



**ANGLICAN CHURCH WOMEN
OF THE
DIOCESE OF CALGARY**

December 2019

NEWSLETTER for ALL WOMEN

December's Theme

Prayer



Anglican Church Women Prayer

Almighty God, our heavenly Father, who sent your blessed Son into the world to be the Saviour of all; Grant us a deep sense of gratitude for your grace and mercy towards us. Enable us by your Spirit to reveal your love in prayer and work and stewardship, so that your salvation may become known to all people, and your Name glorified throughout the earth: through Jesus Christ our Lord. Amen

President's Message

Dear Friends in Christ – What an exciting fall we have had. As you will find in this newsletter there have been many activities happening both at the Diocese level and at the local level. Truly a joy to share.

This issue of our newsletter we have themed “*Prayer*”. With that in mind you will find several articles about prayer including a reminder of the great work of the Fellowship of Prayer. Also included are actual prayers that you may find useful during your daily prayer time. Our “Read any good books lately” continues with contributions from our Archbishop Gregory Kerr-Wilson as well as our First Vice-President Linda Holt.

In June I spoke about my Church life and thought today I would continue my story with a little bit about my home life. I am married to a very dear man – Lorne Moore – we are celebrating our 25th wedding anniversary this December so are quite excited about that. We are second timers so I have inherited three wonderful step children and three gorgeous grandchildren. Two of Lorne’s children lived with us for a good portion of their growing up years so I know and love them well. All three step children and their significant others live in Ontario. Lorne and I share our home with a dog and a cat – both of which actually run the place. I love to read (how can you tell) and also sew, quilt, knit, crochet. I am also what is called a “gear head” – I especially love Formula 1 racing and am fascinated with the technical side of cars. Luckily for me Lorne is equally taken so we have lots to discuss and discover.

So what have I been up to since we last spoke? Our Annual Silver Cross luncheon was held at St. Peter’s Calgary and it was my honour this year to be asked to participate in the service. I was delighted to attend the National President’s Conference with our First Vice-President Linda Holt at the end of September. The conference was held at The Star of the North Conference Centre in Saint Albert. Linda and I also attended the ordination of Rev. Jennifer Ingram on October 6, 2019 at St. Francis of Assisi in Airdrie. What a thrill that was for all of us. October was a busy month for all the executive and board as we had our fall executive meeting on October 5th and then many of us attended the excellent Visio Divina fall retreat at St. Peter’s Okotoks on October 19th. You will see reports on all these events elsewhere in the newsletter please do read them.

The Executive and Board STILL REALLY want to hear from you. We are still searching for how we can make a difference for you and your ACW groups. Your sharing with us is very important as we want to ensure that all women in the Diocese know that they have an organization which they can reach out to for support and encouragement.

I was really delighted to be invited to attend the ACW November meeting at Holy Cross in Calgary. Lorne accompanied me and we had the pleasure of attending worship followed by coffee and fellowship in the church hall as well as lunch with the ACW members and then an opportunity to speak to the ladies and hear all the wonderful things they are doing. Thanks so very much to my friends at Holy Cross for the kind invitation.

Before I leave you this month I wanted to share a few comments on prayer from our executive and board.

When I think about prayer, I am reminded of the wonderful address by Bishop Stephen Cottrell that I attended a couple of years ago. He said our first priority must be prayer! Most profoundly the image that Bishop Cottrell left me with was during prayer we are accompanied by the three-part God and the company of the saints - we are always in company. It is a divine time of being part of the earthly realm but also the heavenly realm. Now when I pray I rejoice to know that I

am surrounded by my heavenly family. And once last thought from me – I know that God answers prayers!

Margaret Newton,
President,
Anglican Church Women
Diocese of Calgary

“Wasting” time in Prayer.... some thoughts on Prayer

Today my morning reading from Henri Nouwen stated that prayer, “cuts a hole in our busyness and reminds us and others that it is God and not we who create and sustain the world”. He pointed out that our culture is very utilitarian, very focused on practical and measurable units of time. We are made to feel that we are accountable for every second of our day and those seconds need to be spent in useful or helpful endeavours.

Prayer is not seen as useful or practical. We need to step sideways, away from this devouring daily pattern, and waste some time with God. [Linda Holt]

It’s knowing that even as I breathe through a difficult time God hears my prayer. God is so easy to connect with and is the best listener. Such a comfort. [Pearl Franz]

