



Anglican Church Women

135 Adelaide Street East Toronto • ON • M5C 1L8

ACW
NEWSLETTER

FALL 2026

PRAYER LINKS

October

Deaneries of Tecumseth & Toronto East
ACW sisters in the Dioceses of Brandon,
Caledonia, Athabasca
The Armed forces

November

Deanery of Victoria-Haliburton
ACW sisters in the Dioceses of Central
Newfoundland, Algoma
The College of Bishops and Mothers'
Union

December

Deaneries of York Mills and York Central
ACW sisters in the Dioceses of
Fredericton, Mishamikoweesh, Ruperts
Land

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
November 13, 2026**

COMMUNICATIONS

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

To obtain your free copy of the
newsletter, send your email address to
acw@toronto.anglican.ca

Ten Commandments for a Happy Church

1. Speak to people. Speak to everyone, especially to those whom you don't know. There is nothing quite so nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown and only 14 to smile. Your smile is one of your finest assets. Use it! It doesn't cost a thing.
3. Call people by name. The sweetest music to any person's ears is the sound of his or her own name. If you don't know the person's name, introduce yourself and likely the person will respond with his or her name.
4. Be friendly and helpful. If you want friends, learn to be a friend. Everyone needs them. No one has too many.
5. Be cordial. Try to speak and act as if everything you do is a genuine pleasure.
6. Be genuinely interested in people. Try to like everybody and everybody will like you. Do not limit yourself to a few friends when there are so many likeable people about you.
7. Be generous with praise. And be just as sparing with criticism.
8. Be considerate of the feelings of others. Usually, there are three sides to a controversy: Yours, the other person's, and the right one. Try to see them all.
9. Be alert to give service. What we do for others counts most in life. Try giving yourself away. It's fun.
10. Develop a sense of humor. To this good sense of humor, add a generous dose of patience and a dash of humility. Then get ready to receive many blessings. They're sure to come.

(From the Bay Roberts - Coley's Point bulletin, Oct. 1/95)

President's Message

Happy Fall!

Fall is my favourite time of year with cooler temperatures, leaves changing colours, apple picking, and pumpkin pie!

This past May, my husband and I walked the Spanish Camino from Tui to Santiago de Compostela. We travelled/walked to Porrino, Arcade, Redondela, Pontevedra, Caldas de Reis, Padrón and completed our pilgrimage in Santiago. We are official pilgrims! In order to be a pilgrim, a person must walk at least 100 kilometres (we walked 144 kilometres). The feeling of walking into Santiago was the greatest experience of our lives. The cathedral and the people from all over the world were absolutely awesome in the "golden" square. Words cannot express the feeling of true happiness and accomplishment one feels upon arriving and receiving our "pilgrim credentials!"

The people we met along the way was one of the most amazing parts of the walk. We met people from Argentina, Brazil, China, Croatia, England, Germany, Holland, the Ukraine, and the United States. All were friendly and helped us pass the time along the way by learning about their lives and why they were on the Camino. We learned a lot about their countries and how the British system of government works! Many of the people travelled with us from town to town and stayed in the same hostals (not a hotel and not a hostel) as us. We would walk for a couple hours with them, have lunch and/or a snack and then separate and meet up for dinner.

In Santiago, we visited the Cathedral (where the pews were packed), the crypt of St. James, attended mass, and experienced the swinging of the giant incense burner which required 6 Tiraboleiros (incense pullers) to swing it across the altar—a moving and unique experience!

On our last day in Spain, we travelled by bus to Cape Finisterre. Finisterre means the end if the earth. It is also known as the edge of the world. It has many beaches and steep cliffs. We climbed up to the lighthouse and saw the directional arrows showing places of interest around the world. One of the arrows pointed to Toronto. Again, an awesome experience!

There are many routes on the Camino and we plan on doing another! Perhaps, in Portugal, Italy, or France.

Our last two days were spent in Porto which we love to visit and plan on doing so again.

Buen Camino!

