



NEWSLETTER for ALL WOMEN

DIOCESE OF CALGARY Summer 2012

Our Purpose is to unite all women of the Diocese in a fellowship of worship, learning and service, which will deepen our personal relationship with Jesus Christ, affirm our gifts and encourage the development of our ministries.

Message from the President

It is hard to believe that summer is here.....let's hope some hot, sunny weather comes with it! Are you ready for a time of relaxation and rejuvenation? I'm looking forward to the time we spend at the lake with my family each summer. It is a great way to unwind and get a chance to read.

Well, we had a fabulous Annual Conference at Holy Nativity last April. I hope you all enjoyed it as much as I did. The speakers were wonderful, giving their perspectives on "Embracing Diversity in Our Faith". We learned from the Dinka, Mar Thoma and Aboriginal Communities, as they explained that although their services may be different to what we are accustomed, the Anglican faith is truly alive. We are all individual members of the one body and we all need to learn to work together to get Christ's message out to our communities.

I hope you have already marked your calendar for next year's ACW Annual Conference on April 19 & 20, 2013 at St. Michael's, Canmore. Bring a friend along to join us in the fun, fellowship and worship.

As we get ready for our summer holidays, I ask that you keep our Bishop-elect, the Right Rev. Gregory Kerr-Wilson, and his wife Vicki in your prayers, as they prepare for their move to Calgary. We believe that God has called him to be our Shepherd and we look forward to meeting him in the near future.

Have a wonderful summer.

Blessings,

Jennifer Ingram
Diocesan President of the Anglican Church Women



How to Plant Your Garden

First, you come to the garden alone, while the dew is still on the roses.

For the garden of your daily living, plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

***WATER FREELY WITH PATIENCE
AND CULTIVATE WITH LOVE.***

***THERE IS MUCH FRUIT IN YOUR GARDEN
BECAUSE YOU REAP WHAT YOU SOW.***

Around the Diocese.....

From Linda Anderson, St. Edmund's Church:

Hello all,

I just wanted to share the latest way of helping out St. Edmunds Church and our outreach programs. There is NO cost to you for doing this. Many thanks to any who decide to help us out! Go to www.iGive.com/stedmunds and raise a penny (or more!) for St. Edmund's every time you search or shop online! Please go to our website <http://sites.google.com/site/stedmundsCalgary,AB/Home> for more info, as well as on Facebook at St Edmund King & Martyr!

PS: If you are a member of iGive.com already you can change your charity to us by logging in and under settings change your cause to StEdmundkingmartyr! Thanks for reading about this!

Life Members & Silver Cross Recipients Service & Meeting

Saturday, September 15, 2012
Holy Cross Church, 2828 19th Street NW
11 am Holy Eucharist
Lunch and meeting following

The numbers of those attending should be sent by **Monday, September 14th**, to

Elizabeth Challice
260 Christie Park Manor SW,
Calgary, AB T3H 2T6

403-249-3691 cchallic@ucalgary.ca

Please make sure that this information is in your church bulletins. Notices will be sent in early September, and we encourage you to make it widely known.

News from St. Peter's, Calgary

On June 9th in Rosebud, Alberta, twelve ladies and a few spouses enjoyed a typical East Coast lunch buffet, and a fabulous performance of Anne of Green Gables at Rosebud Theatre. This was the final get together for our group before our summer break.

Note: Anne of Green Gables runs through to the end of August, and those who have seen it would recommend it for a summer outing for anyone!

Would you prefer to receive your newsletter by email? Please let me know at lgemmellca@yahoo.ca. We do still need your \$10 fee, which helps cover the costs of printing and mailing to ladies and parishes in rural areas. And remember to check out our website at www.acwcalgary.weebly.com

Always Say A Prayer (A.S.A.P.)

There's work to do, deadlines to meet,
you've got no time to spare,
But as you hurry and scurry,
Always say a prayer.
In the midst of family chaos,
"quality time" is rare.
Do your best; let God do the rest:
Always say a prayer.
It may seem like your worries are
more than you can bear.
Slow down and take a breather—
Always say a prayer.
God knows how stressful life is;
He wants to ease our cares,
and He'll respond ASAP—
Always say a prayer!

