add six to seven thousand in maintenance every year and add in the fuel for about the same amount. Then there will be smaller things like tires, wiper blades, and light bulbs. That is the price for one diesel-fueled greenhouse gas-producing bus.

An electric school bus cost three hundred thousand. The one-time charging station costs six or seven thousand. There are no other fuel costs, few if any maintenance costs and they have the same small expenses. All that seems expensive till you hear that an electric school bus can eliminate 23 tons of greenhouse gases a year.

Twenty-three tons of greenhouse gases, per bus, per year!!! PEI has 240 buses. When they all are electric, they will reduce greenhouse gases by 5,520 tons, per year. That is just for school buses alone.

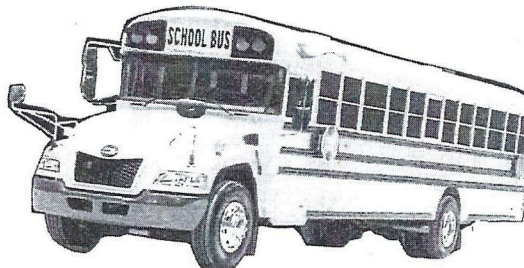
Electric school buses have zero emissions, no noise pollution, reduced maintenance and has a proven safety record. Each bus holds more electricity to run the buses much further than

their routes require.

So how much does the electricity cost? PEI says they can run a school bus from North Point to East Point on \$7 of electricity. Seven dollars of clean electricity. Have you seen diesel prices recently?

Yes, fall always brings visions of school buses to mind. Let's start dreaming of an electric fleet that reduces all those greenhouse gases drastically each year.

Claudia Zinck,
Diocesan Environment Network



**A Changing Church.
A Searching World. A Faithful God**
Five transformational aspirations
for our church

Five transformational aspirations have emerged from the work of the Strategic Planning Working Group to direct and inform the future mission of the church. This working group was really excited about DEN and interviewed Mo. Marian Lucas-Jefferies and the Enews editor.

DEN is the first video of 5 videos which will be presented at General Synod in 2023. Stewards and renews God's creation: protects and sustains the earth; pursues justice for all.

Here is the link to the video: <https://changingchurch.anglican.ca/>

The Diocesan Environment Network
The Rev. Marian Lucas-Jefferies
marian.lucas.jefferies@gmail.com



REGIONAL REPRESENTATIVES

Cape Breton Region

Well, it has been a long time, BUT I am back. The seasons change, I have changed, so much older and probably unsure of what I am doing, but I am going to give it my best shot to try to keep Donna happy. She works so hard to create such a GREAT READ that I'll try not to disappoint her. (*She didn't!*)

Actually the real problem was trying to reconnect with the various parishes ACW groups, so many not meeting since Covid and many have not yet returned having enjoyed the broadcast services each Sunday, so many changes in our lives and in our church that we find that CHANGE is the key word here, so we MUST go along with changing the way we do things as well. TRY NOT TO FIGHT IT!!! It IS necessary!

First, I visited Trinity in Sydney Mines: decrease in number of ACW members so they have worked with the Ways and Means Committee and were able to do their famous Turkey Burgers; always a huge success; the ladies group donated a quilt and they are selling tickets on that; and with Covid restrictions being lifted, they are just getting back in the swing of things; always a hard working group of ladies.

Next, I visited St. Paul's in Port Morien (Collieries Parish) What a busy group, small in number but very active year around. In May they had a bake table at the Country Market and will have another in November (a Christmas one). A fish dinner was planned in September but Hurricane Fiona showed up and cancelled that! However, they recovered and catered to a Celtic Colours Supper (ham and salad) which was a huge success, set up for 48 people along with a goodly number of Take-outs. They had read in the Diocesan Times of the Personal Hygiene Products and they thought the Food Bank would be a good place to contribute to this worthy project and they did just that.

Next Stop: St. Bartholomew's, Louisbourg. Again, small numbers but very active, catered to a Ham and Salad take-out in September. Due to Fiona damage to the church, they are having their Christmas Tea and Sale in the Fire Hall in Louisbourg and they have been invited to take part in the church services in the United Church there.