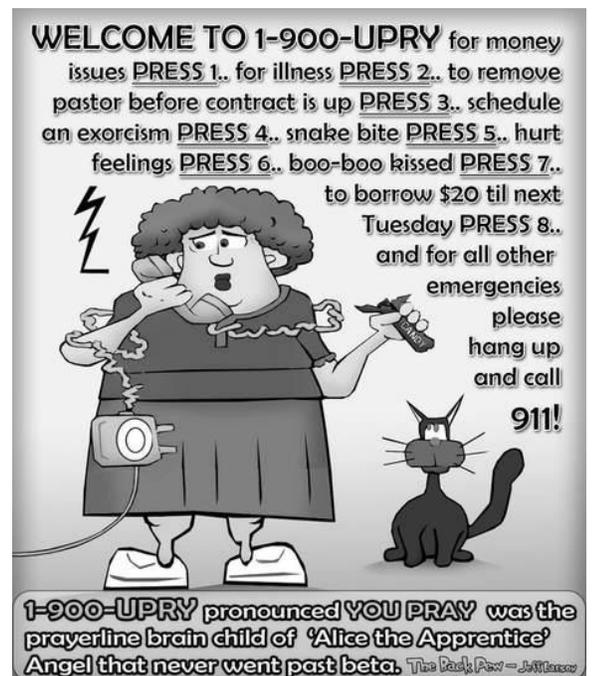
My prayers are more conversations with God and you wonder, does prayer really work? What I’m praying for is important to me but is it to someone else? And how do I know my prayers are truly answered? But I have faith and it is faith that tells me my prayers are answered - some very indirectly and some “in your face”. [Mary Dymond]

It’s knowing that even as I breathe through a difficult time God hears my prayer. God is so easy to connect with and is the best listener. Such a comfort. [Pearl Franz]

Prayer is the most powerful tool as a Christian. [Betty Nadurak]

I pray that all of you will experience afresh the feelings of expectation and preparation as we enter this Advent Season. May you truly enjoy all the joy of Christmas and approach the New Year in faith and anticipation. God be with you – Margaret

“The grace of our Lord Jesus Christ, and the love of God and the fellowship of the Holy Ghost, be with us all evermore.” AMEN (2nd Corinthians 13, verse 14 – BCP)



Anglican Fellowship of Prayer (Canada)

(copied directly from their website at <http://anglicanprayer.org>)

The Anglican Fellowship of Prayer (Canada) exists to encourage and enable the ministry of prayer in Canada. It is inclusive of all forms of expressions of Christian church life, whether they be lay or clerical, catholic or evangelical, monastic or secular, formal or informal. AFP (Canada) seeks to be a teaching resource to assist both individuals and congregations to grow in the life of prayer. It seeks to increase and strengthen the companionship of Christian prayer throughout the world.

Membership in AFP (Canada) is open to all praying people who are drawn to the organization, and who desire to be part of a growing body of people of prayer. All members will regularly receive news and access to a wide variety of resources, as well as other prayer related items.

As the work of AFP (Canada) has no outside means of financial support, members are invited to invest in this important work with a gift of energy, prayers and money, sharing from the resources that God has given. Donations of all sizes are greatly appreciated and welcomed at any time of the year. Each one will be acknowledged with a tax receipt. Once a year, members will be provided with an update on the ministry of the Anglican Fellowship of Prayer (Canada) and invited to be a part of this important work.

The work of the AFP (Canada) is carried out by an Executive Committee, a National Director, Diocesan and Parish Representatives. The Diocesan Representatives are appointed by the Diocesan Bishop in consultation with the National Director and they may be clergy or laity. The National Director is the main ambassador of AFP (Canada), travelling across Canada meeting with diocesan bishops and representatives and other clergy and laity. They give workshops and talks encouraging the practice of prayer. The Diocesan Representatives do similar work on a smaller scale within their own dioceses. The Diocesan Representatives may also ask parish rectors to appoint parish prayer representatives. The Executive Committee supports the work of the National Directors and Diocesan Representatives by looking after the finances and resources of the organization, developing new resources and encouraging and supporting regional and national conferences on prayer. One becomes a member of the committee by invitation.

AFP (Canada) is part of the International AFP and liaison is maintained through the International Executive Committee. The National Director, the chair of the Canadian committee and one other delegate attend the meetings of the International Committee, which are held once a year.

AFP (Canada) serves the church by providing prayer resources, teaching and encouragement in the work of prayer. AFP:

1. Supports annual international conferences with teaching on prayer
2. Encourages and supports Canadian area conferences, diocesan and parish prayer conferences, retreats and prayer workshops

3. Maintains a network of Diocesan Representatives who serve as a contact and resource people in each diocese
4. Develops materials for teaching days and personal help in the spiritual life
5. Provide information about good resources in spirituality and makes them available by mail order
6. Arranges seminars in biblically based spirituality for Bishops, clergy and laity

They can be contacted at AFP (CANADA), P.O. Box 78084, Meriline, Nepean, ON K2E 1B1

Prayer

Submitted by Betty Nadurak

Prayer is the most powerful tool as a Christian. Often times, we think our prayers are not answered, but, when we pray are we asking God/the Lord Jesus, or are we telling God what we want, and expecting Him to answer us immediately. Prayer is conversation with God: it is a two way street, we pray, we speak to God, then we listen to God; this is the part we must not forget to listen to God by being quiet, and listening to what God is telling, and what is God saying to us. Answered prayer comes in many different ways, not always the way we want it, but it is always the right way in God's plan for us.

