



FAREWELL TO OUR ARCHBISHOP MELISSA

On Wednesday, Feb 17, 2021, a bright and sunny day, a small number of Board members, following pandemic protocols, met with the Archbishop on the lawn outside the Synod offices to wish her farewell as she approached her retirement.

We thanked her for her service to us and the Diocese of New Westminster and presented her with a wood carved vase and a generous gift card to Canada Helps for her to make a donation to a charity of her choice.

The vase was carved from birch by Delta resident, Peter Blair and is titled "Family".



We consider the Archbishop to be a member of our ACW family.

Archbishop Melissa admiring the detail of the vase.

The ACW Board presents Archbishop Melissa with the vase from left to right. Anne Blue, Alberta Rudolph, Archbishop, Paulette Smith, Gail Revitt, Vera Morgan, Mary McIntyre.



The vase "Family" by Delta resident Peter Blair.

Photos taken by Brian McIntyre & Paulette Smith.



A prayer as I put on my mask:

Creator, as I prepare to go into the world,
help me to see the sacrament
in the wearing of this cloth -
let it be "an outward sign
of an inward grace" -
a tangible and visible way of living
love for my neighbours,
as I love myself.



Christ, since my lips will be covered,
uncover my heart,
that people would see my smile
in the crinkles around my eyes.
Since my voice may be muffled,
help me to speak clearly,
not only with my words,
but with my actions.

Holy Spirit, as the elastic touches my ears,
remind me to listen carefully -
and full of care -
to all those I meet.

May this simple piece of cloth be
shield and banner,
and each breath that it holds,
be filled with your love.

In your Name and in that love, I pray.

May it be so.
May it be so.

By The Rt. Rev. Richard Bott, Moderator, United Church of Canada, used by permission C.C.

*ONE DAY AT A TIME
IS ALL WE SHOULD BE
DEALING WITH.
WE CAN'T GO BACK TO YESTERDAY
AND WE CAN'T CONTROL
TOMORROW SO LIVE FOR TODAY.*

*KELLY'S TREEHOUSE
(IN TOUCH ACW DIOCESE OF EDMONTON, DEC 2020)*



President's Message Spring '21



How beautiful to see seven robins in our backyard a couple of weeks ago. Some were resting in the trees and bushes and some were eating crab apples left on the trees behind our fence. Also that day, we saw about two dozen other small birds around our feeders and even the hummingbird was in attendance that day. Spring was in the air!

After this past year of lockdowns, social distancing, hand washing and the wearing of masks, it is hopeful that the spring will see some easing of all these measures now that the vaccines have started.

We will hold our North East Fraser area meeting via Zoom on Tuesday, March 9, 2021. Our hosts are the ACW at St. George's, Maple Ridge. The day will start with morning prayer at 9:00 AM and we will have the speaker immediately after the service and then move onto the business.

Look further in this newsletter for the invitation to our AGM on Saturday, May 1. Bishop John will be in attendance and our speaker for the day is Rev. Bryan Rivers, VGH Chaplain. It will be held via Zoom again and you are asked to preregister.

The end of our fiscal year brings us to saying goodbye to Archbishop Melissa and welcoming our new Bishop John Stephens. We look forward to working with Bishop John over the next many years and appreciate his being able to join us for his first ACW AGM.

Most of you will probably have held your elections and we would appreciate receiving the names of your executive, especially if they have changed. Membership dues are also to paid now if not already sent in. Have you given any thoughts to how we should spend our Outreach monies? Please reply to me by March 19 with your suggestions.

The warehouse has not been open since the end of November and will stay closed until Dr. Henry and the Diocese allows us to open. Many have dropped off items over this time and the warehouse is very full. The March shipment of bales will not take place, but we are hopeful that we will be able to get a shipment out by June.1

Hoping to see all of you at our AGM, May 1.

