



ACW Newsletter Lent 2025

Anglican Church Women

Diocese of Toronto

135 Adelaide Street East Toronto
▪ ON ▪ M5C 1L8

PRAYER LINKS

April

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

May

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

June

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

NATIONAL PRAYER PARTNERS

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

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

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

Deadline for next issue May 30, 2025

COMMUNICATIONS

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

LENT

It is generally agreed that the 40-day period before Easter, known as Lent, emerged shortly following the Council of Nicea in 325 AD. Earliest observances of Lent seem to have focused particularly on the practice of fasting. The fast applied at first mainly to new converts as a period of repentance and reflection before baptism at Easter. Different regions had different rules but all agreed that the fast was strict: one meal a day after 3 PM with no meat, fish, or dairy.

Pope Gregory I finally regularized the period of the fast churchwide. It was to begin on the Wednesday 46 days before Easter with a ceremony of ash, and not to include Sundays, which were perennial days of celebration.

Historical records indicate that a pre-Easter season of fasting had actually been in practice already, as far back as the second century, and perhaps even earlier. Jesus fasting 40 days and 40 nights in the desert to prepare for his public ministry is thought to be the primary inspiration for fasting for 40 days before Easter.

By the 800s, the strictness of the fast began to relax. By the 1400s, Christians had begun eating the one meal earlier in the day, and later began to add a smaller meal to keep up their strength for work. Eventually, the one-meal restriction was lifted altogether, and new practices emerged, like the idea of giving up some luxury or need as a personal sacrifice for the season. Over time, "giving something up" became the centerpiece of Lent.

Lent continued to evolve in practice during and following the Reformation. Over the years, Lent has become less strict in almost every western tradition. However, the act of "giving something up" has remained strong. For all of these changes, though, the tradition of Lent is still largely recognizable to what it was nearly 2,000 years ago.

Ecclesiastical Needleworkers

The Needleworkers continue to meet weekly. The photos show Elaine Rowe sewing a large veil to be used across the chancel in Lent and Peggy Perkins cutting trim for a pall for a funeral urn.

As well as creating new articles, the needleworkers have several gently used fittings, vestments and fair linens looking for good homes. If you are interested in seeing their work, a visit can be arranged. Please call the ACW office (416-363-0018) and leave a message for the Needleworkers.



“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Mother Teresa”

PRESIDENT’S MESSAGE

This Winter has been the hardest one we’ve experienced in a long, long time. As I write this message, today’s snowfall has closed schools, airline flights are delayed or cancelled, and youth programs have been cancelled. The temperatures with the windchill have been -15° Celsius for days at a time and we’ve had more snow than we’ve had in years. I know I’m looking forward to Spring (my second favorite season of the year after Fall), Lent, Easter and longer, warmer days.

After almost a year in my role as President, I’m still learning by trial and error. I can remember saying in one meeting, I don’t know what I don’t know. So, please forgive me. I’ve enjoyed meeting many ladies in the Diocese of Toronto at the Women’s Gatherings in Orillia and Stouffville. I’m looking forward to a Deanery Day on May 3rd in the town of Ivy. We’re also hoping for a Women’s Gathering in the Fall.

Our AGM via Zoom will take place on Saturday, April 26, 2025 from 10 a.m. – 1 p.m. Our theme this year is “Ministering With Compassion.” Our special guest speaker is Ji-Sook Kyun, Lead Spiritual Health Practitioner, Pastoral Counsellor, Spiritual Care for Lakeridge Health.

Compassion is what we need in these uncertain times together with being a proud Canadian. I love Canada and think we live in a great country. We need to stand together and care for each other in our towns, cities, provinces and Canada as a whole not to mention the various committees and activities that we are involved in. Buy Canadian, fly your Canadian flag, wear your Canadian pins and know with a strong movement of all people, we will survive this latest assault on our great nation.

Be kind to yourself and each other.

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

Sincerely,

Janice

A Prayer from Augustine of Hippo:

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I may love only what is holy.
Strengthen me, O Holy Spirit, that I may defend all that is holy.
Guard me, O Holy Spirit, that I myself may always be holy.
Amen.

Chaplain's Reflection

Grace and peace to you as we embark on a journey of reflection, meditation, worship, and service over the course of the next several weeks.

The Lenten season differs in many ways from the Advent season: we don't have a hanging of the greens, we don't sing carols, and instead of anticipating the birth of the Christ child, we prepare ourselves for His death and resurrection. This sounds very sad in contrast— but the oxymoron is we rejoice because we know the story.