I belong to the Anglican Fellowship of Prayer and I am in charge of their resources for Calgary Anglican Diocese. We have many resources at a very minimal cost. Some of our resources are:

- A Circle of Prayer
- A Practical Guide to Fasting
- A Week of Daily Prayers
- Intercessory Prayers
- Prayer Walking

These are just a few that I have. These resources are available for ACW members, Prayer Groups, the Church and individual members. They are valuable resources for all to enhance your prayer life. Please contact me at bettynadurak@gmail.com or call me at 403-686-1110 if you are interested in getting any of these resources.

I also participate in St. Peter's Prayer Group. This is a very confidential, dedicated group of Prayer Warriors. We pray for families, people, situations that someone wants only private prayers for. We have seen throughout the years miracles. I believe all churches in our Diocese should have a Prayer Group. If anyone would like to know how St. Peter's Prayer Group is organized, I would be only too happy to help you;

Betty Nadurak
bettynadurak@gmail.com or call me at 403-686-1110.

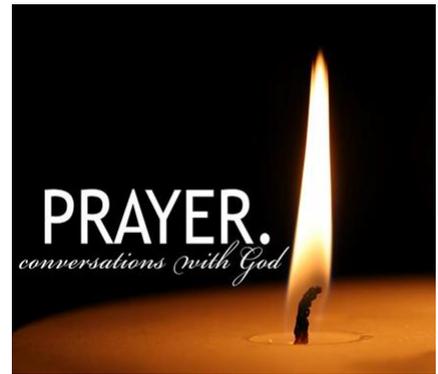
Morning Prayer

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that you have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. AMEN

Evening Prayer

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands, I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. AMEN

[Both prayers from Thy Kingdom Come <https://www.thykingdomcome.global/> Join the global wave of prayer calling all Christians to pray between Ascension and Pentecost for more people to come to know Jesus Christ. May 21st - May 31st 2020]



Healing and Prayers

St. George, Calgary has a “Laying on Hands” ministry by some of the members of the parish after the service “Healing oil” is able to be received by Rev. Clara King. This ministry is held during the first and third Sunday’s of each month. During this time whether you come up to receive the “Laying on of Hands” or the “Healing Oil” there is a bowl of comfort prayers that anyone may take to help support them and remind them of God’s healing love and care. Below is a picture of the “Comfort Blanket” and the bowl of “Comfort Prayers.”



Wall Mosaic for St. George's Anglican Church, Calgary

Artist, Thomas Roach has come to Calgary and is making/designing a wall mosaic for our new St. George worship place, which we hope to move into in the near future. I went over today to interview Thomas, to see and understand what was being done and to take in the beautiful enormity of it all.

Submitted prayers from the congregation, written in the many different languages of our parishioners, were silk



screened onto beautiful 16"x19" colour silk fabric panels. Now the church members are meeting with

Thomas and cutting these panels into 3 ½" squares and quilting them into 10x10 inch tiles. At the end there will be a mosaic quilting of 10 x 10 tiles. This mosaic will be behind the altar and will be close to 10 feet high and 10 feet high wide.

There are some pieces in the tiles that have had squares taken from special pieces like some very old altar cloths that were used for a long time at St. George. These tiles will be able to be taken down, switched around so that the design can be changed. Some of the tiles will have hand-stitching on a piece so that everyone will have had a chance to do something which will make it ours.

With everyone adding something to this project; men, women and children alike, my heart sings, "WOW, Thank you God" for making this a reality, and helping us to look forward, adding something of ourselves into our upcoming new home worship place.



The first showing of this art piece will hopefully be Pentecost

2020, in Prince of Faith Lutheran Church, where at the present, the congregation of St. George worships.

I hope some of the pictures that I have added will give you all some prospective of this magnificent work of art.



Blessings and God's grace and love to you all.

Susan Redpath

Laying on of Hands co-ordinator

THE HISTORY OF SILVER CROSS

(Submitted by Elizabeth Challice several years ago)

Now may be the time to review and explain the award of the ACW Silver Cross, as we just celebrated in September, those who are recipients of a Silver Cross.

The ACW Silver Cross was instituted at the time of the demise of the WA (Women's Auxiliary) and the creation of the ACW (Anglican Church Women) in the 1960's. In the time of the WA, people who had given notable service to the church (parish and diocese) were nominated for Life Membership, which gave them their membership dues for their lifetime. When the ACW was created, membership dues were no longer required for anyone, as we had all belonged since our baptism. Notable service (formerly recognized by Life Membership) was now to be recognized in the Diocese of Calgary by the awarding of a Silver Cross, the citation being "An ACW Silver Cross may be awarded by any parish group, or the Diocesan Board, in recognition of long and devoted service, or for outstanding service regardless of its duration. This should be regarded as an honour, not to be conferred lightly or merely as a compliment".



2019 Silver Cross Luncheon Service

Over the years, many Silver Crosses have been awarded and the citations accompanying the applications are very humbling to those who see them. Obviously, the church has survived in many places due to the faithfulness of the congregation and those who were considered the rightful recipients of Silver Crosses. Now there are many hundreds and each year those who have died within the last 10 months are publicly remembered in September.