In Sydney, the Parish of the Resurrection, Christ the King: ACW at the present, small numbers due to deaths, age, illness and other factors (Covid) but they are continuing with Fund Script Program, Calendars ordered and here they had a Bakeless Bake Sale realizing \$1,000.00 and looking forward to annual Christmas Dinner this year. Hope springs eternal for 2023.

Down North next to St. Andrews in Neil's Harbour: Down to 2 members: They pay the church insurance; contribute annually to our Project, provide the flowers for the church services; do a monthly Birthday Party at the Highland Manor Nursing Home, providing the Cake and entertainment; have their 2023 Church Calendars to sell; and several ladies make hand embroidered Pillow Cases for sale, raising the funds for this work with help from other ladies in the parish.

St. Mary's, Glace Bay (Collieries Parish) one of 5 churches...Rev. Dorothy Miller...very active and a great deal of ecumenical participation; along with Anglican Church Women ladies during Bay Days, hugh fundraiser with pancake breakfast and Flea Market, very successful; services are live-streamed weekly. Coast Radio Services every Sunday with Ecumenical Partners during Pandemic, so successful that COAST RADIO wishes them to continue. A Live Program on Facebook every Thursday evening reaching Nova Scotia, New Brunswick. and beyond just to say 'hello' to the many listeners keeping them connected and moving forward with changing times. Revitalization Program at Camp Bretondean, focussing on change and how to begin Moving Forward.

Roman Catholic, United Church, Salvation Army, Anglican and Presbyterian groups meeting to see how they can share time and space.

The Mary's Parish is extremely active and the, ACW joined by entire congregation in meeting with change especially in motivating folks to return to church.....they have become so comfortable with the live-streamed services on Sunday morning. They are going to promote the ACW Project in supporting Indigenous Youth to CLAY in 2023 and this is open to all parishes, individuals, Regional Council, Sunday Schools, etc. to donate.

St. John the Baptist, North Sydney: Rev. Debbie Fice....ACW very small but they have a very active Mothers' Union and all participate in the various programs that they have undertaken: i.e. Every 3rd Thursday, you'll find them Feeding the Needy in the community. There is a School Breakfast Program in place in Sydney Mines and Florence but in the months of July and August this group takes over that program to feed the school Children. They have also begun to meet the needs with a "Caring Closet" for Children and Families, with food and clothing and other necessities as required....the entire congregation helps with this project.

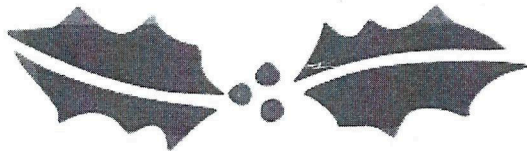
St. John's, Ingonish: A couple of ACW ladies over the summer set up tables in their yards, with donations from an estate, items from their homes and from others members of the community and raised over \$1,000.00.....During the Huckle Buckle Group, which is a 50 mile group of Yard Sale (annual event), the ACW opened the hall in event of rain and several tables set up in the hall as well as along the route, a great fundraiser. \$2,000.00 raised to buy new chairs for the Hall which is a great rental for the area. They have catered to several dinners, lunches following funerals, donated flowers for Thanksgiving and are looking forward to their annual Christmas Tea and Sale on Nov. 12, 2022. A good year in spite of Covid.

And so ends the Cape Breton report. Apologies if I have made errors and in closing, I would ask you ALL to remember our Annual Project, when you are thinking of a worthy Christmas gift or donating to a worthy cause. "***All In For Youth!*** - sending Indigenous Youth to CLAY 2023". It can be your Parish, any individual, your ACW, Men's Club, Sunday School, or any other groups in the parish.

Wishing you ALL a happy and Blessed New Year in 2023. Until next time, I am

Selma Doucet

Board Associate



Chignecto Region

Despite an unending series of challenges for us, after the repeated waves of the Covid virus and the hurricane season we do have the beauty of God's creation around us in the Fall

colours in the trees, for at least a short time.