As we marvel at Jesus' birth during Advent, in Lent, we reflect on the mystery of faith,

Christ has died,
Christ has risen,
Christ will come again

After spending forty days being tempted by Satan in the wilderness, Jesus returned to his people, and he was busy!! During his last days on earth: he cleared the temple, cursed the fig tree, taught the Sermon on the Mount, and all in just two days. How he worked! What does that tell us of how we are to work for the gospel. We are told in Matthew "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

How do we do this in a society that is becoming more and more secular. How can we as Christians seek to share the "good news of Christ" and his salvation. For many, all they know or hear of Christ's love or faith, is the negativity and wrongdoings of the church. It is up to us to share the wonderful gift of faith, and what a church family has to offer.



Chaplain's message cont'd

We must be bold, brave, and speak up for the gospel, otherwise who will? How do we do this in the present society and culture? We start with small steps. When someone asks "How do you get through tough times?" let them know it is your faith that upholds you. What about a gentle invitation to accompany you to church. Let them know there is a part of your life you would like to share with them. Speak out for the joy of a relationship with Christ.

When someone asks you to pray for them, do so, as you may be the only connection they feel they have to God, but also pray with them, and encourage them to pray themselves. When we hear of a great new restaurant or where to find cheaper gas, or a new tool or recipe, we share. We share because we want those we care about to have the advantages of what we know and have.

Why then is it so hard for us to share the greatest gift ever given, our salvation, and the comfort of Christ's love. I have invited many people to church and never have I had anyone be rude when I asked. I hear the usual "If I came the roof would fall in." I suggest you have an answer ready. Will it be easy? Of course not. But then nothing was easy for Jesus, and yet he and 12 men changed the world.

Blessings in Christ

Rev. Canon Joan Cavanaugh-Clark
Chaplain
Toronto Diocesan Anglican Church Women

Prayers for Lent

During these 40 days, let me put away all my pride. Let me change my heart and give up all that is not good within me. Let me love God with all that I am and all that I have.

Lord Jesus, you were tried and tempted by the forces of evil. May we never be ashamed of temptation, but save us from the weakness of giving way to it. Help us choose the way of faithfulness rather than popularity, service rather than fame, sacrifice rather than power.

God of goodness and mercy, Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love.

Christian Women of Etobicoke

On March 2nd, 2024, Christ The King Anglican Church hosted the annual World Day of Prayer. Approximately 60 people from eight churches in our neighbourhood attended the service and the small reception afterwards.

At the next ACW meeting at Christ The King, we reflected on the camaraderie among the women who attended the gathering. How much more outreach could be done in our community if we banded together! Representatives of the eight churches were invited to a luncheon in May to discuss this idea. The idea was met with enthusiasm and the Christian Women of Etobicoke was born.

The first Planning Committee meeting of the Christian Women of Etobicoke (CWE) was held in June. At that meeting, it was decided to focus initially on outreach to the seniors in our community who often feel isolated or ignored. Regular monthly events were planned that would allow them to socialize. Events were to be held at The Church of Christ The King because of the accessibility and availability of space. Each church would take a turn hosting. At the first event in September, 30 seniors gathered for a sing-a-long and refreshments. The October event was a presentation by Etobicoke police officers on scams and fraud affecting seniors with 50 attendees. At the November event, 45 seniors gathered for an afternoon of games and refreshments. The December event was a Christmas theme with crafts and carol singing. The January event was a presentation by the Downsizing Divas. Informative and entertaining events will continue on the third Wednesday of every month until June.

Currently five neighbourhood churches are represented on the CWE Planning Committee which meets on the first Monday of every month. We are hoping for the participation and contributions of other community churches in the future.

The Christian Women of Etobicoke are pleased with the number of attendees each month. Their enthusiasm encourages us to continue with the program.

Respectfully submitted by Anne Saxton, Sandy McPhail, Myra Jones, Ruth Pengelly

Special Projects for 2024 - Food Insecurity

The theme for the 2024/2025 Special Project donations is Food Insecurity. The following organizations were chosen to receive Special Project funding in 2024.

North Archdeaconry: Angus Foodbank, Elmvale Foodbank, Barrie Friendship Centre.

West Archdeaconry: Youth Without Shelter.

East Archdeaconry: Feed the Need, Durham.

Central Archdeaconry: York Region Food Network, Feed Scarborough.