Janice

5th Annual Tea Party at St Paul's Minden

Several Diocesan ACW Board members attended the 5th Annual Tea Party at St Paul's Minden which was hosted by our ACW Chaplain, the Rev. Canon Joan Cavanaugh. Also in attendance were Bishop Andrew Asbil (and wife) and the Rt Rev Geoffrey Woodcroft, retired Bishop of the Diocese of Rupert's Land.



Chaplain's Reflection

Greetings to All

"Fall is the time of harvest, the time of gathering, the time of reaping the fruits of our labours. We enjoy the beauty of the changing of the seasons. We live in such a lovely place, where the colours are vibrant, and there is such an abundance of them." I have used this quote before, but it is worth sharing again.

As Anne said to Marilla in *Anne of Green Gables*, "Oh, Marilla," she exclaimed one Saturday morning, coming dancing in with her arms full of gorgeous boughs, "I'm so glad I live in a world where there are Octobers. It would be terrible if we just skipped from September to November, wouldn't it? Look at these maple branches. Don't they give you a thrill- several thrills? I'm going to decorate my room with them".

In the Bible, the season of harvest is often used to symbolize bounty, health and abundance. But there are times when a harvest is not as bountiful as we had hoped, even though we worked hard to prepare the soil and look after the growth. Our faith can be like that, we pray, we study, we ponder, and we go through seasons.

Our spiritual growth is a harvesting of sorts. We plant God's grace and redemption in our hearts, through study and scripture. We sow our faith through interactions and words with others, striving to be the hands, the feet, and the voice of Christ in our communities and the world. St Francis of Assisi, spoke to the process of spiritual harvesting, when he said, "Go into the world and preach the gospel, and if necessary, use words."

We, as Christians, are fortunate that our spiritual harvest is not dependent on the favours of nature. Our spiritual harvest is overseen by God. In Matthew's gospel, Jesus said, to his disciples, *"The harvest is plentiful but the workers are few. Ask the LORD of the harvest, therefore, to send out workers into his harvest field."* Words spoken over 2026 years ago, but still relevant today. We need to plant seeds in a spiritually hungry world. A world that desperately needs to know the love of God, lived out in our everyday being, with our neighbours, at home, and across the world.

When we understand the importance of planting God's seeds, and the experience the joy of seeing those seeds grow to fruition, we are truly blessed. We become like the tree spoken of in Jeremiah: *"Like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."* – Jeremiah 17:8 (NV).

But how, in an increasingly secular culture, do we do reverse this? How do we share the gospel, to be a people of action and voice, not only in our private lives but in our social, spiritual, and corporate lives. We can begin with small steps, such as remembering to say grace when we are at a restaurant, or in the lunchroom, having a Bible on easy view at our work, or in our vehicles. I often end a conversation with "Thank you for your help, and I hope you have many blessings in your day today." Small things can quietly help us invite, encourage and proclaim our faith. This is how we plant seeds, that bring a fruitful harvest!!!!

The ACW needs your help to be able to continue to be able to plant seeds in the community and the world. We reap what we sow, and in the ACW we have sown much, and reaped much. I ask you to prayerfully engage in offering what you can to help us continue to help with the harvest!!!!

Every Blessing

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

A Prayer of Thanksgiving

Before I begin, I would like to offer a brief prayer of thanksgiving that I have relied upon heavily, especially throughout the past year as we have suffered as a community, and as a nation, and as a world, in so many ways:

Let us remember that we are in the holy presence of God.

Loving Creator,

We asked for strength, and you gave us difficulties to make us strong.

We asked for wisdom, and you gave us problems to solve.

We asked for prosperity, and you gave us purpose and brains to use.

We asked for courage, and you gave us fears to overcome.

We asked for patience, and you gave us situations where we were forced to wait.

We asked for love, and you gave us troubled people to help.

We asked for justice, and you called us to be just and to lead with integrity.

Lord, we have received nothing that we asked for or wanted.

And yet, we received everything that we needed.

For this, we give thanks.