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.
My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid-nineties) very well-dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits along side of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks I moved up to 10 pound potato sacks, then 50 pound potato sacks and finally I got to where I could lift a 100 pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes **IN** the sacks, but I would caution you not to overdo it at this level.

May 12, 2012 Red Deer/Drumheller Regional Meeting at St. Barnabas, Three Hills

A gorgeous sunny day saw 26 ladies from Three Hills, Drumheller, Elnora, Lacombe, Olds, Rimbey and Airdrie at a 10:30 A.M. service of Holy Communion in St. Barnabas Anglican Church. Following the service the ladies went downstairs to listen to Martha Thomson, the guest speaker. Her topic "Bloom Where You're Planted" addressed the "You" part with the following 12 questions.

1. Do you prefer to do the planning or the cleaning up for a function?
2. When visiting at the home of someone new, would you see the house or the people?
3. What is your favorite color?
4. Use one word to describe yourself.
5. If you had a "free" afternoon what would you do? (How would you spend that time?)
6. What are you doing when you feel the most alive?
7. Do you prefer to be the chair person or a committee member?
8. Which phrase describes you – "wears her heart on her sleeve" or "still waters run deep"?
9. When making decisions do you decide right away or take about 24 hours?
10. In one word how would your best friend describe you?
11. Do you prefer group or solitary activities?
12. Do you prefer doing things inside or outside?

By thinking about questions like those above we see that we are unique individuals. Some of us are private individuals and some are gregarious. Some are drained by people and

some are energized by others. We learn through a combination of visual, auditory and tactile means using our five senses.

Blooming involves "being holy as God is holy" which means treating people and creation the way God does. In order to do this we must follow God's first two commandments of loving God with all our heart, soul, mind and strength and the second is loving our neighbor as ourselves.

The "Where" includes our homes, community, country and the world. Materials were provided so that we could make a picture (collage) to portray something that interests us or concerns us. Martha summed up her talk by telling us to be true to the kind of person that we are.

This was followed by a lovely lunch and then our annual meeting. The funds raised, consisting of our regional dues and offering/collection during the morning's service, are being donated to CAWES (Central Alberta Women's Emergency Shelter) in Red Deer. Our food bank donations will go to Three Hills.

Whether or not you have an active ladies group in your church in the Red Deer and Drumheller regions, you will be most welcome to attend our annual conference and meeting next May. The place is still to be determined.

In fun, friendship and fellowship,

Bernice Simpson
Red Deer/Drumheller Coordinator

NEWS FROM ST. BARNABAS ANGLICAN PARISH & COSAD (Community Solutions for African Development)

St Barnabas parish has been a partner with COSAD since two parishioners volunteered in the north west of Tanzania in 2008. The area they are helping can be seen on the map bordered by Lake Victoria, Rwanda, and Uganda. It is a rural area whose inhabitants are extremely poor, the region having lost most of its men to AIDS brought, in part, by Rwandan refugees and in part from invasions from Uganda.



St. Barnabas' parish is very proud of the contribution they have made. They have supplied goats to widows; they have created and financed a programme providing sewing machines so adults can learn a new skill and uneducated children can have school uniforms and attend school for the first time; and they have enabled a recording studio to be set up with a trained technician so that the music of the terrific choirs in the area can be recorded and CDs sold.

The major contribution, however, has been provided by their Trinity Women who have financed the education of a local girl to become a nurse. This girl, Edina Richard, will be graduating from her 3 year programme this August and will be working for COSAD delivering healthcare to the villages until January when she will work for COSAD's new clinic in the town of Bukoba (see map) .



Primate's World Relief & Development Fund - Here are just two examples of work done by PWRDF: Much more information is available on the PWRDF website <http://www.pwrdf.org>

1. Supporting Midwives, Saving Mothers

The mission of Kinal Antzetik, a PWRDF partner working in the Mexican states of Guerrero, Oaxaca, and Chiapas, is to improve the lives of Indigenous women and men in Mexico. One of the primary ways Kinal works to achieve this goal is by supporting parteras, traditional midwives who for generations have been attending women in Indigenous communities as they safely deliver their children. Supporting midwives and promoting health and gender awareness in Indigenous communities is part of Kinal's strategy for helping Mexico to lower its maternal death rate from 89 per 100,000 in 1990 to 27.3 per 100,000 by 2015.