2019 Silver Cross Luncheon

When a Silver Cross recipient dies, it is sometimes a concern as to what to do with the pin. A small note about this is given to every recipient (but, of course, this may be lost). The family of the deceased is encouraged to notify the Secretary or the ACW present of the church. There is a memorial book in which crosses are mounted with the owners' names and dates. This book is kept in the Cathedral Church of the Redeemer, near the pulpit. The Book of Remembrance is kept near the lectern. It is hoped that some members of the Board will be told when a Life Member or Silver Cross recipient has died so that suitable arrangements can be made if the family does

not want to keep the Silver Cross as a memento. Silver Crosses should not be given away, but if there is a member of the congregation who is a candidate for the cross and would treasure a former member's, it make the cross even more special if it is given to a second recipient.

Annual Silver Cross Luncheon

Silver Cross Members from across the Diocese gathered at St. Peter's Anglican Church Calgary on Saturday September 21, 2019 to share worship and celebrate the induction of two more Silver Cross Members. Pearl Franz, our Second Vice-President and Cisley Robinson,

Newsletter Chair were both presented with their Silver Crosses by our Diocesan Chaplain Rev. Betty Piwovar.

Worship was led by The Very Rev. Leighton Lee. Our luncheon guest speaker was our Diocesan Chaplain Rev. Betty Piwovar. who spoke about the role of story and telling our stories in the Christian life. We were encouraged to think about some of our story's and our family stories. Betty encouraged us to then see our stories in the Biblical stories. She reminded us that



Rev Betty's address

Biblical characters had clay feet, just as we do, but God used them anyway. She spoke about the power of acting out a Biblical scene, identifying with one of the characters. Exodus and exile are the big themes of the Hebrew Scriptures. Do we see them in our lives and life stories? Betty reminded us of the power of family secrets and that sometimes we need healing of the effects of our stories. She asked us to think about the stories of our churches and of our ACW. Betty then left us with these questions: How do we make meaning through the stories of our lives? What do we need to let go? What do we celebrate? What will we leave as our legacy?

We were very pleased with the excellent turn out for this very special event. Thanks go to all who helped make this event so special.



Pearl Franz & Cisley Robinson, Silver Cross Recipients

Anglican Church Women of Canada National Presidents' Conference

September 26–29, 2019 – Star of the North Retreat Centre, St. Albert, Ab

Report on National from the President....

It was an honour to represent The Diocese of Calgary ACW at the National Presidents' Conference. It was also a huge pleasure to share the experience with Linda Holt our First Vice President. The conference was excellent, and our thanks go out to the organizers from the Diocese of Edmonton. Our National President Margaret Warwick is a member of the Edmonton Diocese so did dual duty over the weekend. All of the various ACWs across the Diocese were kind enough to provide little gifts at each of our meals and together produced a lovely special edition of their newsletter In Touch including historical information and incredibly wonderful recipes. Many thanks to Judy Korop President, Elaine Dickie, Willa Gorman and so many others for their dedication to making this conference as close to perfection as possible.

Our theme this year was "Use your gifts to serve – 1st Peter 4 : 10-11". Throughout our time at the conference we were reminded of those instructions. Linda has included a terrific description of our special Friday night presentations. I am sure all of you would have been as impressed as we were.

I would like to share with you news of the Business Meeting which took place on Friday September 27th during the day. Twenty-Seven ladies representing Twenty Diocese across

Canada and the Canadian President of the Mother's Union attended this year. Margaret Warwick, President spoke of two articles that she had prepared for the Anglican World Magazine. Margaret spoke about the National Anglican Church Women's webpage and the various inquiries that she received and handled over the past year. Our Diocese was mentioned as an example of a question asked and answered [thanks to our Historian Ann Bright].

This year we elected a new National Treasurer Glenda Peddle for a five year term and a new National Secretary Elaine Dickie for a two year term. Next year will be an election year for a new Vice President. Following our election were the reports. The Vice President reported that she had very little to do [as an enticement to anyone considering that position for next year]. Rosemarie had created a closed Facebook page which was not getting too much up take. Margaret Warwick mentioned how well our Diocese of Calgary ACW Facebook page was being received. I thanked Margaret and recommended that we move to an open Facebook page as it is easier for people to find us.



*Star of the North - Willow Room
(during National Conference)*

Our Past President Susan Kinney took some time to explain to this year's attendees why the election for National Treasurer and National Secretary had been postponed from last year. At one time it was believed that to be eligible to run for the National Executive your own Diocese had to be willing to pay your registration for the first year of your term. Susan was tasked with finding out whether that had actually been passed as a motion and it had not. The treasurer Joanna Muzyka was up next with several interesting reports. Joanna explained about the Anglican Foundation – how it works and how the National ACW monies are handled by the Anglican Foundation. She also

directed us to review the Titley Fund – this fund was set up to assist with registration for the National President's Conference. <https://www.acwcanada.com/financial-assistance---titley-fund-guideline.html>.