South Archdeaconry: Teresa Group



World Day of Prayer 2025

Friday, March 7, 2025, the first Friday of March, is the 2025 World Day of Prayer featuring the country of the Cook Islands with the theme “I Made You Wonderful”.

Our sisters from the Cook Islands have spent the last few years deepening into the theme: “I Made You Wonderful,” based on Psalm 139:1-18. The 2025 program invites us into the knowledge that each one of us was made with care and love by God. When we can receive this profound truth, everything in our life changes and we begin to radiate and shine from within. We also learn how to treat every other person as made wonderful by God.

Our first Guiding Principle in the World Day of Prayer articulates that our starting point is Christian women. This has been an essential conviction of our movement over the last century. Too often, women and girls have been silenced and oppressed, making this upcoming theme from WDP Cook Islands particularly relevant. The message that we, as women and girls, are “fearfully and wonderfully” made in the image of God reinforces our movement’s support of women in expressing their faith and speaking about their lives in prayer and worship before God and in community.

The Worship Service invites us to notice aspects of our divinely created bodies that we often take for granted. The scripture reading from Psalms 139:1-18 is woven together with stories of three women from the Cook Islands. We come to understand that God knows us, is always with us, and made us unique and special.



2024 Fall Women’s Gathering, Christ Church, Stouffville (repeat)

More than 50 women gathered at Christ Church Stouffville in the Great Hall, from as far as Orillia, Bowmanville, Shanty Bay and Sharon. They were welcomed with coffee, muffins, pumpkin goodies and lovely fall decorated tables. Meet and Greet sheets helped women connect with others that they did not know previously.

Following a brief introduction to the day, some history of this event, and an opening prayer, more time was given for conversations before we all moved to the sanctuary to hear and see a presentation by lawyer, Ida Morrow-Carusio, who spoke about empowering women in the workplace, home and in relationships to know what the law says and does not say. Some questions from the floor were addressed.

Following lunch which included a treat of baked whole apples with ice cream, there was a rousing sing-song of great old hymns led by Linda Hadaway and Cathy Tubb.

Wilma Scorar then invited us to “get our hands dirty” planting some tiny succulent plants to take home. She also provided the opportunity for a paint-blotting exercise in which we then had to decide what our art work was depicting. Lots of fun and laughs! Glenda Kerr had prepared the alphabetical suggestions that had helped to guide American musician, Usher, in his life. As these were read out by individuals around the room, they all seemed to speak to each of us! (google Usher: A-to-Z Advice to Live By). Rev. Lisa Newland closed the day with a benediction. Many thanks go to Glenda, Wilma and Linda for organizing the event and to the many others who helped in so many other ways



NATIONAL ACW CONFERENCE 2024

(repeat from Advent newsletter due to postal strike)

The theme of the ACW President's Conference held in Stratford, Ontario from September 26 – 29 was "Let Your Light Shine" and was hosted by The Diocese of Huron. We can all be a light to others—those in need, those who are lonely, and those who have no voice.

We began our weekend with a delicious meal provided by the ACW of St. James, Stratford. At our meals, a prayer or poem focusing on light was placed at our seats. There were many excellent poems/prayers. On Thursday night, our meal was followed by The Celebration of the Holy Eucharist led by The Venerable Dr. Stephen McClatchie and The Reverend Canon Robert Lemon (preaching).

Friday was a full day beginning with breakfast, morning worship, with special guests Lilian Ketch from the Mothers Union; Michelle Hauser, Anglican Foundation Representative; and Janice Biehn, PWRDF Representative. Our Chaplain for the weekend was the Reverend Patrica Allison. Michelle Hauser of the Anglican Foundation spoke about Enabling Connections; Fostering Innovation; and Connecting Donors.

I found the presentation by Janice Biehn, PWRDF especially interesting. She outlined the following areas of focus:

Indigenous Response where PWRDF are providing one-year grants between \$5,000 - \$15,000 to respond to needs identified by Indigenous communities.

Emergency Response (In Canada) Education Focus—Creation Care: Climate Action. A three-year education focus—climate action and food insecurity; climate action and women; and climate action and health.

In Gaza on October 7, 2023 PWRDF provided \$30,000 in emergency funding to the Al-Ahli Hospital who is a long-standing partner of PWRDF.