God's Blessings,
Gail Revitt, Diocesan President

Chaplain's Chatter

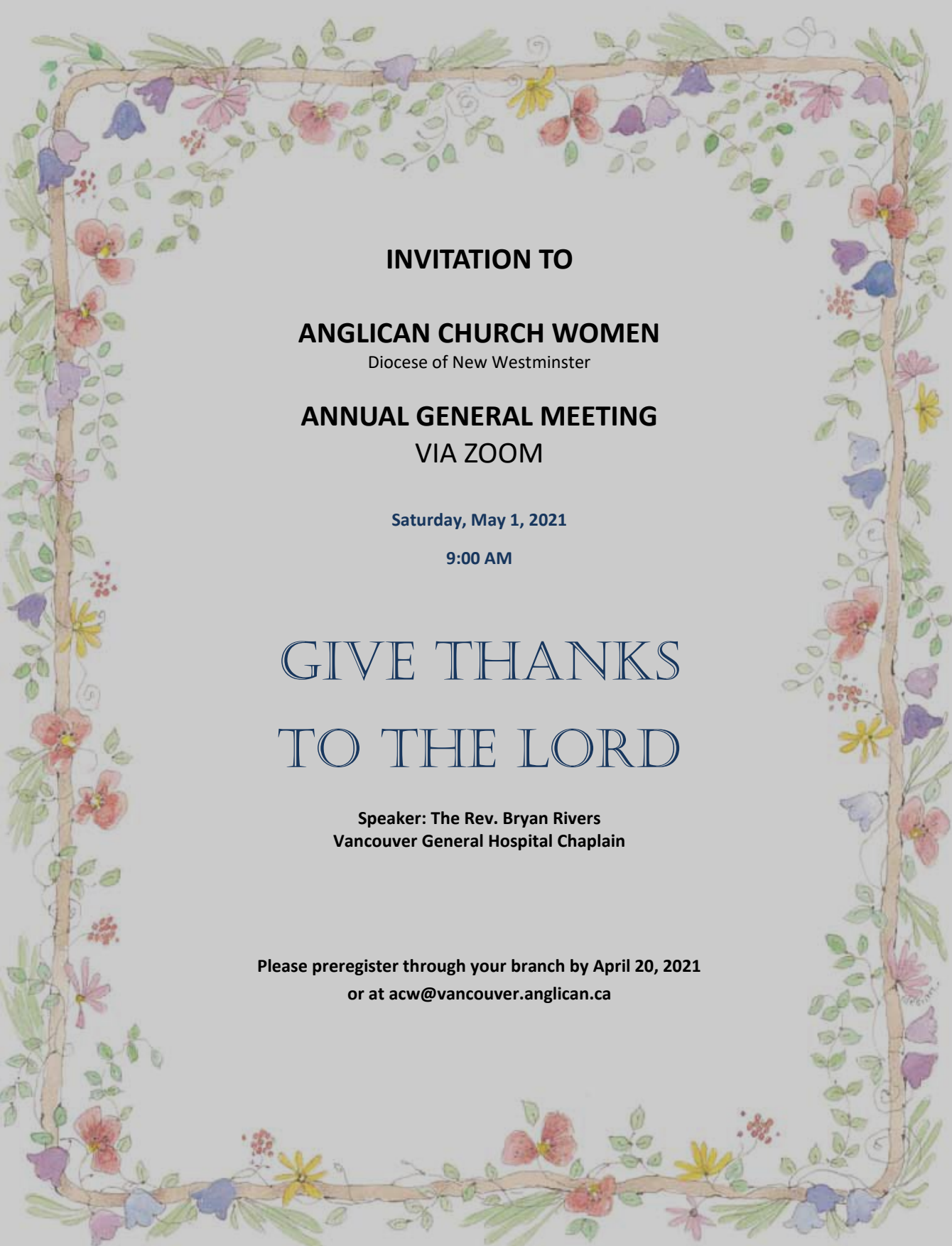
Now into the second week of Lent, we might still be wondering why we are even observing Lent this year. Haven't we had enough of Lent?! It feels like we'd had of whole year of "giving up". A year in which a microscopic virus has globally caused us so much loss and hardship. Even beyond the sickness and deaths, has been the loss of economy for so many. Globally, we have seen a surge of racism, and extreme weather events caused by climate change. And here at home, we have had to give up seeing our friends, hugging our grandchildren, and any travel beyond our borders. It can feel overwhelming to find ourselves in the second Lenten season since this pandemic started.

But then, we might ask ourselves, "Is giving up something" really what Lent is all about? Perhaps this is an opportunity to look a little deeper into the spiritual reason for Lent. Hasn't the deeper purpose always been to take a step back from our day-to-day habits and entanglements, to atone for our sins (thinking of the ongoing, often unthinking ways we interact with people around us, or world, and with God) Lent gives us a chance to reflect deeply on the way our imperfect selves get in the way of our spiritual growth? Hence the "focus" on our giving up by fasting on something of our physical pleasures, – in order to focus on our spiritual lives.

The heart of Lent remains unchanged. Yes, we can and should acknowledge and grieve for all the losses we've suffered. But the true, profound core of Lenten discipline is not about giving up at all – it's about drawing closer to God (and closer to others, to a just world, to a better and more faithful walk of discipleship). So, on the one hand, while we have gone through and are going through some very difficult times, our Lenten soul-searching work is the same. We look at our lives and at the things in our lives that separate us from God, and we endeavor to follow ever more faithfully in Jesus' footsteps. Our Lenten hymn continues to be "Just for a closer walk with thee".

