

# ANGLICAN CHURCH WOMEN'S NEWSLETTER



## DIOCESE OF SASKATOON



### A WORD FOR OUR HEARTS

“Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication.”

- Eph. 6:14-18a (ESV)

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#### ACW DIOCESAN BOARD FOR 2008-09

**Patron:** The Rev. Rodney Andrews  
**Patroness:** Jacqueline Plante  
**Past-Pres.:** Betty Ann Horbay

#### Elected Officers

**President:** Lauren Jardine  
**Vice-President:** Tanya Condo  
**Recording Sec.:** Cathy Tickner  
**Treasurer:** Betty Lloyd  
**Devotions:** Marion Pope  
**Public Relations:** Rosemarie Katzell  
**Conv. of Missions & Social Action:** Elaine Hrycenko  
**Program Conv.:** Doris Pattison

#### Appointed Officers:

**Book of Remembrance:** Eva Shabits

### Notes from the chair

By Lauren Jardine, President

My dear sisters in Christ,

I have been keeping a very busy schedule and have enjoyed all the meetings I have been attending. The National was a blessing to me and I will include a full report in our Annual Meeting Booklet.

Our theme for the Annual "Dressing Gracefully" and also "Living Water Reflections" the theme for our Retreat have me very excited about what God wants to do in our Diocese. I look forward to sharing both with you this year.

#### MARK YOUR CALENDARS

**APRIL 24 AND 25, 2009**

for the

#### ANNUAL GENERAL MEETING

at St. Timothy's in Saskatoon

**FRI. EVENING—7 TO 9 P.M.**

**Registration & Fellowship**

**SAT.—8:30 TO 8:45 A.M. Registration & Coffee**

**THEME: DRESSING GRACEFULLY**

**"Putting on the Whole Armor of God"**

**COME AND LEARN HOW TO APPLY GOD'S ARMOR IN YOUR DAILY LIFE!**

Helmet of Salvation  
Sword of the Spirit  
Shield of Faith  
Breastplate of Righteousness  
Shoes of Readiness Given By the Gospel of Peace  
Belt of Truth

The Annual Meeting is for **ALL WOMEN** in the Anglican Church **ESPECIALLY IF YOU DO NOT** belong to an ACW group

If you want to catch up on what is going on in the Diocese then this is the meeting for you. Please register in writing to our treasurer Betty Lloyd, 1622 Wiggins Ave. S., Saskatoon, SK, S7H 2J9 and enclose your registration fee of \$20.00 before April 15, 2009 or  
Phone: (306) 343-6959 E-mail: [bmlloyd@sasktel.net](mailto:bmlloyd@sasktel.net)

For

The

Soul

# Recipe Corner

By Rosemarie Katzell

And

The

Body

Ephesians 6:13-18 is the theme for our Annual Meeting . . . *“Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication.”*

It seems, in today's world, we are pulling more and more away from reading the scriptures from our old translations because of their talk of retribution, sin, demons, and evil forces. Our lectionary leaves out verses which deal with God's wrath and leave in the verses which speak of His unfailing love. We appear to want a one-sided relationship with our Lord and Savior, one where we can have forgiveness without repentance, love without discipline, and steadfastness without obedience. We want to believe in the good of God but not the evil of the devil. If this was truly the relationship Christ is calling us to, why would we need the whole armor of God.

The Belt of Truth is only helpful if we believe in the truth of the whole word of God, not just those we like; the breastplate of righteousness covers our hearts which need to be focused on others in need not just on our own wants and desires; our shoes of readiness given by the gospel of peace only benefit ourselves if we are not willing to step out in faith to serve our God where He directs us; the shield of faith is ineffectual if we can not use it when our lives are in turmoil and we are being battered on all sides with trials and temptations; the helmet of salvation—believing that Jesus died for our sins and rose again and living our lives for him, must be worn daily, not put on once and then taken off until we need it; wielding the sword of the Spirit gives us power to fight life's battles.

“Stand up, stand up for Jesus, ye soldiers of the cross . . . “ Armor is put on soldiers to ready them for battle. We are in a battle, we are being called to stand up for Jesus. The armor of God is to protect us, to prepare us, to give us the tools

we need to continue our walks of faith and love. Sometimes we are called to walk on bended knee, sometimes blind, sometimes we are called to walk alone, to stand up for Jesus with nothing but the Armor of God for protection and sometimes we are called to walk in unity drawing strength from one another.

Come to our Annual Meeting, learn how to put on the whole armor of God, see how other women are doing in their faith walks . . . Come and meet Jesus in the faces of those you encounter . . . Come and draw strength from your sisters in Christ.

