



Anglican Church Women

Diocese of Toronto

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ACW Newsletter Spring 2020

PRAYER LINKS

March

- The deanery of Huronia
- ACW sisters in Dioceses of Niagara, Nova Scotia, PEI and Ontario
- Canadian Mothers' Union
- Mission to Seafarers
- Women in Diocese of Bungoma, Kenya

April

- Deanery of Mississauga
- Deanery of North Peel
- ACW Sisters in Ottawa, Qu'Appelle, Quebec
- Threshold Ministries (formerly Church Army)

May

- Deanery of Nottawasaga
- Deanery of Oshawa
- ACW Sisters in Saskatchewan, Saskatoon
- Episcopal Church in the USA
- Chaplaincies in Diocese of Toronto

National Prayer Partners

- The ACW's in the Diocese of Toronto are to pray for the ACW's in the Diocese of Central Newfoundland.
- The ACW's in the Diocese of British Columbia are praying for the ACW's in the Diocese of Toronto.

COMMUNICATIONS

Website: www.toronto.anglican.ca
(under Departments and Ministries)

Please send us your photos and news of your women's activities.

Deadline for next issue: SEPTEMBER 16, 2020



PRESIDENT'S MESSAGE

Dear Friends in Christ

As we enter the season of Lent, we are reminded that this is a time to prepare for Holy Week and Easter through study, prayer, contemplation, repentance, penitence or denial.

In this newsletter you will find several articles addressing ideas that might be helpful for your Lenten journey: Some Steps for Starting to Pray, "To Give Up" or "To Give Out", Tips to a Fulfilling Life.

Also included in this newsletter is a list of some of the wonderful work and activities being carried out by our Diocesan ACW groups. What dedicated and imaginative women you are!!

Our Annual General Meeting will be held on Saturday April 25 at St. Thomas, Brooklin. The theme of "Hope" ties in with our Special Projects theme of 'The Housing Crisis and Homelessness'. Our guest speaker will be the Rev. Maisie Watson from Homeward Bound Peterborough.

There are vacancies on the Diocesan ACW Board and also on the Finance Committee. We encourage you to prayerfully consider joining us once a month for this interesting work. Please contact us or talk to us at the AGM.

I wish you and your families a blessed Easter.

Enid Corbett



Annual General Meeting

Saturday April 25, 2020

St. Thomas Anglican Church - Brooklin
101 Winchester Road East
Whitby, ON L1M 1B5

Theme: HOPE

Details & Registration on page 6



Easter Greetings 2020

As the seasons change, more daylight returns. Yet mornings can still be shrouded in darkness. But Spring's promise of new life, and light, always overcomes the darkness! As light brings the hope of Spring, the light of Christ brings hope to lives burdened with grief, agony, and despair. For the light always overcomes the darkness!!!

It was in the darkness that Mary went to the tomb and heard the words: "He is not here." Mary's emotions would have ranged from the anguish of Christ's death, to the joy of the resurrection. Those words, those emotions, had to be received in Mary's mind and heart, before she shared the good news of the resurrection story with others. The Easter story is the same in that we receive it in our heads and hearts, then do our best to share it with others.

The Easter story is mixed with sadness and hope. Sadness because we are reminded how Christ suffered for humanity, but also hope, as Easter is a time of rejoicing for those who believe Jesus is the Son of God, who brings the hope of life from the darkness of death. This is the hope, and truth, of the Easter story. A story that reminds us of God's eternal light of truth, peace and love.

Year after year, the Easter story shares the good news of Christ's resurrection. Stories are meant to be heard, to teach, to inform, to guide and to relate to others. But do we take the time to really understand the truth of the resurrection story and our part in what it means to be a disciple of Christ? Do we reach out to share the good news of the Easter story with others and invite them to church?

When many only hear, or know, a commercialized Easter story of chocolate bunnies and Easter egg hunts, do we share the true Easter story of the resurrection and new life in Christ??

Thomas Rainer, a Christian blogger and researcher, polled over 300 un-churched people and found ninety-six percent of them were somewhat likely to attend church if invited! What an opportunity to share the resurrection story, through a phone call, Facebook, a text, email or note that not only encourages conversations about the faith, hope and love of Christ, but also the truth and hope of the resurrection.

When so much of what we hear is "fake news", how wonderful that we have the good news, the true news!! This Easter proclaim the good news of the resurrection in as many ways as possible.