Lenten Blessings,
Ven. Beverley Stewart





INVITATION TO
ANGLICAN CHURCH WOMEN
Diocese of New Westminster
ANNUAL GENERAL MEETING
VIA ZOOM

Saturday, May 1, 2021

9:00 AM

**GIVE THANKS
TO THE LORD**

Speaker: The Rev. Bryan Rivers
Vancouver General Hospital Chaplain

Please preregister through your branch by April 20, 2021
or at acw@vancouver.anglican.ca

Mercy, Blessings, Wisdom, Joy, Strength, Forgiveness, Acceptance, Peace, Grace.

Layman's Ten Commandments

Someone has written these beautiful words. It's a must read.

Try to understand the deep meaning of it. They are like the ten commandments to follow in life all of the time!

1] Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout the journey.

2] So why is a Car's WINDSHIELD so large and the Rear View Mirror so small? Because our PAST is not as important as our FUTURE. So Look Ahead, and Move on.

3] Friendship is like a BOOK: It takes a few minutes to burn, but it takes years to write.

4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.

5] Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!

6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, Sweetheart, it's just a bend.... not the end!

7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems, HE has faith in your abilities.

8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"

9] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.



THE ARTS

Covid has shut down all in person performances so most everything is virtual. You might be interested in these activities - free of charge- you just have to register.

Vancouver Institute online lectures, Saturdays at 8:15

<http://vancouverinstitute.ca> to register and for further information

Vancouver Opera <http://vancouveropera.ca>

UBCOpera www.ubcoperatickets.com

VSO www.theconcerthall.ca

Coastal Jazz and Blues Society <http://www.coastaljazz.ca>

Medici TV - accessed through the Vancouver Public Library

Courtesy of the Vancouver Council of Women



Hamburger Soup by Barbara Monasch

- 1 1/2 lb. ground beef (and/or pork mix)
- 1 onion, finely chopped (1 package Onion Soup mix)
- 28 oz can tomatoes (crushed or minced)
- 2 c. water
- 3 cans consume (1 litre box of Campbell's beef stock no salt added)
- 1 can tomato soup (I change for tomato paste)
- 4 carrots chopped fine (Half a package of diced or minced carrots)
- 1 bay leaf
- 3 stalks celery (1 c. frozen assorted vegetables)
- 1/2 t. thyme
- 3/4 c. pearl barley
- Pepper to taste

Brown meat and onions in large pot. Drain well. Return to pot. Combine all other ingredients and add to meat and onions. Simmer covered for at least two hours.

Serves 10.

(changes by Beth Fortin to the recipe that her family LOVES!)

Northern Clergy Families Fund

For the past four years the chaplain for the Canadian Mothers' Union has been the Rev Tom Stradwick of the Parish of Hampton in New Brunswick. Rev. Tom came to Hampton from the Council of the North. When Rev. Tom was asked by Alice Kennedy, Canadian Mothers' Union President and a parishioner, to be the Chaplain for the Canadian Mothers' Union, he readily agreed because his family had been the recipient of a gift from the Northern Clergy Families Fund many years before. He had never forgotten the generosity of the gift of \$950. It arrived, unannounced, at a time when like most of the clergy families in the North they were faced with expenses.

The Northern Clergy Families Fund (NCFE) is an outreach project of the Canadian Mothers' Union. The Fund was started in 1974 to help isolated clergy spouses serving in the Dioceses of the North. Initially it was thought that the gift could be used for a holiday or trip home to see family and friends. That idea quickly changed, when clergy indicated that they needed the money for necessities. The fund changed from being specifically for spouses to being for clergy families in general.

Donations come from Mothers' Union branches, Anglican Church Women groups, churches and individuals. We were able to distribute 15 gifts of \$1000 to each recipient in 2020. The recipients are free to use the money for their specific needs. The gift offers clergy families a tremendous boost, providing opportunity to visit family, attend conferences, and cater to medical, travel, home and family needs as the following note attests.

" Please know that I feel so blessed to be a recipient of such a loving kindness at such a time as this. This year has been very trying and difficult for us as a family and as a church .yet through it all we really appreciate the wonders of God's working and provision through people like you. And though we live in a quite small remote town, having to travel to other nearer towns or city for our other necessities, the warmth and friendship of the people here is overwhelming. And this brings us great comfort and joy living here.

And with your generosity and Christian love, my family and I want to say over and over again: THANK YOU SO MUCH FOR YOUR GIFT OF \$1,000. It surely is a blessing from heaven through you. Again, THANK YOU. And we pray that the Almighty Father continually bless, protect and use you for His honour and glory. May God in His divine protection cover you and your family and keep you safe all the days. And may the Lord Jesus greatly reward your faithfulness in doing His ministry. May you have a very meaningful, fruitful New Year."