2. Clean Water Improves Health and Lives in Tanzania



PWRDF and the Canadian International Development Agency (CIDA) worked with the Diocese of Masasi to bring clean, drinkable water to over 33,000 people living in 10 villages in Tanzania. In a country where the dry climate makes growing food very difficult $\frac{3}{4}$ of the year, access to clean water is incredibly important! Neema Ndedya, a resident of Mkwapa village, said:

I used to walk 8km to carry a bucket of 20 litres of water every day. Overall, I spent four hours a day fetching water. Of course, 20 litres was not enough for my family, who needed 120 litres—an average of 40 litres per person per day. Those days are behind us. Now, it takes me less than 30 minutes back and forth from the water well. Because of the short distance, my family helps and we can each carry a bucket. It makes my burden lighter and we can have more water for domestic use and keep ourselves clean.

ACW ANNUAL CONFERENCE, DIOCESE OF CALGARY - APRIL 27 & 28

The Rev. Jagdutt Singh, one of the speakers at our Conference, gave the following talk:

Diversity ! Is it a curse or a blessing?

In our time diversity has become a reality; with pluralism of race, ethnic background, values and lifestyle being more and more a factor in many local church memberships in this rich province of Alberta. The two congregations in Calgary, AB, that I have been involved in, are extremely diverse in their composition. They contain theological liberals, moderates, and conservatives; people with college and graduate education and people who never went beyond grade school; people from the political right and people from the political left; people who are affluent and people who are poor; people from the various parts of the world and people who have grown up here; people who have been cradle Christians and people who are seeking a spiritual home within a faith community.

What I have discovered is that such diversity creates a great deal of ferment (just like yeast does). Sometimes growth and excitement emerge out of the ferment as diverse people work, study and worship together. But sometimes anxiety, tension, division, and separation takes place. That is when members of the congregation vote with their feet and cheque books.

Diversity has two personalities, like " Dr. Jekyll and Mr. Hyde". Just as every priest in the Diocese must learn to live with it, so do the members in our congregations. This is where my hope for the Church is. With all the pressures from within the Church and from outside, I believe we have a potential for influencing society. While many things are common in diversity, differences do prevail. It takes tremendous effort to move from being tolerant to acceptance. My feeling that tolerance is a sin. We realize it is difficult for people to feel comfortable within a wide range of social /economic levels . For example, a poor person often feels awkward in the midst of a group of affluent people and vice versa. Diversity in age can also be significant because young people have different concerns, different likes, and different values, from those of more mature age. Educational levels bring about different expectations in types of sermons appreciated, the kinds of programmes desired, and the style of worship enjoyed.

Another major area of focus involves the general personality of the individuals who participate in the life of the Church. People receive and interpret messages in three different ways; (i) Those who are audio mode orientated. They love to listen to words and think about concepts and facts. They usually stay away from objectives such as feelings and do not like too much emotion. (ii) Those that function in the visual mode usually develop a mental picture in their minds. Their source of stimulation is nature and art. (iii) Those that are kinesthetic tend to be emotional in orientation. These people are usually in touch with their emotions and express them freely.

We can see the presence of these various modes on a number of levels in any one parish within the Diocese. On top of this, we have people with differing theological orientation as well. We have the liberals, the moderates, the conservatives, the fundamentalists, and the Pentecostals - each bringing with them histories, styles, traditions, beliefs, and distinct languages. So you can see why there is a potential for both a positive enrichment and a negative adventure within the Church. Diversity brings with it a positive and a negative, strengths and weaknesses. That is why it is critical to build a strong foundation on the basic affirmation of Jesus as Lord. If not, the house will come tumbling down. Hence, the importance of reading

the Bible stories. The best of the Bible stories tell us of the highest hope, the greatest joy, the deepest and longest-lasting love that anyone can know. We hear these stories at our communal worship. These stories talk about whose you are, who you are, who made you and who loves you. They tell us of the real value, not only of ourselves but of our sisters and brothers and how we need to get along. Whatever diversity we have or experience, we can point to our faith in Christ as a major point of commonality and a unifying principle.