Let us share the story of the GOOD NEWS!

Blessings in Christ!

Rev. Canon Joan Cavanaugh-Clark
ACW Chaplain, Diocese of Toronto



"Give Up" or "Give out"

Many Christians 'give up' something for Lent such as a favorite food, coffee or television in order to refocus their faith. However, it is becoming more common to 'give out' instead.

A recent article suggested picking one thing to 'give up' and one thing 'to do' or 'give out' during Lent. It suggested being creative in our choices.

For example in the 'give up' category it suggested:

- stop complaining.
- place something away each day in a box for your church rummage sale or local thrift store
- stop interrupting people
- place a non-perishable item in a box each day and donate it to a food bank at the end of Lent
- set aside your spare change each day and donate it to a charity at the end of Lent

In the 'to do' category it suggested acts of kindness or stewardship:

- ♦ smile at people
- ♦ say 3 nice things to someone each day
- ♦ practice random acts of kindness
- ♦ telephone an elderly friend
- ♦ pick up litter
- ♦ say thank you to someone as they work
- ♦ be a nice driver

The article suggested not wasting down time, for example when waiting in a line or for an appointment, or stopped at a red light. Instead of using social media, use the time to say a short prayer, take a deep breath or reach out to someone around you. Another article encouraged the idea of writing down, each day, something we are thankful for.

World Day of Prayer – March 6, 2020

The World Day of Prayer is an international ecumenical movement led by Christian women who welcome all to join in prayer and action for peace and justice. It is celebrated in over 170 countries on the first Friday of March.

The 2020 theme is "Rise! Take Your Mat and Walk". The service is written by the women of Zimbabwe. Many ACW groups are involved.

Or check with other nearby churches. For further information see: <https://worlddayofprayer.net>



God's Beloved Creation

The 2020 suggested Social Justice Vestry motion is "Taking Action on Climate Change". It deals with our obligation to care for the earth as God's beloved creation as well as for the most vulnerable among the human family.



A Prayer for Gratitude for Creation

(CWL Annual Convention 2019)

God of the universe,
We thank You for Your many good gifts—
For the beauty of Creation and its rich and varied fruits,
For clean water and fresh air, for food and shelter, animals and plants.
Forgive us for the times we have taken the earth's resources for granted
And wasted what You have given us.
Transform our hearts and minds so that we would learn to care and share,
To touch the earth with gentleness and with love, respecting all living things.
We pray for all those who suffer as a result of our waste, greed and indifference,
And we pray that the day will come when everyone has enough food and clean water.
Help us to respect the rights of all people and all species
And help us to willingly share your gifts, today and always. Amen

Do you want to FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience,
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

From Women's Inter-church Council of Canada

Far too many women are caught in the web of violence. We want to end the reality of women being abused by their partners, and we want women and children to live without the fear of being sexually assaulted or abused.

Restore: Ending Violence Against Women is a free online resource designed to provide helpful *information about abuse and how to respond to it* in our lives, communities and churches.

Special thanks to Carol Penner, the project coordinator who is an assistant professor of practical theology at Conrad Grebel University College in Waterloo, Ontario. Carol completed her doctoral studies at the University of St. Michael's College, where she focused her teaching and research on feminist theology and violence against women. Visit wicc.org for more details.



Supporting ACW Special Projects

June Dyer

When Rev. Joan Cavanaugh-Clark showed me a **WORRY DOLL** which a parishioner had made in support of their ACW, I thought I would try to create my own pattern. The dolls have a tiny backpack which children are instructed to put under their pillows with their worries and let God and the angels look after their worries while they sleep. I attach a children's prayer they can say.

These dolls have been selling like hotcakes! One of our neighbours bought one from me and later gave it to her daughter



who lives north of Port Perry and attends a United Church. The daughter was so excited, she asked my permission to take it to her session so she could promote the dolls in her United Church because the money was supporting women's projects. She then e-mailed me an order for eight of the dolls (which grew to over 30!).