Another email simply says this, *"I would like to extend my heartfelt thanks to you and the Canadian Mothers' Union for the very kind donation Michelle and I received yesterday. We are truly thankful and appreciate the warm letter that accompanied the cheque."*

The recipients of the \$1000 gifts are selected on a rotational basis. The Northern Clergy Families Fund Coordinator contacts bishops in the Council of the North as funds permit. Each bishop is asked to submit the names of two clergy families who would benefit from the gift. Special or urgent requests are also considered.

The coordinator of the Northern Clergy Families Fund is Mothers' Union member, Linda Viau of Thunder Bay, Ontario.

Taken from their 2021 Newsletter "Keeping In Touch", from ACW Diocese of Nova Scotia & PEI. Written by Mary Stone, President Elect, National Mothers' Union.

UNITED THANK OFFERING



SATURDAY, January 9

Julia Chester Emery

Psalm 131:4 *O Israel, wait upon the LORD, from this time forth for evermore.*

Julia Chester Emery served as the national secretary of the Women's Auxiliary of the Board of Missions for forty years, from 1876 to 1916. For the Episcopal Church, perhaps her most significant and longest-lasting legacy is the United Thank Offering.

The little blue boxes are one of the first church things I clearly remember and looked forward to, long before I knew who Julia Chester Emery was. But it was her idea, brought to fruition by the Women's Auxiliary, that each time you are thankful, you would drop a coin into your little box. Once a year, these offerings were all gathered together. Everything that was collected was used to fund missions of the Episcopal Church. The United Thank Offering continues to this day, annually giving more than a million dollars to mission efforts in the Episcopal Church. Julia Chester Emery gave us all a lasting way to give thanks and to do good.

MOVING FORWARD: To the glory of God and in thanks for the life of Julia Chester Emery, today, give thanks and do good.

©Taken from Forward day by day January 9, 2021.

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Is there something in your life today that you remember praying to have?
A job, reliable car, a relationship,
a child, a favourable test result???

Gratitude is often looking at your life with new eyes, remember those times you prayed for the very thing you have.

What are you thankful for today?



Irish Blessing

May St. Patrick guard you
wherever you go and
guide you in whatever you do
and may his loving protection
be a blessing to you always.

Courtesy of the Vancouver Council of Women

Dear Members of the Vancouver Council of Women, Provincial Council of Women of BC and The UWCW Multicultural Interest Group Members.

In honour of Black History Month, I am forwarding for your information, a fascinating 35 minute video interview with the Honourable Dr. Jean Augustine, Canada's first black Member of Parliament and Nicholas Johnson, the first black Valedictorian (2020) in the 274 year history of Princeton. He is now a PHD student at MIT.

Dr. Augustine is the Member of Parliament who introduced to the legislature the Motion of Black History Month, which passed with unanimous consent 25 years ago.

<http://www.jeanaugustine.ca/jean-augustine-bio/>

<https://montreal.ctvnews.ca/a-proud-moment-for-canada-princeton-s-first-black-valedictorian-is-a-montrealer-1.4935153>

<https://youtu.be/cKbj21OR6GM>

Never too old to help!

June Martin, 93 years young, formally an ACW from Holy Trinity, White Rock has moved to be with her daughter in Kelowna but still keeps knitting for us.

Thank you, June and Blessings to you.



2020-2021

NEW WESTMINSTER DIOCESAN BOARD

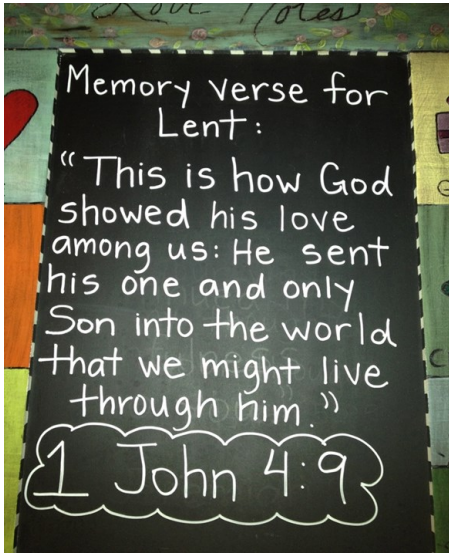
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 Memorial Roll: Gail Revitt
 Calendars: Sylvia Enga



Lent



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| Church | Believe | Fasting | Forgiveness |
| Friendship | God | Growth | Healing |
| Holy | Hope | Jerusalem | Jesus |
| Lent | Luke | Mercy | Prayer |
| Spirit | Worship | | |

The News N Views is put together by Gail Revitt and Beth Fortin.