



Sylvia Enga, Kay Huddleston, Vera Morgan

Kay Huddleston was Diocesan ACW President from 1984 - 1987. She is a WA Life Member. One afternoon in November, Sylvia Enga and I had the privilege of attending her 100th Birthday Party on behalf of the ACW Board. This fell a few days after her actual birthday.

It was nice to meet Kay's extended family. Sylvia and I were particularly interested in speaking with one of Kay's nieces, who had served in Mayo, Yukon. It was gratifying to hear how the bales sent by our diocesan group clothed the people in the area and to hear about the duffle coat that had kept her warm in that chilly clime!

Toward the end of the afternoon one of Kay's nephews arrived and presented her with three letters of congratulations. The first was from Queen Elizabeth II, the second from the Governor General and the third from the Premier of BC

Vera Morgan

MEMBERSHIP

Just a reminder that membership fees are due in January each year.

Branches, please send an update of your membership list with payment to our membership secretary, Vera Morgan at ACW Place.

Individual membership is \$12 per year.



THE CAT'S CHRISTMAS CAROL

*A bedraggled white cat with fur matted and torn
 Came to Bethlehem stable the night Christ was born.
 The ox was her friend and he nodded his head
 To say that she might use his straw for her bed.
 Two travellers were sleeping now by the far wall
 And their donkey was dozing there in the next stall,
 But the cat passed them by, never changing her pace,
 and curled up to sleep without washing her face.
 Then soon after midnight she started and stirred
 Because of astonishing sounds that she heard.
 A chorus of angels outside in the sky!
 And here in the stable a baby's birth cry!*

*Now the ox and the donkey were wide awake, too,
 And all shared in the joy their hearts told them was true,
 That the babe was God's son and sent down from above
 To bring to all creatures the gift of God's love.
 Then up on the roof the cock crowed with full voice:
 "Christ is born! Christ is born! Let the whole world rejoice!"
 And the cat now crept forward to where the child lay
 Wrapped up in white cloth on a cradle of hay.
 And she started to purr but it stuck in her throat
 As she thought in sad shame of her soiled, tangled coat.
 So she went to a corner where she could not be seen
 And licked at her coat till she looked combed and clean.*

*Then again she crept forward to sit by the child's side
 And purred lullaby music as his eyes opened wide.
 And he smiled as he blessed her
 and she gave him her vow
 That all cats in all countries would honour him now,
 And no cat and no kitten would ever be seen
 With face, fur or paws that were not shining clean,
 Lest they be caught in shame as she'd been this night
 Unclean and unworthy to appear in His sight.*

*So when you see cats washing themselves after play,
 Remember the cat on that first Christmas day.
 How she washed herself clean and untangled her fur
 To come to the Christ Child with lullaby purr.*

Virginia Holmgren

PRESIDENT'S REPORT

I represented our Diocese at the National Meeting of ACW Presidents, Star of the North Retreat Centre, St. Albert, just outside Edmonton, Sept 26 to 29, the theme being "Use your Gifts to Serve" 1 Peter 4: 10. The official opening was by Archdeacon Travis Enright, Archdeacon of Indigenous Ministries, who introduced Elder Elsie Park, She spoke on honouring women. She was presented with an afghan along with tobacco and cloth – red, white, green & blue, presented with the left hand which is connected to the heart.



The National Website is being worked on, as well as a Face Book page. We have a new Treasurer, Glenda Peddie from Western Newfoundland a 5 year term, and a new Secretary, Elaine Dickie from Edmonton a 2 year term.

The most important motion of the business meeting was that all Dioceses in the Council of the North will be provided with \$600. to send a representative to next year's annual meeting. There are also additional funds to apply to the Tittley Foundation (for travel), of another \$400. And that would leave each Diocese to only be required to spend \$200, to send a representative. It will be wonderful to have in attendance women from all Dioceses in the country.

Friday evening was a potpourri of speakers on the theme of "Use your Gifts to Serve"

- PWRDF
- St. Vincent De Paul spoke on "North of 60 Project", shipping containers of household items, furniture, fabric, sewing machines, school supplies, sports equipment and more by truck to Hay River and by river and ocean barge to Artic communities
- Manna Market in operation from the narthex of the Cathedral in Edmonton, provides fruit and vegetables at 1/3 to 1/2 of grocery store prices
- Rev. Sandra Arbeau works out of St. Faith's, Edmonton, meal program Thursday, Friday & Saturday feeding 300 to 400 a week

Saturday was a day off from meetings and we were treated to a visit at the new Royal Alberta Museum in downtown, lunch and visit at the Cathedral where we were joined by a Sat morning quilting group.