PWRDF partners with 3 Indigenous organizations overseas including the Ancestral Hampik Warmikuna Health Council in Ecuador. They work "to preserve traditional knowledge and empower communities in Mexico, Peru and Ecuador" (PWRDF website) with regard to maternal health care.

Partnering with the Anglican Development Services Eastern (ADSE) of the Anglican Church of Kenya to improve "water accessibility through environmentally sustainable practices to enhance community climate change adaptation and resilience" (PWRDF website).

5-year Strategic Plan (2024 – 2029) focusing "On Place" where partners and their priorities are at the centre of their work; Strengthening their relationships with Indigenous communities by supporting Indigenous rights, voices and programs; Amplifying the voices of young people and affirming their role as leaders in social justice initiatives; Committing to a culture of respect and learning about staff, partners and volunteers; Inspiring generosity through effective donor stewardship; Contributing to the vitality of ecumenical groups and other networks; and Supporting sustainable programs and humanitarian assistance grounded in human rights and Creation care.

Janice's presentation ended with an announcement that on October 15th, the name PWRDF will be changed. Note the new name is Alongside Hope—Anglicans and partners working for change in Canada and around the world (email received from Will Postma on October 15th).

The afternoon session focused on the business of the National ACW. Highlights included the Treasurer's Report—2023-2024 Financial Statements and the 2024-2025 budget.

Cont'd on page 7

Nat'l Conference cont'd

There was a motion to amend the Term of Office of the Treasurer (Article VIII) from the current 5 years to ensure that the transfer of authority of the Treasurer takes place during an in-person Annual Conference. As no one stepped forward to assume the position for this year 2024-2025, the next time a transfer could take place is in 2026-2027. There are no changes to the Executive. A host is being sought for the 2025 Virtual Conference. In 2026 (in person) the conference will be hosted by the Diocese of Athabasca in Grand Prairie, Alberta.

We were invited to help prepare a video for the Coventry Cathedral Litany of Reconciliation which included seven petitions:

- (1) The hatred which divides nation from nation, race from race, faith from faith, class from class;
- (2) The covetous desires of people and nations to possess what is not their own;
- (3) The greed which exploits the work of human hands and lays waste the earth;
- (4) Our envy of the welfare and happiness of others;
- (5) Our indifference to the plight of the imprisoned, the homeless, the one who does not look like us, the one who is mentally ill, the refugee;
- (6) The lust which dishonours the bodies of men, women and children; and
- (7) The pride which leads us to trust in ourselves and not in God.

Friday night we enjoyed another great meal provided by the St. James Stratford ACW. After dinner we were entertained by a Fun Fashion Show by the St. James ACW followed by Compline.

The Diocese of Toronto's 2024 – 2025 Prayer Partner is Calgary.

Tea and Toast by *David Deschambault (1956 - 2024)*

Long after the tea and toast are gone, the memory lives on.

Who can appreciate the value of Tea and Toast?

The empty cup and plate remind us of a time to part.

There is so much sadness gazing into an empty cup.

Only a dim reflection beyond the crumbs of peanut butter and jam.

Only the smile with the breath of pleasant memories

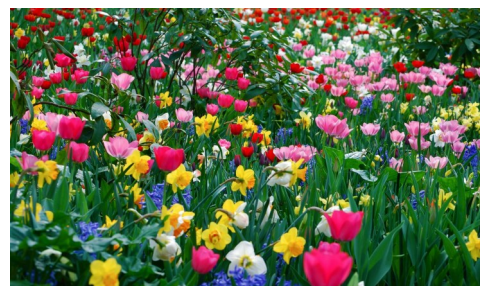
If I never enjoy Tea and Toast again, I just need to close my eyes

And the memory of its company will always be alive.

For much peace can be found in Tea and Toast

Conversations such as these are what friends are born for.

So always remember there's more Tea and Toast.





THE ANGLICAN CHURCH WOMEN DIOCESE OF TORONTO



invite you to the

Annual General Meeting (Zoom)

SATURDAY APRIL 26, 2025
10:00 am – 1:00 pm

Theme

“Ministering With Compassion”

Special Guest

Ji-Sook Kyun, B.A., M.Div.

Lead Spiritual Health Practitioner, Pastoral Counsellor,
Spiritual Care, for Lakeridge Health

The invitation with the registration link will be emailed to each church by
April 1, 2025

Registration information will be on the Diocesan website:
toronto.anglican.ca by April 1, 2025

For further information:

Telephone: 416-363-0018 (leave message) e-mail: acw@toronto.anglican.ca