I am excited about this as it makes a connection with sisters in the United Church, and also extends my concern to help worried children and make them aware of God's help through prayer. I gave her a copy of our ACW newsletter as it contains information about the projects which she now is supporting. She also shared about her grandson who had lost two grandparents just before Christmas. Her daughter wrote, "I was just in his room and he had the doll. He was telling me that he put his worries in the backpack last night and said a prayer. Thank you." God be praised

A WINDOW INTO A WORLD OF NEED – (worth repeating)

When an economist and her three children gave up their lifestyle to live on a welfare budget for 40 days, they did not bargain for what they would find out, *by Armine Yalnizyan, Toronto Star, 2006*

Every year, my family gives up something for Lent. This year, we sacrificed our lifestyle to live on a welfare budget for the 40-day period before Easter. This is what we learned:

Welfare today isolates people. It makes poverty in our midst invisible, a situation that nearly 700,000 people on social assistance in Ontario today can attest to. And while my family became invisible for a while, the discomfiting truth is that Lent is temporary; poverty often is not.

Lent echoes Christ's time of preparation in the desert. It is the Christian version of a tradition common to many religions, an annual retreat from business-as-usual, helping ready us for the big tests in life through sacrifice and reflection. It is common to give up meat. We've done that and other things over the years. This year, when my household of teenagers couldn't agree on what they could live without, I decided on a welfare budget. My kids were ecstatic. From their perspective it meant, effectively, no particular sacrifice. Were they in for a surprise.

Initially my children mooched off the goodwill of friends. But in time they grew uncomfortable about the one-way street they were on. The novelty wore off quickly with my friends, too. I declined a number of outings and noticed how the invitations dropped off. Our "poverty" was making us more invisible, forming a higher and higher barrier around us. We started referring to it less, unless we were joking.

Near the end of the 40 days came the predictable question — "What's the first thing you're going to do when you get off the 'welfare diet'?" We talked about unlimited food choices — cheesecake, chocolate sundaes, plentiful fruit. The girls talked about toiletries, basics like shampoo and soap, and, of course, not having to ration feminine supplies. Then we realized we'd spent nothing on clothes, or grooming and that there would never have been a budget for these things.

It was humbling to think that what we'd 'endured' for 40 days constituted a serious blow to the sense of self and possibility for hundreds of thousands who rely on social assistance from the province.

If you are on this type of budget for any length of time, you face a type of isolation that is almost inconceivable to mainstream society.

Lent has always helped our family see more clearly the abundance in our daily lives and teaches the kids both self-discipline and empathy. This Lent taught us lessons in a way we will not soon forget.

Before we lived on a welfare budget, we knew poverty was a problem. After 40 days, the four people in my household are all the more committed to bringing an end to the isolation and insecurity that poverty creates.

(excerpted)

ACW OUTREACH, MEETINGS, ACTIVITIES and EVENTS

Community Outreach

- donate to food banks
- help or provide community lunches
- provide toiletries / hygiene kits for the homeless shelters
- help with or provide Christmas hampers
- provide layette bags for new mothers, buckets of cleaning supplies to women's shelters, arts & crafts supplies to Moorelands,
- donate funds to various charities
- help Out of the Cold programs

Worship and Learning

- Organize or attend World Day of Prayer services, Nottawasaga Deanery Day, Peterborough Deanery Day, ACW Sundays
- Parish Ministry:
- help with Family Friday evening
- help with Back to Church Sunday
- provide & host coffee hours
- lead or attend prayer groups
- being members of the altar/chancel guild
- organize potluck lunches/dinners/muffin breakfasts and speakers
- organize Lenten series lunches with speakers
- knit prayer shawls
- decorate for Christmas Bazaar
- provide St. Nick's children's shopping day
- organize Young at Heart lunch
- organize an evening for women with personal invites to all women of the parish with no special agenda
- form or join a sewing group/quilting group
- arrange for a speaker at a meeting

Fundraising activities

- Bazaars, High Teas, pancake breakfasts/dinners, spaghetti dinners, burger & berries, strawberry teas, Blossom lunches, Mariposa teas, Monk's cell dinners, Valentine lunches,
- bake & cake sales, cook book sales, lawn/garage/rummage sales, bakeless bake sales, catering, making Easter eggs, fish fry, turkey/meat pies, cheese sales, gift card sales, fashion shows

STEPS FOR STARTING TO PRAY

The Rev. Dawn Davis

Diocesan Faith Formation Coordinator, Niagara

1. Expand your definition of prayer.

Prayer is simply communication with God. A more poetic definition comes from Bishop Stephen Cottrell who describes prayer as “the lover coming into the presence of the beloved and saying, ‘I love you.’” Prayer is based in a relationship and can happen anywhere at any time. It happens with the daily office or while walking in nature. It can be in a deep and honest conversation with a beloved or in the awe and wonder of standing in the middle of beautiful architecture. Prayer can be expressed in exuberant dance or in the silent stillness of quiet.

