



ACW Newsletter Lent 2026

# Anglican Church Women

Diocese of Toronto

135 Adelaide Street East Toronto

▪ ON ▪ M5C 1L8

## PRAYER LINKS

### April

Deaneries of Mississauga, North Peel  
ACW Sisters in the Diocese of Ottawa,  
Qu'Appelle  
Threshold Ministries (formerly Church Army)

### May

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

### June

Deanery of Parkdale-Toronto West  
ACW sisters in the Dioceses of the Yukon,  
Calgary, Edmonton  
Our sisters in the Evangelical Lutheran  
Church.

## NATIONAL PRAYER PARTNERS

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

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

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

**Deadline for next issue May 11, 2026**

### COMMUNICATIONS

Website: [www.toronto.anglican.ca](http://www.toronto.anglican.ca)  
(under About Us / Departments)

## ***SOME LENTEN IDEAS***

Sow some flower seeds on Ash Wednesday and later give the  
plant(s) to parish shut-ins.

Create Easter candles by drawing Lenten/Easter symbols with  
felt pen on small pieces of tissue paper (e.g. palm, basin and  
towel, crown of thorns, nails, cross, coins). Spray candles with  
glue (or paint with white glue) and press symbols to the  
candle. The tissue disappears and the symbol shows.

Plan a Good Friday Walk to a place where you can meditate  
on Jesus' journey to the cross.

Learn how to make hot cross buns or how to make palm  
crosses. Share with a neighbour.

Read an inspirational book.

Whether by text, e-mail or card, send a greeting to someone  
who might need encouragement.

In 2021 the Bishop's Committee on Creation Care produced a  
resource for Anglicans who want to undertake a fast during  
Lent that focuses on creation and issues related to the climate  
crisis.

A Fast for the Earth: Lent 2021 <https://toronto.anglican.ca>  
provides a fast for each week of Lent, which begins on  
February 18 and ends on April 4.

## LENTEN SYMBOLS

**I.N.R.I.** These are the first letters of the Latin inscription  
which Pilate put on the cross of Jesus – Jesus Nazarenus  
Rex Iudaeorum - Jesus of Nazareth, King of the Jews.  
(Matt. 27:3)

**The Passion Cross** is distinguished by its pointed ends. It  
is also known as the cross of suffering. Symbolically it  
indicates Maundy Thursday or Good Friday (as contrasted  
to the empty plain cross – symbol of Resurrection).

## **PRESIDENT'S MESSAGE**

Last year I wrote that "This Winter has been the hardest we've experienced in a long, long time." I was wrong!! The last three weeks, according to The Toronto Star, have been the coldest since 2015 with sub-zero temperatures in Southern Ontario! While in the West, both British Columbia and Alberta have had record-high temperatures.

Australia is having record highs and apparently our weather pattern follows what happens in Australia. So, we will experience a hot summer in 2026.

This year's Social Justice Vestry Motion wants congregations to "safeguard the integrity of God's creation and respect, sustain, and renew the life of the earth." Global warming is here. Climate change is here. As mentioned in the Motion, we've experienced severe weather in the form of hurricanes, floods, fires and tornadoes. Glaciers are melting and there is "the loss of habitat and sustainability for plants, animals, and other organisms."

The Vestry motion states, "Our lived experience of 2025 offers independent confirmation of the science. It was the hottest summer on record (following the previous hottest summer of 2024). As well, "It was the second most destructive forest fire season in Canada,..." What are we doing to our planet?

This year's (2026) Social Justice Vestry Motion asks congregations across the Diocese to vote in favour of the Motion. I plan to encourage the members of our Vestry to pass the Social Justice Vestry Motion. More information can be found at [www.toronto.anglican.ca/vestrymotion](http://www.toronto.anglican.ca/vestrymotion).

In addition to being one of the coldest winters in a decade, it makes one feel sad and gloomy. I'm looking for ways to find joy and to be thankful for small things that make life worth living. They are my grandkids, family, friends and people who look you in the eye when they pass by and wish you a good day and smile. Another example was receiving a letter out of blue from a congregation in Bowmanville, thanking me for the work that's being done through the Diocesan ACW.

In closing, the following poem says it all perfectly, written by Abraham Cowley:

If we stop to think of things important, we quickly realize those things aren't material:

but they are the love, caring and sharing that come from others.

These are the things that we should be thankful for.

Wishing you a good Lent, happy Spring and a great Easter with families and friends.