It was moved that the National ACW board offer a special grant for the 2020 National President's Conference of \$600.00 towards the \$1,200.00 registration fee to all Councils of the North ACW Dioceses which would include the Arctic, Brandon, Athabasca and Caledonia. A further \$450.00 could be applied for from the Titley Fund. Further information regarding this will be available before next year's conference.

All the delegates were excited to hear news of the 2020 Conference to be held in the Diocese of Western Newfoundland Thursday October 1st until Sunday October 4th. The delegates will be staying at the Glynmill Inn in Corner Brook. The Theme for the conference "Walk humbly with your God" is taken from Micah Chapter 6 ; Verses 1-8. Our first item of new business was drawing our Diocesan Prayer Partners for 2019-2020. Our Diocese is praying for the Diocese of Montreal and the Diocese of Huron is praying for our Diocese. There was discussion of future National ACW President's Conferences and the Diocese of Saskatchewan [Prince Albert] has volunteered to host in 2021.

There is ongoing discussion regarding a future National Gathering for all women with the suggestion that it should be in the west. Dates now being suggested are 2022 or 2023. It is expected that more serious talks will begin in the summer of 2020 as it takes at least three years to prepare for this gathering.

The constitution is now on the website and if you have any concerns please contact Margaret Warwick, President. <https://www.acwcanada.com/constitution--bylaws-of-national-acw.html> We then broke into our Ecclesiastical Province Meetings to answer the question “What makes your Diocese unique?” I was the recording secretary for the Province of Rupert’s Land. What Linda and I heard was the anguish from our sister ACWs as they struggled with issues of low attendance and possible closures of churches, failure to make decisions, disruptions caused by different liturgies and conflict within congregations, as well as stories of struggling young women. Our report from Calgary was much more upbeat as we had so many positives to share. It made us both aware of how blessed we are with a dynamic executive and board combined with a very supportive Archbishop and Diocese staff.



Anglican Cathedral in Edmonton

The installation of our new officers took place on Saturday evening at the Standing Stones Eucharist.

Respectfully Submitted – Margaret Newton

Report from the First Vice-President....



President Margaret Newton and First Vice-President Linda Holt at National Conference

I would like to start by thanking the Diocese of Calgary for sponsoring my attendance at this Conference. It was a very interesting, encouraging and spiritually fulfilling experience. The venue was perfect. It was in St. Albert, on Mission Hill, an Oblate Centre housing a large number of buildings, including a Church, Cemetery, Hospice, School, Parish Centre, Father Lacombe’s Chapel, (the oldest building in Alberta) and the Retreat Centre.

The first evening we were welcomed by Ven. Travis Enright, Archdeacon of Indigenous Ministries and an Elder of the Cree Nation. Entertainment followed including a very beautiful Filipino nose flute presentation and a local minstrel, who played songs we could all sing! All of our evenings ended with the lovely Evening Prayer service in the Chapel led by a wonderful Priest Sally Ferguson ... a lady who reminded me greatly of my grandmother!

Friday evening, we had five different speakers who showed us how we could share our gifts. The PWRDF presentation was excellent for is focused on a mother and her daughter who are both working for the organization and promoting its successes. Then a retired engineer from Saint Vincent de Paul spoke of their work in the North and wowed us with the scope of services and food they provide. Our Ottawa chapter sends containers on their barges, so they are intrinsically involved with the organization. Then a representative from the Cathedral in Edmonton spoke about a weekly Fruit and Vegetable (Manna) market they have started to provide food at cost to the inner-city population. Coffee and cookies are offered afterwards for the shoppers and therefore socialization and connection are also offered. Our fourth presenter was from the “Suite Yourself” program in Edmonton. It uses volunteers to run their business of providing good clothing for women on the margins who are heading out into the job force. Lastly, we had a presentation from St. Faith’s in Edmonton about the soup kitchen they run in the inner city. All of these very impressive organizations rely on hundreds of hours of volunteer

labour and they offered suggestions for ways of giving back to the community. Excellent role models for our Churches everywhere!

The Venerable Travis Enright led his “Standing Stones” service on Sat. evening. We smudged before beginning and then, in a circle, partook of the bread and the wine. It was a very moving service and also a very instructive service, as Travis explained the meaning for him behind the ceremony. It included the traditional Eucharistic elements with Indigenous spirituality, for to move on is to go from one Standing stone to the next. The evening ended with native drummers, singers and dancer and for me a very exciting realization that I was seeing my first female Native drummer.



Rev. Travis Enright

The Conference was so much more than its component parts, for there were the people we met and talked with into the evenings about our Churches and our programs and how our gifts were being used. It was a time to reenergize our faith through the Church services and the presentations witnessing the work for God.

We really are a community of faith and support. The Diocese of Edmonton and our National President Margaret Warwick did an amazing job of putting together a program that nudged us, challenged us but also acknowledged the work that we are already completing. Thank you so much for this enriching opportunity.

