



ACW Newsletter Advent 2022

Anglican Church Women

Diocese of Toronto

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PRAYER LINKS

January

Deaneries of Durham-Northumberland
Eglinton
ACW sisters in Dioceses of Algoma, the
Arctic, Athabasca, Brandon
LOFT, Moorelands

February

Deaneries of Etobicoke-Humber, Holland
ACW sisters in the Diocese of British
Columbia, Caledonia, Calgary, Central
Newfoundland
Primate's World Relief and Development
Fund

March

Deaneries of Huronia, Mississauga
ACW sisters in the Dioceses of Eastern
Nfld & Labrador, Edmonton, Fredericton,
Huron
Mission to Seafarers

NATIONAL PRAYER PARTNERS

The ACW's in the Diocese of Toronto
are to pray for the ACW's in the
Diocese of Ottawa.

The ACW's in the Diocese of Qu'Appelle
are praying for the ACW's in the Diocese
of Toronto.

COMMUNICATIONS

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

WOMEN GATHER

Everyone agrees it was a wonderful uplifting day when a group of Anglican women from around the Diocese met for a day of fun and fellowship at St. Paul's, Minden. With the Diocesan ACW AGM now being by Zoom, the Board decided that we would try to sponsor two fun, celebration and fellowship days per year for all Anglican Church Women.— the hosts to decide the theme, agenda and activities. We thank St Paul's for hosting our inaugural event. The opening eucharist included the singing of hymns/songs to the accompaniment of tambourines, with inspired dancing in the aisle. "Deacons Day" as the event was soon called, included lunch and activities interspersed between presentations from five Vocational Deacons.

What an eyeopener! What a variety of gifts these Deacons bring to their churches and communities! The Deacon's role is to be a bridge between church and community. We learned how they are leading or enabling important ministry in their community - overseeing the running of a Thrift Store, facilitating a variety of community breakfast, lunch and dinner programs, pastoral care, visits to and services for individuals and nursing and retirement homes, teaching Christian meditation and Labyrinth, Messy Church, mission based outreach, social justice, advocacy. Watch for our next Women's Gathering in the new year!!.



PRESIDENT'S MESSAGE

Dear Sisters in Christ

What a difference a few months make!! As we come out of the many restrictions imposed by Covid, it is almost like entering a new world. Church services are hybrid. Anniversaries, funerals and other major services or events are being live streamed so friends and relatives world-wide can join in. Opportunities for gathering are beginning, however hesitantly. Many meetings are still by Zoom. In fact, many have found that there is better attendance at Zoom meetings as there are no long drives, night drives or winter drives. For a short while, we enjoyed being maskless. That has changed yet again as the Minister of Health has just recommended that we go back to wearing masks in indoor settings and around children and the most vulnerable.

However we are adaptable and inventive and are finding new ways to gather as community. Our challenge now, is to welcome all, no matter their preference for safety, adapting our activities to be inclusive and meaningful. We have heard of box lunches for ACW Sunday, on-line sales combined with bazaars and made to order bake sales. We look forward to hearing how you and your parish are inventing new ways for fellowship and service.

As we enter this season of Advent, may you experience this special time of waiting and preparation in new ways that are most meaningful for you.

Have a blessed Advent season and a joyous healthy Christmas!

Enid

(Chaplain's Message cont'd)

The most important question is, "Is the world listening?" If so, are we listening to the promises of Christmas, or are we listening, questioning, losing hope, and living in fear? I don't usually live in fear of "What if's." We are bombarded, by media, reports, and directives, about what is to come. Whatever comes, I will mask, be cautious, be vaccinated, and follow **all** rules, but I will **not** live in fear. I will be sure that what I am listening for is God's promise that we are not alone. That is what I will hear over the noise of any other. I will embed in my heart Matthew 28:20, "I will be with you always," and sing the hymn, "Be not afraid." Let us thank God for the promise of his consistent love and salvation.

Consistent Blessings

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

Chaplain's Reflection

Greetings to All

Remember the song....

*Sleigh bells ring, are you listening,
In the lane, snow is glistening
A beautiful sight, We're happy tonight.
Walking in a winter wonderland.
Gone away is the bluebird,
Here to stay is a new bird.....*

Are you listening? Listening for what? The song speaks of a calmer time when sleigh bells rang out, creating an idyllic vision of glistening snow and beauty. But we all know idyllic pictures are often inaccurate, and when things seem idyllic, they are often not what we expect.

Do you hear what I hear? I don't hear sleigh bells; I hear the sounds of a busy world becoming more commercialized and more pressured to consume. I hear "Black Friday" and do not think of bargains or purchasing; I think of suffering. I hear sounds of Christmas, but many are not sounds of the promises and hope the birth of the Saviour brings. I hear disappointment, fear, pain, and frustration about what to expect with Covid and that life may return to what we have known for the past few years, and I hear the fear of voices longing for things to be different.