Sincerely,

Janice

### **A FIJI PRAYER**

Lord, Use my hands:  
They are not scarred like Thine.  
They have not felt the tortures of the cross.  
But they would know upon their palms  
That touch without which all their work is loss;  
Lord, use my hands, that some may see,  
Not me, but Thy divine compassion there expressed  
And know Thy peace and feel Thy calm and rest.

A lady was asked what she used to make her complexion so beautiful.

She answered: for my lips I use truth,

For my voice I use kindness,

For my eyes I use compassion,

For my hands I use charity,

For my figure I use uprightness,

For my heart I use love.

For any who do not like me I use prayer.

## Chaplain's Reflection

Dear Friends in Christ,

As we enter the spring season, I find myself reflecting on how quietly God works, in his time and his world, as he proclaims his love for us. We watch his love in action as the earth proclaims itself with new life and hope. Buds open, light returns, and what seemed hidden through winter begins to live again. These quiet changes in creation gently remind us of God's ongoing work of renewal in our lives and in the Church. The earth does not hurry, yet new life appears, seeds long buried begin to stir, and light lingers a little longer each day. All of it happens in God's time.

Our spiritual lives can be much the same. For some, there are seasons of feeling fruitful and energetic, and for others, there can be seasons of feeling tired, uncertain, or hidden beneath the many layers of life. Yet God is still at work within us. In the coming promise of spring every year, we are reminded that in God's kingdom, waiting is not wasted time, dormancy is not death, and waiting can bring renewed life and faith.

As Anglican Church Women, our ministry is deeply rooted in faith, prayer, and loving service, and often much of what we do may never be seen or acknowledged. Yet it is known to God and felt by those who are touched by our care. A phone call, a visit, a meal shared, a prayer offered—these are holy acts that build up the body of Christ.

Easter comes again with its promise of hope and renewal. After the solemn days of Lent and the sorrow of the cross, we are greeted by the joyful news that death does not have the final word. God's love is stronger. God's life breaks forth. Resurrection is God's answer to the world's despair. On that first Easter morning, it was women who came to the tomb in faithfulness and love. They did not come expecting a miracle; they came simply to serve.

"It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope." **Pope Benedict XVI**

Chaplain's message cont'd

Yet they became the first witnesses to the resurrection. Their story reminds us that God often meets us in our quiet faithfulness and turns it into joyful witness. So much of the ministry of Anglican Church Women is like that—acts of care, prayer, hospitality, and generosity that may seem small but carry the light of Christ into the lives of others. Through you, the Easter story continues to be told not only with words, but with loving action.

As we live into this Easter season, may we be open to the ways Christ is bringing new life among us—in our parishes, our communities, and our own hearts. Even where there has been worry or weariness, God is at work. Resurrection is still unfolding. This is also a season to be gentle with ourselves. We do not need to do everything or solve everything. We are called to be faithful, to show up, to care, to pray, and to trust that God brings growth in God's time.

May this Spring, and the promise of the Easter season, bring encouragement, hope, and joy. May we all feel renewed in spirit and confident that our presence and ministry matter. And may Christ, who makes all things new, refresh our hearts for the work and witness ahead. Please know you are all in my thoughts and prayers, and we have the assurance that the love and grace of our Lord Jesus Christ will abound in our lives and the lives of those you love, now and always.

As always, blessings

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

### **SAVE THE DATE**

***The 2026 Annual General Meeting for the Diocesan Anglican Church Women will be held Saturday April 25, 10:00 am to 1:00 pm by ZOOM. See page 6 for details.***

### **2026 Annual General Meeting**

Toronto Diocesan Anglican Church Women Annual General Meeting will be held by Zoom April 25, 2026 at 10:00 a.m. with Special Guests.

Participants must register in advance unless attending by land line telephone. Registration link will be emailed to each church by the end of March and available from the Diocesan website. Please share the Zoom phone #, meeting ID and password with ACW members who plan to join by phone.

The Annual Report & Financial Statement will be posted on the website as soon as they are available. To access go to 'toronto.anglican.ca', click on About the Diocese, Departments, Anglican Church Women, Annual Report & Financial Statements.

### **CHRIST CHURCH STOUFFVILLE ANNUAL MEETING**

All women in the parish were invited to attend an annual ACW meeting on January 25, 2026.