Respectfully Submitted – Linda Holt, 1st Vice President

The Anglican Church Women Anniversary Quilt

**Please contact Jennifer to book the quilt for your church event
403-948-6463 or jennjmingram@gmail.com**



A Celtic Prayer - a different version of the Lord's Prayer From The New Zealand Prayer Book

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!

Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
Sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and testing, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love,
Now and forever. Amen.

Submitted by Linda Anderson
From St. Edmunds (Bowness) Celtic Service



St Edmunds Celtic Altar



October Annual Retreat: Visio Divina

The Theme **“An Eye to See.”** Rev. Dr. Norman Knowles presented and lead 26 attendees of the Fall Regional Retreat in 2 sessions of Visio Divina on Saturday October 19th at St. Peter’s in Okotoks. The day began with a worship service led by our Chaplain, Rev. Betty as well as Rev. Norman and assisted for the first time at an Anglican Church Women gathering by our very own - the Rev Deacon Jennifer Ingram! Rev. Norman began by explain how Visio Divina is a practice of seeing and praying with images or other media and how it really is going back to our roots – back to a time when ordinary people didn’t read and instead would focus on images or icons to prepare themselves for communicating with God. Many of us had experienced Lectio Divina to ‘hear’ God’s word so it was not a hard stretch to embrace the idea of “Seeing” God’s word.



Rev Jennifer assisting Rev Betty & Rev Norman with the service



Rev. Norman led us through 2 sessions – one on Wisdom Woman and the other on the image of Ruth & Naomi. It provides a very contemplative time to relax and experience the word through our eyes as well as our hearts and minds. The music used to accompany the sessions was very popular with the attendees and Rev. Norman mentioned that it is available at St. Mary’s University – which is where he teaches and where he borrowed the 2 volumes of the St John’s Bible used in the sessions.



St. Mary’s University in Calgary is home to a full-sized fine art reproduction of The Saint John’s Bible, the first handwritten and illuminated Bible in more than 500 years. Commissioned in 1998 by the Benedictine monks of Saint John’s Abbey and University in Minnesota, it was created by a team of scribes, artists and craftspeople in a scriptorium in Wales under the artistic direction of Donald Jackson, one of the world’s foremost calligraphers and the Scribe to Her Majesty Queen Elizabeth II. Reflecting the construction of its medieval predecessors, The Saint John’s Bible was written on vellum, using quills, natural handmade inks, hand-ground pigments and gold leaf while incorporating modern themes, images and technology of the 21st century.



Our clergy with our President and one of the volumes of the St John’s Bible

The Saint John's Bible is available for viewing in the Library Monday, Thursday, and Friday between 8:30 a.m. and 3:30 p.m. or by appointment. To book an appointment call 403) 254-3761 or email catherine.carlyle@stmu.ca.

It was exciting to be able to see, in person, such an amazing work of art and we all expressed our many thanks to Rev. Norman for bringing the volumes and sharing them with us! We also enjoyed a time of fellowship sharing in our brown bag lunches and the setting at St Peters, Okotoks contributed to the relaxing, renewal feeling as several deer wandered passed the windows outside while we met!



Attendees to the Annual Fall Retreat

READ ANY GOOD BOOKS LATELY?



Anglican Church Women Book Review – “How to Pray: Reflections & Essays” –C. S. Lewis Submitted by Linda Holt

This volume is filled with selections from Lewis' essays, articles, letters and other works. It is insightful, instructive and illuminating! This is the opening prayer:

*“Master, they say that when I seem
To be in speech with you,
Since you make no replies, it's all a dream
-One talker aping two.
They are half right, but not as they
Imagine; rather, I
Seek in myself the things I meant to say,
And lo! The wells are dry.
Then, seeing me empty, you forsake*

*The Listener's role, and through
My dead lips breathe and into utterance wake
The thought I never knew.
And thus you neither need reply
Nor can; thus, while we seem
Two talking, thou art One forever, and I
No dreamer, but thy dream."*

This text provides the serious responses to queries such as, "Can prayer be proven to work?" Or "Why make requests of God if He Already knows what we Need?" or "Do our prayers depend on how deeply we feel or mean them?" and then he continues by using his droll Screwtape humor to instruct. For instance, "What are tips for avoiding God and Prayer altogether?" His answer, "Make sure your prayers are especially 'Spiritual', or "Believe you are not a very good Christian", or "Treat prayers as a test of God" or lastly "Focus on your own state of mind". In making us laugh at our own weaknesses, he helps us correct our practice.

When focusing on the actual practice of praying, Lewis suggests we take great care and great caution.

He thinks that we could become carried away in our prayerful resolutions, and that could lead to regrets and failed promises. He tells a story of an Irish woman who had just been to confession. As she left the church, she met her greatest enemy who shouted abuse at her. The Irish woman replied, "Isn't it a shame for ye, to be talking to me like that, ye coward, and me in a state of Grace the way I can't answer ye? But you wait. I won't be in a state of Grace long."

And so, Lewis notes, we often confess a bare minimum...

We need to give everything to God because we are wholly his and he loves all of us. Our goal, he asserts is to pray like David, with delight.