As Anglicans we uphold and ascribe to :

- The Lambeth Conference
- We confess in a Creedal Statement
- We have a Directory of Worship
- We use Scriptures as rules for our faith and practice

As we gaze in the mirror we see the body of Christ being reflected - real, live, breathing individual. We are God's people and part of the body of Christ. After His resurrection Jesus breathed the Holy Spirit into His disciples, as He does in us and expects a co-operative effort. He invites us to work with Him, in bringing to fruition one of the Baptismal Covenantal statements - "Will you strive for justice and peace among all people, and respect the dignity of every human being?", to which we respond, "I will with God's help." If diversity is to become creative, it is imperative that the Church and its members learn to accept as valuable and important, those who are different from them, and have ideas and ministries which are different from theirs.

In the Gospel of Matthew, as Jesus is finishing His teaching ministry, He tells a story about accountability, about judgement, about where we can find Him. "Just before I leave," He says, "I want to tell you where you can find me. Yes, I'll be in your Church, I'll be in the Bible study group, I'll be with you at the ACW meetings and Conferences, I'll be in the sacrament at Eucharist. But you will also find me in the Food Bank, the Shelters, the Nursing Homes, and the Prisons. When I gather all peoples, on that day there will be two kinds of people - some disappointed and some happily surprised. Those who are surprised will hear words like these: "When I was hungry and thirsty, you fed me. When I was a stranger, you took me in. When I was in rags, you clothed me. When I was sick, you took care of me. When I was in prison, you visited me." They will say, "When, Lord, did we see you hungry and naked? Jesus will reply, "What you did for the least of my friends, you did for me." Matthew 25:37 - 40.

***Prayer** - God of the Universe, Lord of life, give us grace to see you in all your works, in all creatures, all peoples, and in our hearts, that we may faithfully serve you and worthily praise your holy name, through Jesus Christ our Lord. Amen*



And God promised men that good and obedient wives would be found in all corners of the world.

Then He made the earth round....and laughed and laughed and laughed...

We remember those who have died April 2011 - April 2012



*Clara Anderson
Lila Avann
Ida Baker
Pearl Becker
Helen Berggren
Mae Buchanan
Florence Burke
Joyce Burness
Andrea Cameron
Barbara Chandler
Barbara Coates
Jeanie Cole
Sheila Crawford
Elaine Davis
Emily Davis
Frances Dinning
Mary Dodds
Marion Ellerman
Winnifred Ferrie
Mary Flagler
Margaret Flatt
Mabel Garrett
Jeanne Gee
Vera Gorzitza
Evelyn Grabowecky
Valerie Green
Hilda Hallworth
Alison Hankins
Eunice Hanna
Phyllis Hanson
Leonora Haynes
Elsie Harold
Alma Heap
Christina Hawkins
Aurelia Hodgkinson
Edna Jaeger
Shirley Johnson*

*Audrey Karpiak
Florence Keeton
Margaret Keeton
Jessie Kerfoot
Helen Kinnell
Lois Lambert
Anne Legge
Rita Leigh
Katherine Lewerenz
Cherie Lewis
Bernice Lockert
Ella Margach
Jean McCallum
Valerie Nikirk
Joyce Pennington
Joyce Peters
Grace Raworth
Florence Risler
Josephine Robertson
Mary Robinson
Edna Rossiter
Maureen Schlinker
Audrey Skeet
Joan Smith
Doris Stephenson
Lucy Stout
Daurel Sutherland
Helen Thomson
Patricia Tobo
Edith Turner
Irene Ullyot
Nancy Waters
Barbara Webb
Florence Webb
Nancy Whittam
Elfie Wirsch
Alice Zadorozny*

May they rest in peace and may Light Perpetual shine upon them.