That evening after dinner was a Standing Stones Eucharist led by The Ven. Travis Enright with smudging, and drumming. Entertainment was a Cree woman who has formed an all women hand drumming group who performed along with her 10 year old son who had a very powerful voice, and as well, her daughter danced for us. A very moving evening.

Our new Prayer Partner is Western Newfoundland and we are being prayed for by Mother's Union.

The 2020 meeting will take place in Cornerbrook, Western Newfoundland from Oct 1 to Oct 4. The Theme is "Walk Humbly with Your God, Micha 6: 1 – 8.

The Camp Artaban Family Weekend, which we co-sponsored along with the Artaban Board, saw a total of 70 people for full turkey dinner on Saturday night. There was hiking, swimming and pumpkin carving as well as chapel, outdoors. While we were hoping to make some contact with younger women in the Diocese it turned out that most of the families that were there were not Anglican but had made a connection to Camp Artaban. It was wonderful weather, with rain only just started as we were leaving.

It has been suggested that we consider having our Area meetings on a weekend in the future in the hopes of opening the day up to younger women who may be working during the week. Each group should discuss this and please forward your comments to me before the end of January.

Two area meetings, Greater Vancouver/North Shore and South West Fraser have been held this fall with good attendance and interesting speakers at both. We look forward to the spring area meeting of the North West Fraser churches to be held at Christ Church, Hope on Tuesday, March 10, 2020.

We have scheduled a speaker on Human Trafficking, Cathy Peters, to be with us on Sat Feb 29, 2020 at 1:30 pm. This will be held at St. Dunstan's, Aldergrove. The event will be open to everyone, men, women, youth, grand children and friends. Please keep this date in mind and invite others.

Wishing everyone a wonderful Christmas season.

Blessings
President, Anglican Church Women,
Diocese of New Westminster

Gail Revitt,

MODERN SLAVERY - **HIDDEN IN PLAIN SIGHT**

Cathy Peters

A champion against human trafficking

February 29, 2020

1.30 pm

St Dunstan's Anglican Church
3025 - 264th Street, Aldergrove
Refreshments provided at the break

Sponsored by the Diocese of New Westminster ACW

NEWS FROM AREA MEETINGS

The **SOUTHWEST AREA MEETING** was held at St Mark's, Ocean Park, on Tuesday November 19th. Following the meeting and the Eucharist service led by The Reverend Craig Tanksley, St Mark's ACW provided a delicious lunch.

The guest speaker was Fay Hozger, who spoke about her work with people with disabilities.

She explained that, on meeting her husband, she met his youngest brother of twelve children who had Down Syndrome. Back in the 1960's this was referred to as Mongoloid or retarded. Greg, the brother, was non-verbal and had limited mobility. The family was involved with love, kindness and understanding, giving him "what he wants and needs, because he wants for little".

There was no support at that time for people with disabilities, doctors had no understanding of how to treat such people and most were institutionalized, with relatively short life expectancy.

Fay explained that by the time Greg died at aged 26 she was supervising a day care programme in Maple Ridge for people with disabilities. Woodlands and similar institutions were in the process of closing, and the residents were to transition into community living. Most had been institutionalized since childhood, in a closed community where they were totally invisible to society. The job therefore was to both help the residents integrate, and to educate the public. The first reaction was often "what are THOSE people doing here".

Over the years things have changed drastically; government legislation about accessibility, sloped curbs for wheelchairs, the Rick Hansen "Man in Motion" tour, group homes rather than institutions. The work is far from complete, but people with disabilities can now lead lives in accordance with their own abilities - a far cry from when Fay was first involved.

The Eucharistic offertory was sent to the Semiahmoo House Society which offers a variety of residential group homes. Each person living in these homes is encouraged to plan and live their own lives with encouragement from family, friends and their support team. The twenty-four hour a day professional support team are all taught the philosophy of self-determination.

GREATER VANCOUVER/NORTH SHORE AREA MEETING

Following the Eucharist service on Tuesday October at St John's, Shaughnessy, we moved to the Trendall Lounge for the business meeting, lunch and guest speaker.