Written and offered by Dr. Colleen Hanycz on 1/25/21 at the "Introduction to the Xavier Community" event upon her selection as the 35th president of Xavier University

Ecclesiastical Needleworkers

The Needleworkers are back at their weekly work meetings at the ACW Office. The set below was given to Grace Church Markham by Vincent Kwok in memory of his wife Hermia. The set was designed by Jason Flammini who did all the goldwork, and all the finishing work on the frontal. The lotus blossoms on the frontal were worked by Heather James and the burse and veil by Catherine Monahan. They are all members of the Ecclesiastical Needleworkers. The lotus blossoms were chosen to honour the Kwok's background and because the lotus blossoms represent light from a dark place, which seemed very fitting for Lent. It took over two years to finish all the embroidery. They were first used for the 180th anniversary on Sept 13th. As well as creating new articles, the needleworkers have several gently used fittings, vestments and fair linens looking for good homes. They also repair worn articles. If you are interested in seeing their work, a visit can be arranged. Please contact the ACW office at acw@toronto.anglican.ca with a message for the Needleworkers.



Canon Dr. Anita Gittens ODT

At the 19th meeting of the Anglican Consultative Council in Belfast, Ireland at the end of June and early July, Canon Dr. Anita Gittens, one of the three delegates from the Anglican Church of Canada, was one of five new members elected to the council’s Standing Committee. The Standing Committee meets between sessions of the full council to continue the Council’s work. The ACC was created in response to a resolution at the 1968 Lambeth Conference and includes delegates from each of the 39 Anglican Communion’s Provinces. About half of the delegates are laity. The ACC meets every three years in person, for dialogue about church and world affairs, mission, advocacy and Christian unity. One of the main focuses for discussion during the next three years will be the Nairobi-Cairo Proposals.

Dr. Anita Gittens, who was installed as an Honorary Canon of St. James Cathedral, January 21, 2024, joined the **Toronto Diocesan Anglican Church Women** Board of Directors in 2005 as a Deanery Representative, advancing to Executive Vice President in 2007 and becoming the **President** May 3, 2008 for a three year term which extended to eleven years. From June Dyer, *“Her dedicated leadership was an inspiration to those who worked with her. She was friendly, knowledgeable, competent, compassionate, and a “good shepherd”. She was very kind when sharing her knowledge and put in many hours late at night to keep on top of things.”* She introduced the Board members to Zoom two years before Covid made it a popular tool.

While serving as ACW President, Anita also served at various times as: Churchwarden in her home Parish, a member and then Chair of the York Credit Valley Area Council, a member of Synod, a member of the Diocesan Council and the Diocesan Executive Board. More recently she has served on the Postulancy Committee, the Cast the Net steering committee, and as a clergy coach. She is a founding member of Black Anglicans of Canada, chair of the national church’s Partners in Mission Coordinating Committee and a member of the Communion-wide advisory group for the United Society Partners in the Gospel. She also served on the National WICC (Women’s Interchurch Council of Canada) Board of Directors for eight years.

We wish Canon Dr. Anita well in her new role for which we know she is well qualified.

For further information, read the September editions of the Anglican Journal and the Anglican.

The Nairobi-Cairo Proposals are a theological document published in 2024 that ask a fundamental question: what does it mean to be the Anglican Communion today? It lays out a fresh framework for how Anglican churches around the world can deepen their unity, in service of ‘seeking to walk together to the highest degree possible’.

Thanksgiving Prayer For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything thy goodness sends. <i>Ralph Waldo Emerson</i>	Our Father in Heaven Our Father in Heaven, we give thanks for the pleasure of gathering together for this occasion. We give thanks for this food prepared by loving hands. We give thanks for life, the freedom to enjoy it all, and all other blessings. As we partake of this food, we pray for health and strength to carry on and try to live as You would have us. This we ask in the name of Christ, Our Heavenly Father. Harry Jewell
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Help Available

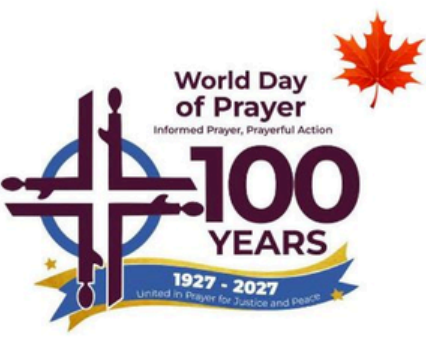
Your ACW has funds available to Anglican women for theological and lay ministry studies and missionary work. This year, we have provided a bursary to a theological student and funds to another individual for mission work in Guatemala. Do you, or someone you know, need financial help with what you have been called to do in Christ's name? Please contact us. Application forms are available on our website.