We look forward to seeing you there. The following is a prayer I received via the internet:

*God doesn't give you the people you want, He gives you the people you NEED - To help you, to hurt you, to leave you, to love you and to make you into the person you were meant to be. Dear God: The lady reading this is beautiful, classy and strong. Help her live her life to the fullest. Please promote her and cause her to excel above her expectations. Help her shine in the darkest places where it is impossible to love. Protect her at all times, lift her up when she needs you the most, and let her know when she walks with you, she will always be safe. Amen*

\* \* \* \*

## CHOCOLATE CHIP COOKIES

Do you need some delicious cookies for your Sunday School? Try this recipe, crispy on the outside and soft and gooey on the inside. Mmmmmm good!

**Cream together:** 1/2 cup each white and brown sugar; 1/3 cup each oil and soft margarine; 1 egg and 1/2 tsp. vanilla.

**In a separate bowl mix together:** 1-1/2 cups flour, 1/2 tsp. baking soda, 1/2 tsp. salt.

Add dry ingredients to creamed mixture 1/2 cup at a time. Before adding the last 1/2 cup add 1 cup pure milk chocolate chips. Drop dough by the tablespoon onto ungreased cookie sheet. Bake at 375 F for 10 to 12 minutes. Enjoy.

# Living Water Reflections

By Tanya Condo, Vice-President Diocesan ACW

The Ladies' Retreat Committee needs your help . . . *We ask for your prayers for the retreat that is being planned - for traveling mercies, for inspiring speakers, for the uplifting of all women who attend.*

We don't want to raise funds – we want to raise friends. **We believe strongly in this ministry**

## Treasurer's Report

By Betty Lloyd, Diocesan ACW Treasurer

We always have something to look forward to as ACW members. Last year it was the visit of Barbara and Zandra from our Companion Diocese of Guyana, and this year we have a committee planning a Retreat. But it does sadden me to see our income decreasing each year. During 2008 we received \$3,220 in pledges, from 18 parishes, for our Diocesan Commitment. As our commitment had been set at \$3,500 at our last Annual Meeting, we will be transferring \$280 from our General Fund to make up the difference. Thanks to those who made this possible with their unspecified donations.

Our Deanery meetings were well attended and certainly enjoyed by those who were there. Thanks so much for the money sent for our Travel Fund.

We received Thank Offerings from Life Members in 2008 of \$960 and from Regular members we received \$1,092.55, so the total to be disbursed at the Annual Meeting is \$2,052.55. This is actually up from last year's disbursement of \$1,830.88. A list of suggestions for disbursement will be included in the Annual Meeting Report which you will receive at the meeting. If you have a favorite charity, you may either send your suggestions to a Board Member or bring them with you to the meeting.

Our Thank Offering disbursement at the last Annual Meeting (from Life Members and Regular Members was:

Okema .....	\$200.00
Saskatoon Native Ministry .....	300.00
Bishop's Discretionary Fund .....	500.00
Youth Discover Christ .....	400.00
PWRDF .....	287.00
(from the Eucharist service following the mtg.)	
Gift to Guyana.....	830.88

I'm looking forward to seeing you all at the Annual Meeting at St. Timothy's.

**and its power to transform the church.** We believe it is time as Christian women to reclaim the power of our words and actions. And we believe there are Christian women who are waiting for this type of tangible ministry to join with us spiritually and financially.

We do not want to turn anyone away due to lack of ability to pay. We would prefer to offer a lower cost for this retreat so many women may come to the well and learn more about Jesus. And we need financial help to accomplish this ministry.

**We are not asking for a donation, I am asking you to pray and do as your heart leads.** If God is calling you in a different direction please listen to that call. However if God is leading you in this direction please know that every penny given will be cherished, and used wisely as it comes from the heart of a friend. May God's peace fulfill you this day and always.

Charitable Tax Receipts can be issued for gifts to this ministry.

**Please make cheques payable to the Diocese of Saskatoon, and mail to:**

**The Anglican Diocese of Saskatoon  
P.O. Box 1965  
Saskatoon, SK, S7K 3S5**

Please clearly mark in the memo section of your cheque '**ACW Retreat**'. If you have any questions please call (306) 382-0508.