Now that Thanksgiving preparations and decorating are over, Advent and Christmas preparations begin.

The ladies in the Maitland Parish - Holy Trinity and St. Peter's, Kennetcook, St. Paul's, Northfield - though just a couple from each church - will make fresh greenery Christmas wreaths to sell at the local craft fair again in December. A special Christmas service will also be held in the Northfield church. Their new Food Bank was opened recently, which is well supported by the local growing Mennonite community.

At St. John's, Truro, the Princess Mary Guild has closed and the Evening Group are now just meeting as a social group, weather permitting. Age and health issue are taking their toll. They will be supporting the Truro Transition House during the year.

In September, the new Priest, Rev. Dr. Jane McGrath at the Parish of Lantz, held a Blessing of Backpacks, Briefcases and Bags service for the youngsters prior to starting their new school year. Their Sunday School restarted after Thanksgiving.

The Ladies of St. George's in Dutch Settlement, with the members of Christ Church, Lantz, baked hundred of apple pies again in October as their major annual fundraiser. They will hold a take-out Ham and Salad Supper plus Gingerbread dessert in November. The ladies at St. George's ACW are not meeting this winter. Their church is also closed for brickwork repairs.

Several activities were cancelled at St. James in Shubenacadie due to weather events. The Yard Sale has been postponed until the spring next year. Unfortunately the 90th Birthday Party for Connie Stott, our organist of nearly 40 years, was cancelled due to Hurricane Fiona's arrival!

The free Seniors Luncheons have restarted, much to the delight of the diners and the musicians who volunteer their talents.

The two Guilds at Christ Church in Amherst, the St. Monicas' and the St. Marthas' will have a joint lunch together with guests, prior to Christmas. The annual Ladies Advent Day, a quiet time of readings and reflections for the ladies of the Parish will be held in December.

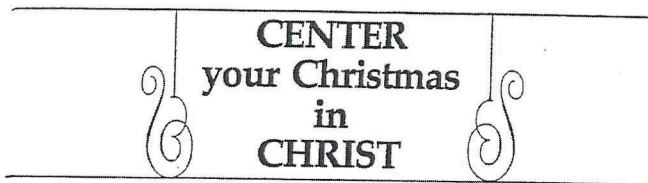
A gab of treats will be given to each guest instead of a meal.

White Ribbon Sunday and the 16 Days of Activism will be observed with the distribution of the white ribbons on November 20th or 27th at the various churches again this year to acknowledge the campaign against Gender-Based Violence.

Likely the weekend before Thanksgiving Sunday the sanctuaries will be decorated and trimmed to welcome the celebration of the birth of Jesus Christ. Let us now forget the *Reason for the Season* amidst the hustle and bustle of it all.

Blessings,

Anne Williams
Chignecto Regional Rep.



Dartmouth Region

“Coffee and Conversation” will take place at St. Luke’s Anglican Church, 9 Veteran’s Avenue, Dartmouth, on Wednesday, November 16th, from 10:00 a.m. until noon. All are welcome, regardless of group (or no group) or region! Contact Marjorie Davis 902-462-3637 or davisnow@eastlink.ca.

Prince Edward Island Region

My name is Katie Lowe and I was a summer student at St. Peter’s Cathedral. I am pleased to announce the completion of a self-guided, audio-narrated tour of the Cathedral and All Souls’ Chapel National Historic Site.

This tour will provide insight on various artifacts of the church, primarily within the Chapel, the focal point of this tour. To commence, viewers will acquire knowledge relating to the intricate and beautifully designed interior of the Chapel. Further, short anecdotes and biographies from the lives of the Early Church Fathers (depicted in the paintings by Robert Harris on the walls of the chapel) will recount their most impactful moments while highlighting their profound influence over the Early Christian Church. Other artifacts such

as plaques and stained-glass windows will also be described in this twenty-minute tour.