"Gone away is the bluebird," as the song says, and perhaps in this time and age, the bluebird represents losing the vision of the idyllic world we want, and as the song says, the reality is, "Here to stay is a new bird." A new bird that reminds us that we don't live in an idyllic world with no pain, suffering, greed, war, or other things, not now nor throughout history. We don't need to be afraid, lose hope, or question, "Where is God," because God's promise of salvation, hope, love and justice for his world and people is renewed every year with the birth of the Christ child. Yet at times many still question. *(cont'd to left)*

WORLD DAY OF PRAYER
2023

First week in March
Writing Country: Taiwan
Watch for it !!

For more info: WICC.ORG

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

Deadline for next issue February 15, 2023

NATIONAL ACW CONFERENCE 2022

The 2022 National Conference was held in Cornerbrook, Newfoundland, September 29 - October 2, hosted by the Diocese of Western Newfoundland. The theme of the conference was "Walk Humbly With Your God" (Micah 6:8). The underlying focus was on how the Anglican Church Women across Canada are using their gifts for ministry and how we must walk humbly with God in these post-pandemic days to be open to change and reshaping of our ministry.

Special guests included the Rt. Rev. David Lehmann, Council of the North, Dr. Scott Brubacher, Anglican Foundation, Michelle Hauser, Anglican Foundation and Janice Biehn, PWRDF. Our chaplain for the weekend was the Very Rev. Catherine Short, Dean of St. John the Evangelist Cathedral.

Business sessions were held Friday, interspersed with presentations from our guests. Elections for our executive were finally held, after a 2 year extension of the previous executive due to Covid. Our new National executive is: President - Rosemarie Kingston, Diocese of Fredericton, Vice-President - Janet Pike, Diocese of Algoma, Secretary - Marni Crossley, Diocese of Ottawa, Treasurer – Glenda Peddle, Diocese of Western Newfoundland, Past President – Margaret Warwick, Diocese of Edmonton

The business meeting included time to share with others from our Ecclesiastical Province. Our task was to discuss the answers to these two questions. 1) What would Jesus do with our money and resources in the world of poverty? 2) How would Jesus respond to the environmental crisis in the world? From the second question came the suggestion that we each pick one action to take during the next year as a small step towards helping the environment.

A motion was passed to have a four year trial period of alternating virtual and face-to-face annual National Conferences. The 2023 Conference will be hosted by the Diocese of Algoma by Zoom and all ACW members will be welcome. The 2024 Conference will be hosted by the Diocese of Huron and be in person.

Prayer Partners for 2022-2023 were chosen. The Diocese of Qu'Apelle will be praying for the Diocese of Toronto and the Diocese of Toronto will pray for the Diocese of Ottawa.

Morning worship and evening compline were usually held in our hotel "Chapel" and were a time for reflection, singing and meditation.

Our evenings and Saturday were planned to give us an introduction to Newfoundland. Our dinners were at local Parish churches followed by local entertainment. On Saturday we enjoyed a bus trip along the south shore to Lark Harbour.

The conference concluded with the Sunday morning service at the Cathedral and included the commissioning of the new executive.

Christmas Carol Game

Instructions: Can you guess the Christmas carol from the first letter of each word in the title? For example: SN would be Silent Night. Add your own to the list. Have fun!!!

1. WSWTF
2. JTTW
3. ICUTMC
4. OCAYF
5. WTKOOA
6. AIAM
7. HTHAS
8. OHN
9. GTIOTM
10. OCOCE

FAST 'N FABULOUS FRUITCAKE

Makes about 12 slices per cake.

2 1/2 cups all-purpose flour
1 tsp. baking soda
2 eggs
1 jar (750 ml) mincemeat
1 can (300 ml) sweetened condensed milk
2 cups chopped mixed glace fruit
1 cup chopped walnuts and whole or halved glace cherries for decoration

1. Preheat oven to 350F.
Grease 2- 9x5" loaf pans.
2. In a bowl, stir together flour and baking soda; set aside.
3. In another bowl, beat eggs slightly; stir in mincemeat, condensed milk, chopped fruit and nuts. Add flour mixture, mix well; Divide batter between baking pans.
4. Bake in oven for 1 hour and 20-25 minutes or until toothpick inserted in centre comes out clean. Cool in pans for 15 minutes. Turn loaves out of pans; cool completely on racks. Garnish top with walnuts or cherries.

Trent Durham Special Project 2022

CAREA COMMUNITY HEALTH CENTRE

Carea had its beginnings in February 2012 as Community Health Services (CHS). Through the amalgamation of the Oshawa Community Health Care and the Youth Centre in November 2015 and a name change in June 2016, it is now the Carea Community Health Centre. It provides a wide range of free services and programs to community members across Durham Region, often collaborating with other local organizations.

What sets Carea apart is their ability to integrate their mental health programs with other established programming within the organization. Recent programs related to our Special Projects Theme Mental Health: Children and Youth, are highlighted here.