**Anglican Church Women Book Review:
"Living the Jesus Prayer" - Irma Zaleski
Submitted by Archbishop Gregory Kerr-Wilson**

"Pray without ceasing", St. Paul wrote in his first letter to the Thessalonians; but how could anyone really do that – especially lives filled with tasks, concerns, responsibilities and everyday practical stuff to get done.

It is a question that has been asked throughout history by Christians – and one which is addressed in the practice of living the Jesus Prayer.

In this very small book by Irma Zaleski (it is only 63 pages long) the author introduces the reader to an ancient prayer that dates to the earliest centuries of Christianity: "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

Twenty-four short (two to three page) chapters introduce its purpose and practice – and how that practice embeds the prayer in our hearts in such a way that, over time, we begin to recognize that the prayer is continuing within us – perhaps in our semi or subconscious minds – even while we are busy about the work and routines of life. Instruction is given on getting started, persevering, dealing with distractions, along with other practical details about which things are important (focusing on the words) and which are not (getting the write posture or place to do it).

Chapters cover the importance of understanding the presence of God in our prayer, the place of repentance, the work of love, and Holy Silence, among other things. I first learned of the Jesus Prayer in seminary and began to practice it, but then allowed it to slip away.

I recovered and then lost its use several times in my prayer life – but this little book reignited my joy in the practice of the prayer with its simplicity and the evident joy the author finds in sharing her experience of the prayer with others.

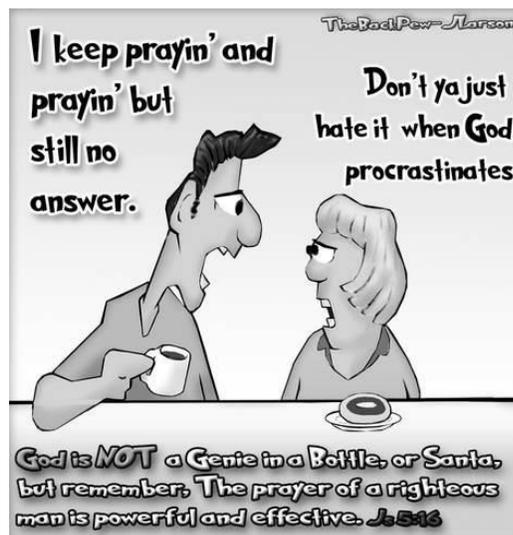
I highly recommend this book as simple entrance into a profound practice of an ancient prayer.

Anglican Church Women Book Review:
“Prayer - our deepest longing” - Ronald Rolheiser
Submitted by Margaret Newton

Spoiler Alert : I am a huge fan of Ronald Rolheiser and would highly recommend any of his books. If you are interested in reading more of his reflections please check out his website - <http://ronrolheiser.com/>

Ronald Rolheiser is a Roman Catholic priest with the Missionary Oblates of Mary Immaculate. He was born in Cactus Lake, Saskatchewan and is a member of the Canadian Theological Society and the Religious Studies Association of Alberta.

This small text [only 68 pages] lays before the reader thoughtful and guided suggestions for prayer. Beginning with all the reasons we don't want to pray and our confusion about our own emotions when we come to God in prayer, he moves us through hearing God's voice in prayer and into practicing effective praying. Also included is an explanation of priestly prayer – I particularly liked this section as it spoke about our using morning and evening prayer as a tool for our own personal prayer life. In two small reflections on Good Liturgy Father Rolheiser explains that “The best celebrant is the person who can act as a radar screen, lifting up not just the bread and wine, but all that the people bring. The celebrant gathers it all together and offers it as it is, not as he would like it to be.” Our role in liturgy is based on the belief that we are members of a living body. In that living body not only must we deal honestly and prayerfully with the small and large sins of our own but we must pray for each other, holding each other through suffering. This little gem ends with listening to God's heartbeat and growing in maturity in prayer. Father Rolheiser is seeking to make us understand that it is in prayer that we are opened up in such a way that we can hear God say to us “I love you!”.



The Ordination of Rev. Deacon Jennifer Ingram



Archbishop Greg ordained our very own Jennifer Ingram to the Order of Deacons on Sunday October 6th at St. Francis of Assisi, Airdrie. Many of our board members were able to be in attendance along with her family and the congregation as Jennifer began her new journey! Congratulations Jennifer!

Jennifer currently serves on the Board of the Anglican Church Women of the Diocese of Calgary as our Publicist and Quilt Coordinator and has previously served as President 2011 – 2013 (and vice president, etc) and has been active on the board for many years! She is a very active member of her parish's Anglican Church Women group.

Anglican Church Women Website

The Anglican Church Women of the Diocese of Calgary have a website at www.acwcalgarydiocese.com where you can view the latest newsletters as well as get information on upcoming conferences, retreats and events. We also post pictures and articles from past diocesan events. Feel free to submit stories, articles or pictures to the website at email@acwcalgarydiocese.com. You can also find application forms on the website for Silver Cross, Book of Remembrance, and conference registrations.