2. Find a form of prayer that gives you joy.

There may come a day when prayer is a deep struggle but for now simply choose the path of delight. Music, poetry, structured liturgies, beads, dance, icons, walking, doodling, journaling.... Choose one that fits your temperament and tastes.

3. Be open to the new world of apps and online resources.

Check out:

- Pray As You Go, a 15-minute daily session of scripture and music put out by the Jesuits of Britain.
- 3-Minute Retreats from Loyola Press are simple and lovely.
- The Centering Prayer app of Contemplative Outreach provides a beautiful experience of silent contemplation.
- Forward Movement of the Episcopal Church US has numerous daily devotional resources along with a chance to reflect on your prayer experience online.
- The Northumbria Community provides a daily Celtic prayer service. Find one or simply open a prayer book and locate a daily office or family home prayer services.

4. Make a space and set a time.

Put your planned prayer time in your calendar, set your alarm, inform family members and get your material out and in place before you begin. A Bible, journal and a pen might be all you need.

5. Start small

Set a reasonable and achievable goal like, “I will commune with God for five minutes, three times a week.”

6. Build in accountability

Ask a trusted friend, family member, church member, spiritual director or clergy person to check in with you to see how it is going.

TEN SPIRITUAL TONICS ...

Feinberg

1. Stop worrying. Worry kills life.
2. Begin each day with prayer. It will arm your soul.
3. Control appetite. Overindulgence clogs body and mind.
4. Accept your limitations. All of us can't be great.
5. Don't envy. It wastes time and energy.
6. Have faith in people. Cynicism sours the disposition.
7. Find a hobby. It will relax your nerves.
8. Read a book a week. It will stimulate and broaden your views.
9. Spend some time alone. It gives peace, solitude and silence.
10. Try to want what you have, instead of spending your strength trying to get what you want.



If a Man would be a Christian

If a man would be a soldier, he'd expect of course to fight,
And he couldn't be an author if he didn't try to write,
So it isn't common logic – doesn't have a real true ring
that a man to be a Christian doesn't have to do a thing.
If a man would be a hunter, he must go among the trees,
And he couldn't be a sailor if he wouldn't sail the seas,
How strange for any member of the church to think that he
can stay away from worship and a worthy member be.



I've learned.... That sometimes all a person needs is
a hand to hold and a heart to understand.

I've learned.... That we should be glad God doesn't
give us everything we ask for.



Tips to a Fulfilling Life

According to the Diocesan EFAP provider, five elements help us lead fulfilling lives: relationships, engagement, meaning, accomplishment and happiness. Your Anglican Church Women Group helps in all five areas. The relationships we form in our ACW groups provide much needed fellowship and support. They are there for us through our many life events, its ups and downs. We can choose the level of engagement/involvement that we wish for the many ACW activities held in our Parishes. These activities give meaning to our work and a sense of accomplishment when we see the results of our efforts. Happiness includes many facets: gratefulness, laughter, time for oneself.



THE ANGLICAN CHURCH WOMEN DIOCESE OF TORONTO



invite you to join them at the

Annual General Meeting and Luncheon

SATURDAY APRIL 25, 2020

9:30 a.m. – 3:00 p.m. (Registration begins at 8:45 a.m.)

ST. THOMAS BROOKLIN

101 Winchester Road East, Brooklin ON L1M 1B5

Theme: “Hope”

Guest Speaker: the Reverend Maisie Watson
Homeward Bound, Peterborough

Tickets: \$35.00 per person (lunch included)

For further information:

Telephone: 416-363-0018 E-Mail: acw@toronto.anglican.ca

Anglican Church Women, Diocese of Toronto
135 Adelaide Street East, Toronto, M5C 1L8

Enclosed please find \$ _____ for _____ tickets to the Annual Meeting

Name _____ Telephone Number _____

Address _____

Postal Code _____ Dietary Needs _____ Home Parish _____

Tickets will be mailed* for paid orders received before April 12.

* Please provide a stamped self-addressed envelope.

Other pre-ordered tickets can be picked up at the door.