Subsequently, you may also visit the Cathedral for a brief, five-minute tour. Here, you will discover the significance of the Oxford Movement, and how the parish came to be. Additional information on icons and artifacts within the Cathedral are included in this segment of the tour.

Next time you visit Prince Edward Island we invite you to stop by! Visitors often remark on the peace they feel while in the Chapel. Accessible from all common mobile devices, you may visit the tour in -person using a QR code found on signage in the main entrance of the Chapel.

If you'd prefer to visit online from home, you may do so by entering the link:

In English: <https://www.youraudiotour.com/tours/1659/>

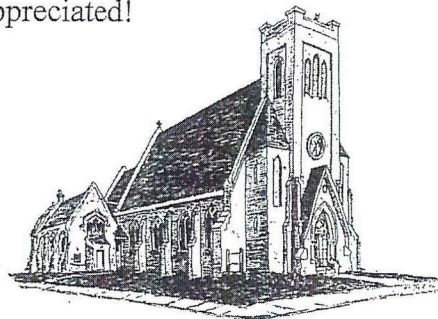
En français: <https://www.youraudiotour.com/tours/1673/>

This project was made possible by various members of the congregation and financial support from the Government of Canada: Summer Jobs Program.

Thanks for your time; your feedback would be greatly appreciated!

Reach out to us at: stpetersarchive@gmail.com

Katie Lowe



Valley Region

Happy (church) New Year!

Once again, the season of Advent is upon us (with Christmas following close behind). Can you believe it? If time is flying by this quickly, we **must** be having fun! What do you think? Do we have this Covid-19 thing licked yet? Are we finally getting back into our old rhythms, or are we adapting and embracing change and doing things in *new and wondrous ways*?

Despite reduced memberships and increasing age, Valley Region Anglican Church Women continue their good work and support of churches and programs in their parishes. A slimmed-down scaled-back, Regional Meeting was held in the eastern half of the region in October, with the members of Wolfville ACW visiting with their counterparts in Berwick. Yard sales, bake sales and take-out suppers have been held. Chowder lunches, coffee parties and seniors' games afternoons have met with success. A bicentennial celebration at St. Luke's, Annapolis Royal, resulted in the planting of 200 daffodil bulbs and snacks for all in attendance? Church calendars have been purchased and distributed in many parishes.

The Parish of Horton made and sold their famous (and delicious) plum puddings at the Church Bazaar and jars of jam and packages of fudge were on sale for Christmas in the Parish of Wilmot. Christmas visits occurred - finally, after Covid had prevented this vital ministry for the past two seasons. 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 Action on Violence against Women.

Now and in the months to come, groups throughout the region will be promoting and building awareness for the ACW annual project. All funds raised will go toward *All In For Youth!* with money raised helping young Indigenous people attend the Canadian Lutheran Anglican Youth (CLAY) gathering in Waterloo, Ontario in August 2023.

Let us hope as we enter into this new season of the church and the New Year that our Anglican Church Women groups, churches and parishes will continue to come together in the spirit of worship, fellowship and the desire to work for the betterment of all. Through faith in God and love for each other, we will continue to grow, work and help in *new and wondrous ways*.

Blessings,

Sheila Hulford

Valley Representative



THE CHRISTMAS PAGEANT

My husband and I had been happily married (most of the time) for five years but hadn't been blessed with a baby. I decided to do some serious praying and promised God that if he would give us a child, I would be a perfect mother, love it with all my heart and raise it with His word as my guide.

God answered my prayers and blessed us with a son.
The next year God blessed us with another son.
The following year, He blessed us with yet another son.
The year after that we were blessed with a daughter.
My husband thought we'd been blessed right into poverty.
We now had four children, and the oldest was only four years old.
I learned never to ask God for anything unless I meant it.
As a minister once told me, "If you pray for rain, make sure you carry an umbrella."
I began reading a few verses of the Bible to the children each day as they lay in their cribs.
I was off to a good start.