God is in every tomorrow
Therefore I live for today
Certain to find at the sunrise
Guidance and strength for the way.
Power for each moment of weakness,
Hope for each moment of pain,
Comfort for every sorrow
Sunshine and joy after rain.

God promises a safe landing
not a calm passage.

1927 USA 1928 USA 1929 USA 1930 Korea 1931 Canada 1932 India 1933 China 1934 South Africa 1935 Holland 1936 Chile
1937 Mabel Shaw, Missionary 1938 New Zealand 1939 USA 1940 England 1941 China 1942 New York City 1943 USA 1944

150 Nationals & Repatriated Missionaries 1945 England, Wales and Ireland
1946 Mabel Shaw, Missionary 1947 India 1948 USA 1949 China 1950 Japan 1951 Germany 1952 Migrant Workers, Sharecroppers and Indigenous Citizens; USA 1953 Africa 1954 India 1955 Argentina 1956 USA 1957 S. Vassady, Hungary 1958 Australia 1959 Egypt 1960 Canada 1961 USA 1962 Uruguay 1963 South Korea 1964 France 1965 USA 1966 Scotland 1967 Tonga 1968 Ceylon 1969 West & Southern Africa



World Day of Prayer
Informed Prayer, Prayerful Action

100 YEARS
1927 - 2027
United in Prayer for Justice and Peace

SAVE THE DATE! You are invited to

- A World Day of Prayer 100th Anniversary Launch
- Cummer United Church; Toronto
- Saturday, October 17, 2026 9:00 am to 1:00 pm
- Hosted by the Women's Inter-Church Council of Canada
- For more information about World Day of Prayer, go to wdpcanada.ca



1970 Egypt, India, Jamaica, Philippines & USA 1971 Caribbean 1972 Europe 1973 New Zealand 1974 Japan 1975 Egypt 1976 Mexico 1977 German Democratic Republic 1978 Canada 1979 Mindolo Ecumenical Foundation; East Africa 1980 Thailand 1981 USA 1982 Ireland & Northern Ireland 1983 Caribbean 1984 Sweden 1985 India 1986 Australia 1987 WDPIC 1988 Brazil 1989 Burma 1990 Czechoslovakia 1991 Kenya 1992 Austria, West Germany & Switzerland

1993 Guatemala 1994 Palestine 1995 China 1996 Haiti 1997 South Korea 1998 Madagascar 1999 Venezuela 2000 Indonesia 2001 Samoa 2002 Romania 2003 Lebanon 2004 Panama 2005 Poland 2006 South Africa 2007 Paraguay 2008 Guyana 2009 New Guinea 2010 Cameroon 2011 Chile 2012 Malaysia 2013 France 2014 Egypt 2015 Bahamas 2016 Cuba 2017 Philippines 2018 Suriname 2019 Slovenia 2020 Zimbabwe 2021 Vanuatu 2022 England, Wales & Northern Ireland 2023 Taiwan 2024 Palestine 2025 Cook Islands 2026 Nigeria 2027 WDPIC

I Am Thankful For

I am thankful for

- the mess to clean up after a party because it means I have been surrounded by friends.
- the taxes that I pay because it means that I'm employed
- the clothes that fit a little too snug because it means I have enough to eat.
- my shadow who watches me work because it means I am out in the sunshine.
- the spot I find at the far end of the parking lot because it means I am capable of walking.
- all the complaining I hear about our Government because it means we have freedom of speech
- that lady behind me in church who sings off-key because it means that I can hear.
- lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home
- my huge heating bill because it means that I am warm.
- weariness and aching muscles at the end of the day because it means that I have been productive.
- the alarm that goes off in the early morning hours because it means that I am alive.

by Nancy J Carmody