Healthy Coping Skills - sessions held over March Break for youth in grades 5-8. It was led by a facilitator to help youth learn healthy coping skills during times of change especially working through the challenges of Covid related stress.

Healthy Meals, Healthy Minds - a virtual cooking class that incorporated healthy meal preparation with mental wellness strategies. It was led by a registered dietitian in collaboration with a health promoter who brought a mental health lens to the program. To reduce barriers, all ingredients were provided free of charge on a weekly basis.

Our Feelings Through Music - a therapy group focused on emotional development in young children through activities based on developing skills related to emotional regulation and resilience. This innovative program was co-facilitated with a certified music therapist.

The Durham Counselling Walk-in Clinic (DCWIC) is a free, confidential counselling "walk-in" clinic that provides services for children and youth ages 3 - 19 years and their families. The clinic provides same day counselling and runs on a first come first served basis. People come to us for many different reasons including family issues, strategies for positive change, stress management, relationship challenges, parenting support, youth development, substance use concerns, etc. This Clinic is currently operating virtually.

York-Scarborough Special Project 2022

THE NEIGHBOURHOOD ORGANIZATION

Mental Health Support Services is a health and wellness program that offers free services to residents living in the Thorncliffe Park and Area. It includes counselling, support and referral services for youth seeking mental and emotional supports.

Services that can be accessed are:

Supportive Counselling: You or your loved ones in a safe space in a caring environment.

Addictions Counselling: We offer culturally appropriate services to support clients and their families in their journey to recovery from substance use or abuse.

One-on-One Counselling: Our highly trained professionals provide assistance and support to clients on their journey to health and well-being, including mental health.

Walk-in-Counselling and Case Management: We offer educational programs to equip you with healthy coping skills to help reduce stress and manage various situations in your life.

Group Education Sessions: Depression and anxiety are commonly experienced by all people with or without mental illness. We offer group sessions, yoga, and mindfulness tips to address anxiety and depression.



Window in Church of the Nativity, Bethlehem

What are ways we can celebrate Advent?

Advent is a time of expectation, waiting, and preparation for the coming of Christ. We can think of this time of waiting from three distinct perspectives – past, present and future:

- reflecting on the past, in Jesus' nativity in Bethlehem.
- reflecting on "now", in celebrating the reception of Christ in the hearts of believers.
- reflecting on the future, in anticipating the return of Christ in the Second Coming.

As we focus our hearts and minds on the true and deep meaning of Christmas, consider ways of reflecting or experiencing this special time of waiting and preparation that might resonate most meaningfully for you? Explore some of these ideas – which ones are cherished traditions for you, and which ones might spark fresh delight for you in these coming Advent days?

Reflection and Meditation - read a book focusing on Advent; read day-by-day devotions or scriptures; pray, meditate, and reflect on Advent; attend Advent services, either in person or "virtually" – maybe experience a far-off cathedral's Advent services.

Meaningful Symbols and Rituals - enjoy beautiful Advent hymns & music; decorate your home with a nativity scene, adding figures each day or week; light candles on an advent wreath; mark the days with an advent calendar; decorate a Jesse tree to reflect on the genealogy of Jesus.

Service and Time With Others - reach out to neighbours and friends who might be lonely; donate toys and clothes to a local charity; sign up to volunteer during the advent season; support a family in need with gifts and encouragement.

May God bless us all richly as we prepare our minds, hearts, and homes during this blessed preparation time of Advent.



Shepherd with flock in Negev Desert, Israel

Let your light shine prayer

Come Lord Jesus, come
and let your light shine through us
so that through our actions
we may be salt for the earth,
a light in people's sight
and that we might reach out to one another,
especially those in need.
Amen

Advent prayer

God of light, shine forth,
show us how to bring hope to others.
God of mercy, help us to comfort your
people and share in their joy.
God of hope, make us an Advent people,
preparing the way for life in all its fullness.
Amen.

Catherine Gorman/CAFOD

Christ Church Stouffville ACW

The women at Christ Church celebrated an ACW Sunday for the first time in 3 years in person. With brightly decorated tables, good conversation, a game and a box lunch, there was much joy and even tears as we welcomed old friends and some new ones.



Christmas Carol Game Answers

1. While Shepherds Watched Their Flocks
2. Joy To The World
3. It Came Upon The Midnight Clear
4. O Come all Ye Faithful
5. We Three Kings Of Orient Are
6. Away In A Manger
7. Hark! The Herald Angels Sing
8. O Holy Night
9. Go, Tell It On The Mountains
10. O Come, O Come, Emmanuel

Banners Looking for a Home

These banners, from a disestablished parish, are currently residing in Diocesan Archives and are looking for a new home. If you are interested in some or all of the banners please contact Claire Wilton at 416-363-6021 ext 219 or 1-800-668-8932 or email her at cwilton@toronto.anglican.ca