God had entrusted me with four children and I didn't want to disappoint Him.
I tried to be patient the day the children smashed two dozen eggs on the kitchen floor searching for baby chicks.
I tried to be understanding when they started a hotel for homeless frogs in the spare bedroom, although it took me nearly two hours to catch all twenty-three frogs.
When my daughter poured ketchup all over herself and rolled up in a blanket to see how it felt to be a hot dog, I tried to see the humor rather than the mess.
In spite of changing over twenty-five thousand diapers, never eating a hot meal and never sleeping for more than thirty minutes at a time, I still thank God daily for my children.
While I couldn't keep my promise to be a perfect mother - I didn't even come close. I did keep my promise to raise them in the Word of God.

I knew I was missing the mark just a little when I told my daughter we were going to church to worship God, and she wanted to bring a bar of soap along to "wash up" Jesus, too. Something was lost in the translation when I explained that God gave us everlasting life, and my son thought it was generous of God to give us his "last wife."

My proudest moment came during the children's Christmas pageant. My daughter was playing Mary, two of my sons were shepherds and my youngest son was a wise man. This was their moment to shine.

My five-year-old shepherd had practiced his line, "We found the babe wrapped in swaddling clothes."

But he was nervous and said, "The baby was wrapped in wrinkled clothes."

My four-year-old "Mary" said, "That's not 'wrinkled clothes, silly.

That's dirty, rotten clothes."

A wrestling match broke out between Mary and the shepherd and was stopped by an angel, who bent her halo and lost her left wing.

I slouched a little lower in my seat when Mary dropped the doll representing Baby Jesus, and it bounced down the aisle crying, "Mama-mama."

Mary grabbed the doll, wrapped it back up and held it tightly as the wise men arrived.

My other son stepped forward wearing a bathrobe and a paper crown, knelt at the manger and announced, "We are the three wise men, and we are bringing gifts of gold, common sense and fur."

The congregation dissolved into laughter, and the pageant got a standing ovation.

"I've never enjoyed a Christmas program as much as this one," laughed the pastor, wiping tears from his eyes "For the rest of my life, I'll never hear the Christmas story without thinking of gold, common sense and fur."

"My children are my pride and my joy and my greatest blessing," I said as I dug through my purse for an aspirin.

Jesus had no servants, yet they called Him Master.

Had no degree, yet they called Him Teacher .

Had no medicines, yet they called Him Healer.

Had no army, yet kings feared Him.

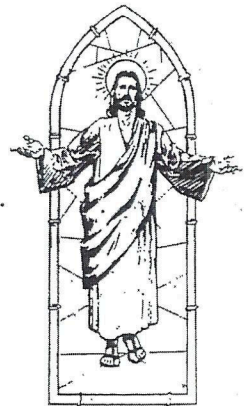
He won no military battles, yet He conquered the world.

He committed no crime, yet they crucified Him.

He was buried in a tomb, yet He lives today.

Feel honored to serve such a Leader who loves us.

GOD BLESS YOU ALL!!!



Anglican Church Women Board & Associated Coordinators 2022-2023
Diocese of Nova Scotia and Prince Edward Island

(30 Oct/22)

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New email!

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THE TWENTY-THIRD PSALM

The Lord is my Shepherd, I SHALL NOT WANT.
I shall not want REST. "He maketh me to lie down
in green pastures."

I shall not want REFRESHMENT. "He leadeth me
beside the still waters."

I shall not want FORGIVENESS. "He restoreth my
soul."

I shall not want GUIDANCE. "He leadeth me in
the paths of righteousness, for His name's
sake."

I shall not want COMPANIONSHIP. "Yea,
though I walk through the valley of the
shadow of death, I will fear no evil, for Thou
art with me."

I shall not want COMFORT. "Thy rod and thy staff
they comfort me."

I shall not want FOOD. "Thou preparest a table
before me in the presence of my enemies."

I shall not want JOY. "Thou anointest my head
with oil."

I shall not want ANYTHING. "My cup runneth
over."

I shall not want ANYTHING IN THIS LIFE.
"Surely goodness and mercy shall follow me
all the days of my life."

I shall not want ANYTHING IN ETERNITY. "And
I will dwell in the house of the Lord forever."