### Tentative Retreat Schedule:

Friday Sept. 18  
6:00 p.m. Registration at Manitou Lake  
8:00 Socializing  
9:00 End of evening prayers

Saturday Sept. 19  
8:00 a.m. Breakfast  
9:00 Worship  
10:00–11:30 Session 1 or spa/relaxation/prayer time  
12:00 Lunch  
1:00-2:30 Session 2 or spa/relaxation/prayer time  
2:30-3:00 Coffee Break  
3:00-4:30 Session 3 or spa/relaxation/prayer time  
4:30-5:30 Closing Worship  
5:40 Dinner

If you would like to lead a session or have an idea of what type of sessions you would like to see please contact Tanya at 382-0508. Some sessions being considered are a bible study on the Woman at the Well, making prayer bracelets and Pilates. We will be offering at least 6 sessions in total – 2 at each time slot.

# 'Bag Lady'

By Marion Pope, Devotions Convener

Handbags! Have you seen the new large handbags? Call me a 'bag' lady if you like, but I love these new handbags. Oh the stuff they can carry!

It is true that we carry our 'life' in our handbags, and the 'stuff' in our handbags says a lot about us. Our health card, driver's license, etc. identify who we are legally. Receipts identify the things we like to buy (and from where), what coffee shop we prefer (Tim Horton's, of course), and possibly the desperate state of our post-Christmas bank accounts. But there is much more to our identity than what we carry around in our handbags. It is the 'stuff' inside our hearts which point to our true identity. What can people identify from us being us? What can they identify from our actions, our words? Can they identify the treasures we hold dearest, our willingness to

share, and the source of the living waters that keep us awash with peace?

Be vigilant friends. It is just as easy to fill our hearts with needless 'stuff' as it is to fill our handbags with 'stuff' the secular world suggests we cannot live without. What we carry in our handbags is up to us -- but beware, heavy purses can cause sore shoulders. What we carry in our hearts is up to us too -- but beware, heavy loads can cause pain, sadness and despair, and they can also block out the view of the Christ light within us -- the light which is the source of our being, the light which keeps us whole, the light which shows us the way, and the light which Christ asks us to pass on to everyone we meet. So, "let your light shine before people in such a way that they will see your good works and glorify your Father in heaven." (Matthew 5: 16)

## PRIMATE'S WORLD RELIEF AND DEVELOPMENT FUND

### 50TH ANNIVERSARY PRAYER



By Rt. Rev. Thomas Morgan, Saskatoon, SK



*Oh God, we give you thanks,*

*That out of the sorrow and suffering of the Springhill mine disaster, hope was born, and a new light shone, calling your church forward to love mercy, to do justice, to walk humbly with you.*

*Give us ears to hear the voices of all in need, hearts to respond to love, and wills to ensure that tables are spread, families are gathered, and all receive the dignity for which they were born.*

*For this is your mission O God, and we long to do your will,  
for the sake of him who dies that the world might live, Jesus Christ our Lord. Amen*

## PWRDF IN THE WORLD

### IN FAITH JOIN HANDS INSPIRE HOPE

By Doris Pattison, Program Convener

The Primate's World Relief and Development Fund is the Anglican Church of Canada's agency for sustainable development, relief, refugees and global justice. PWRDF, with support from across Canada, makes financial and human resources available to support partners' initiatives to improve the quality of daily life and address the root causes of poverty and injustice.

# Letters from Guyana

By Elaine Hrycenko, Mission Projects and Social Action Convener

I have had a lot of contact with our sisters in Guyana since their visit and I would like to share with you parts of two letters which I received from Barbara Thomas.

The first letter, in part, read as follows: "The Executive and members of the Mothers' Union of Guyana would like to extend to the Board and Members of the Anglican Church Woman of Saskatoon our very best wishes for the Christmas Season and hope that we would continue to enjoy the peace, love and joy that binds us together as we continue to strengthen our relationship in 2009. Sister Zandra and I would also like to wish all those wonderful persons in the various parishes we met during our visit, peace, love, good health and happiness during the Christmas holidays and pray that God will bless each and every one of you as you enter the New Year with your faith renewed to continue God's service."

The second letter I am including in its entirety as I believe it is important for all of us to see, in part, what the Mothers' Union is doing . . .

"Greetings in the name of Our Lord and Saviour Jesus Christ! I remembered that you are having an ACW meeting on the 17 January and thought that I would update you with a few items.

"September 2008 . . . The executive of the Mothers' Union held a take away lunch as part of our fund raising efforts. Sister Pat Adams also conducted a workshop on HIV/AIDS.

"October 2008 . . . On St. Luke's Day, services were held in the various regions for the elderly. It is especially important that we thank God for our elder members who are no longer able to function as effectively as before and also to pray for them and show our support and appreciation. At the end of the service the priest blesses each one of those attending. A meeting was held to plan our program of activities for 2009 and this time we also had to start with our preparations for the hosting of the Provincial Council Meeting which is being held in Guyana during February 2009. The Worker, Sister Ornetta along with another sister conducted a Food and Nutrition Seminar in the Mazaruni.