Welcome to the ANGLICAN WOMEN, DIOCESE OF CALGARY Facebook Page.



A reminder for you to join our Facebook Page. Please send me any information, pictures, news articles or inspirational memos that you would like to share across Facebook. I would love to have the opportunity to post your events. I am always looking for items of interest to post. Please contact Margaret Newton at margmoore49@gmail.com. You can search in Facebook for Anglican Women, Diocese of Calgary and follow our page -OR- if viewing this newsletter on line click here  and then click to follow our page. By liking our page it boosts our visibility in Facebook. **PLEASE LIKE US** 

IN MEMORIAM

It is with sadness that we say good-bye to our sister, Elizabeth G. Challice, who passed away on September 28, 2019. Elizabeth had been a member of the ACW Board for many years, serving as President during the years 1995-1997. She also served as a member at large looking after the W.A. and Silver Cross Recipients annual meeting and luncheon for many years. She retired from that position a few years ago as her health no longer allowed her to serve in that role.



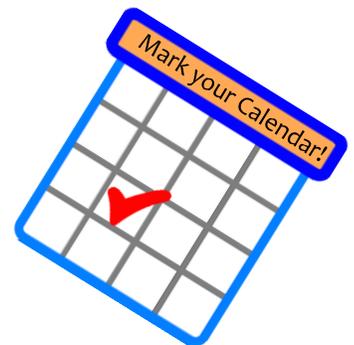
Elizabeth was born in England and studied music and education at the Royal College of Music in London at the end of World War II. While being a member of the University Choir she met her future husband Cyril and they were married in 1951. In 1965 they emigrated to Calgary to start a new life. In 1974 she earned her MA in Music Education from the University of Calgary. She worked at the Calgary Board of Education for many years as an elementary school music teacher and later was an administrator for music education. Music was always central in her life, and for many years she taught piano. She also played the cello, brought to Calgary the first harpsichord and clavichord in the City's history and played organ and directed choirs at several Calgary churches. She was an avid gardener, wonderful cook and an expert at needlepoint.

Elizabeth is survived by her husband of 68 years, Cyril, her children John and Anne and grandchildren Ashley and Rachel.

In memory of Elizabeth a donation from the ACW Board, Diocese of Calgary, has been sent to the Cathedral Church of the Redeemer Choir to be used in their music program. May she rest in peace and rise in glory.

Save the Date!

**2020 Anglican Church Women
Annual Renewal Conference
May 8 & 9, 2020
St. Peter's Okotoks**



Theme - "Use your gifts to serve others"

Guest Speaker: Julie Moser

Children and Youth Missioner
Diocese of Qu'Appelle (Southern Saskatchewan)

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Newsletter	Cisley Robinson 24 – 105 Elm Pl Okotoks. AB T1S1Y9	(403) 995-0999 csrobins@telusplanet.net
Calendars	Mary Anne Armstrong 455 Lake Topaz Cres SE Calgary, AB. T2J 2H7	(403) 271-2285 cmaa@telus.net
Archivist/Historian	Ann Bright 6012 Lloyd Cres. S.W. Calgary, AB. T3E 5V7	(403)249-4075 acbright@telus.net
Silver Cross/ Names of the Departed	Betty Nadurak #213 - 7239 Sierra Morena Blvd. S.W Calgary, AB. T3H 3L7	(403)686-1110 bettynadurak@gmail.com

Publicity/ Quilt Keeper	Jennifer Ingram 95 Elk Hill Airdrie, AB. T4B 1Y6	(403) 948-6463 (587) 434-0405 (c) jennjmingram@gmail.com
Book of Remembrance	Vera Apletree 8332 - 33 rd Ave NW Calgary, AB. T2V 1W8	(403)255-2406 no email
Web Master Calgary	Linda Anderson 8332 - 33 rd Ave NW Calgary, AB. T3B 1L9	(403) 615-0651 linda@rasltd.ca

The Book of Remembrance

The Book of Remembrance is a bound book in which the names of the WA and ACW deceased members are recorded in beautiful hand calligraphy. The book was started and dedicated by Bishop Calvert in 1953, and is kept in a special case in the Cathedral Church of the Redeemer in Calgary. There are over three hundred names entered, and the Book is taken to the Annual Conference each year so that members may have the opportunity to remember past friends.

ANGLICAN CHURCH WOMEN Diocese of CALGARY

Application for Diocesan Book of Remembrance

PLEASE PRINT CLEARLY

Date of application _____
DD/MM/YR

FROM (group) _____ Town or City _____

Name to be inscribed (including Christian Names)

Date of birth (if wished) _____
DD/MM/YR

Date of death _____
DD/MM/YR

INSCRIPTION:

Please confine inscription to two lines if possible.

Address & telephone number

Signed

Please return application and cheque for \$15 payable to ACW, Diocese of Calgary no later than Feb. 1st.
To: Vera Apletree. 58 Malibou Rd. S.W. Calgary AB. T2V 1W8 Phone: 403-255-2406