Various members reported on the activities of the past year: the Prayer Chain, the Muffin Breakfasts, Ham Dinner Fundraiser, Baby Blankets, Prayer Shawls, donations taken to the foodbank, World Day of Prayer, the ACW Christmas gathering and other items. These activities are led by various members.

Activities for this year were discussed and dates arranged. An ACW annual celebration service is planned for November. A budget for use of ACW funds was presented, adjusted and approved.

Two new co-leaders were announced and Nancy Feasby and Peg Kirby were warmly welcomed to oversee events and plans.

### **Ecclesiastical Needleworkers**

The Needleworkers were pleased with their response at Synod. This time we did a display of linens and sold a number of small linens, a few Chancel Guild Manuals and took orders for several other linens. Since Synod we have given away a number of used vestments to a young priest from India who also took some for his wife to take back to India next month. Just after Synod we welcomed a new member to the Needleworkers. His name is Robert Baker. He is an experienced quilter who is interested in learning to do goldwork.



Joy Horswill who is preparing to work on a chasuble.



Anne Robson who has been in charge of linens for many years.



Catherine Monahan working on an antependia.



Robert Baker setting up a frame. Jason Flammini putting away a bolt of damask that has just been cut to do a frontal.

Opportunities are never lost; someone will take the ones you miss!

Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

### **Food For Thought:**

Those signs of new life that we have seen around us this spring? How can they remind us of the joy of Easter?

## ACW Participation in Christmas Markets

The Anglican Church Women (ACW) at St. Paul The Apostle, Rexdale actively participated in various Christmas Markets during the holiday season, showcasing their dedication and community spirit through engaging events and contributions.

### Christmas Market at Church of St. Paul the Apostle, Rexdale

On November 15<sup>th</sup>, the Church of St. Paul the Apostle in Rexdale hosted its annual Christmas Market. ACW members played a significant role by organizing a special table featuring Christmas-themed items for sale. In addition to setting up their table, members prepared and donated baked goods for the bake table, enhancing the festive atmosphere. The event attracted a large turnout, with participation from multiple community vendors. It was eagerly anticipated and ultimately proved to be a resounding success.



### Participation in Councilor Crisanti's Christmas Market

ACW members also took part in Councilor Crisanti's Christmas Market held on December 6<sup>th</sup>. In collaboration with the Fellowship Committee, they managed two tables offering a variety of Christmas items and jewelry. Their involvement contributed to the vibrancy and diversity of the market.



### Handmade Contributions

Among the items displayed were handmade crochet blankets (crafted by members June Dennison and Janice Hylton), wrapped Christmas mugs containing various coffees, teas, hot chocolate, and candies exemplifying the talent and commitment within the ACW community.

ACW members Heather Haddock, Margaret Durant, Sybil Jackman, Janice Hylton and Susan Ramoutor served at the ACW tables, providing their time and effort to ensure the success of these events.



## World Day of Prayer 2026

Friday, March 6, 2026,

Theme: "I Will Give You Rest: Come"

based on Matthew 11:28-30.

The service, prepared by the Women's World Day of Prayer Committee of Nigeria, focuses on themes of rest for the weary, community support, and finding peace amidst challenges.

A 55-minute video of the World Day of Prayer 2026 service, with participants from across Canada, has been created to view at home and in churches. The video is based on the worship service prepared by Nigerian Christian women and then presented and produced by the Women's Inter-Church Council of Canada.

To watch the 2026 full-length service video, visit [wdpcanada.ca/world-day-of-prayer/how-to-participate/](http://wdpcanada.ca/world-day-of-prayer/how-to-participate/). It can be downloaded, for free, from the WDP resource section of [wicc.org](http://wicc.org).

**THE ANGLICAN CHURCH WOMEN  
DIOCESE OF TORONTO**

invite you to the

**Annual General Meeting (Zoom)**

SATURDAY APRIL 25, 2026

10:00 am – 1:00 pm

**Theme**

**“Ministering With Compassion”**

Special Presentations

**S.H.I.F.T.**

*Support and Hope for Individuals and Families Today*

**The Rev. Denise Byard**

*Special Missionary Appeal Recipient*

The invitation with the registration link will be emailed to each church by  
April 1, 2026

Registration information will be on the Diocesan website:

[toronto.anglican.ca](http://toronto.anglican.ca) by April 1, 2026,

For further information:

Telephone: 905 - 960 - 8112 (leave message) e-mail: [acw@toronto.anglican.ca](mailto:acw@toronto.anglican.ca)