"November 2008 . . . Our annual retreat was held on the 21/22 weekend. Members from all the regions assemble to spiritually renew and refresh themselves. This is usually over two days and is a residential event and was facilitated by Fr. Terry Davis. For the observance of the Day

See GUYANA on page 6



## Book of Remembrance

By Eva Shabits, Custodian of the Book of Remembrance

The following names have been entered into the Book of Remembrance:

<b>Helena Frances Brice</b>	Quillview St. John's, Wadena
<b>Louise Findlay Greaves</b>	Holy Trinity, Saskatoon
<b>Ada Eileen Karpan</b>	St. John's, Borden
<b>Loreen Last</b>	St. Stephen's, Lintlaw
<b>Olive Jeanette Obed</b>	Holy Trinity, Saskatoon
<b>Doris Steinborn</b>	St. Paul's, N. Battleford
<b>Grace Stott</b>	Church of the Messiah, Okla

***We remember them and give thanks for their many years of faithful service.***

To enter the name of any deceased woman from your parish who has been God's faithful servant please send the following to Eva Shabits, 218 Ave. X North, Saskatoon, SK, S7L 3J5 :

Name of person remembered  
Year of birth  
Year of death  
Parish (and group, if desired)  
By whom remembered

A cheque made out to the Diocesan ACW in the amount of seven dollars (\$7.00) per person submitted. For more information, or to request forms, call me at 1-306-683-0036 or e-mail me at [cargvp@sasktel.net](mailto:cargvp@sasktel.net).

# Rosemarie's Ramblings

By Rosemarie Katzell, Convener of Public Relations

I had a wonderful trip to South Africa this past September/October as I mentioned in my last ramblings. Sadly to say my mailbox was not overflowing with stories, recipes or church activities when I returned so I have very little to report in this newsletter.

## Guyana

*Continued from page 5*

against Violence against Women, various events were held in the regions. These included a panel discussion, church services and seminar/discussion on "Empowering Women". There was also a poster competition among the regions. Also at a meeting of the Diocesan Council Sister Sheran Harper was re-elected as President for a second term.

"In December the Day Care Centres Conference was held. Staff members of the centres meet under the guidance of a facilitator, usually someone from the Education sector. The year ended with services in the various regions commemorating Holy Innocents Day. This is the day we remember the slaughter of the babies by King Herod and the children sing carols, enact little plays and are treated to snacks at the end of the service. Our worker continues her visits to those branches needing assistance and guidance and we also participated with those branches celebrating anniversaries as we thank God for his blessings.

"Our AGM will be held early this year Jan. 19-20, 2009 as Guyana is hosting the Provincial Council Meeting in February and it was thought that the two events would be too close to each other for maximum participation by members. We will of course keep you informed of developments. Best regards and good luck with your ACW Meeting. Your Sister in Christ, Barbara."

**A package of goodies to be sent to Guyana and a card for all to sign will be available at the Annual Meeting. We will be accepting cash donations at the Annual to go towards the postage. Your contribution will be much appreciated.**

***Also don't forget to bring your used stamps to the Annual to pass on to the Bible Society.***

Saying that, however, I will share with you an interesting "what a small world" moment I experienced while in South Africa. My husband became ill and we had to make a trip to a doctor's office. Our friend came with us and while we were waiting I noticed she was knitting. I asked where she had been hiding her knitting needles and she pointed out a basket of wool sitting on the table in front of us and told me that many doctors and physiotherapists in Mossel Bay allowed the placing of needles and baskets of wool in their waiting rooms so patients can knit squares while they wait to see the doctor. The nurses and receptionists also contribute to the cause by encouraging people to knit and by knitting themselves.

This project was started by St. Peter's Anglican Church Mothers' Union, Mossel Bay, in 2000 and the squares are collected every month. There was an article on the table with a picture of the group of ladies as they donated their 100th blanket to the Cancer Association. This particular afghan was knit by an 82 year old woman in George, which is about 50 miles from Mossel Bay, so the project is wide spread.

The article ended with this statement "What a great effort this is! It proves the old saying 'little drops of water, tiny grains of sand, make a mighty ocean and a mighty land'. Praise God.

"Be watchful, stand firm in your faith, be courageous, be strong. Let all that you do be done in love."  
- 1 Cor. 16:13-14

## Saskatoon Diocesan A.C.W.

This newsletter is published three times a year  
Submissions of articles are welcome  
from all parishes

The editor reserves the right to edit articles.  
Please submit articles or information regarding  
upcoming events in your parish to:

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