Photo: Vera Morgan

The topic was Emergency Preparedness, presented by Jackie Kloosterboer, Emergency Planner for the City of Vancouver. She gave an excellent presentation about preparing for emergencies, stressing that we should be prepared for various emergencies, especially since we live in an area of potential major earthquakes. (See page 7).

Jackie Kloosterboer has been leading the way in emergency preparedness for over 23 years teaching thousands of people how to be prepared for whatever disaster comes their way. She has responded to disaster events across Canada seeing firsthand the importance of being prepared to protect yourself, your family and pets.

Jackie has taken her message one step further with her book "My Earthquake Preparedness Guide" which will walk you through the necessary steps to get you prepared.

She talked about what we should have as emergency kits - a "Grab and Go" in case you need to evacuate, an "Emergency Food and Water Kit" in case you need to be self sufficient, an "Emergency Car Kit" in case of breakdowns, and an "Emergency Pet Kit" for our best friends! The City of Vancouver website has useful emergency preparedness information - www.vancouver.ca/nepp.

SCAM ALERT!



If you use your credit card when shopping, you do not automatically receive a receipt if the sale is under \$30. YOU MUST ASK FOR IT!

CHECK YOUR RECEIPTS BEFORE LEAVING THE CHECK-OUT!

The latest scam consists of a \$20 “cash back” item being added to your receipt, for which you do not receive the \$20.... If you DO notice, and ask for it, be aware that you are charged interest on that \$20 as it is considered a cash advance.

Apparently the clerk will pass the money to a friend.

This scam can be done at any retail or wholesale location.

SO CHECK YOUR RECEIPT BEFORE LEAVING THE CHECKOUT! It is too late when you get home!

IF ONLY

If the Earth
were only a few feet in
diameter, floating a few feet above
a field somewhere, people would come
from everywhere to marvel at it. People would
walk around it, marvelling at its big pools of water,
its little pools and the water flowing between the pools.
People would marvel at the bumps on it, and the holes in it,
And they would marvel at the very thin layer of gas surrounding
it and the water suspended in the gas. The people would marvel
at all the creatures in the water. The people would declare it as
sacred because it was the only one, and they would protect it so
that it would not be hurt. The ball would be the greatest wonder
known, and people would come to pray to it, to be healed, to
gain knowledge, to know beauty and to wonder how it could
be. People would love it, and defend it with their lives
because they would somehow know that their lives
their own roundness, could be nothing without
it. If the earth were only a few feet
in diameter.



DONATION OF QUILTS



The five quilts which were donated to ACW from the Fanny Bay Quilters were sent to Whitehorse, to be distributed by the Synod office there.

The Fanny Bay Quilt Group is comprised of thirty women who get together every Thursday morning of the year to socialize and to work on their favourite hobby: quilting. The group was started in 2001 by Noreen Sterling who, in trying to find someone who loved the hobby like she did, decided to give quilting lessons to the local women. The lessons resulted in a group of twenty Fanny Bay women meeting regularly at the small community hall. Now, in 2019 there are now thirty women from various near-by communities. Besides making quilts for their own families they also make them to donate to people in need. It's their way of giving comfort in some small way to help those who are in crisis.

May these quilts comfort and keep warm the persons to whom they are given.

UPDATE ON BASIC HUMAN NEEDS JEEVAN SCHOOL

Jessica Morwood sent us the following to keep us up to date:

The school is doing very well this year, lots of change. We have three students in university and eight in grade twelve this year. They're all growing up. Due to space constraints we've moved all our big boys out of the hostel and into our partner, Sheelu's house. The big girls will also be taking an apartment and living separately. Time for some independence. They're ready to be treated as adults. Maya, the girl I mentioned being our first to graduate high school, is on her final year of a Bachelor of Arts. After she'll go on to study education more intensely. She and two others of our oldest kids are now working part time in the hostel to help with evening studies and putting children to bed in the evenings. Not only will they gain teaching experience, but they'll be making some pocket money for themselves. We also have about fifteen older children learning tailoring, fashion design, baking and electrical work along with their studies.

Since we've been approved as a government shelter we've been required to make some changes. All the bedrooms have bunk beds for each child. Previously the kids were sleeping on mattresses on the floor. We will also be required to work more closely with the police and Child Welfare Committee, accepting children that they find on the street and at the train station. This was another reason to move the bigger kids out, since we're almost full to capacity now. There are 35 children currently living in our children's shelter and seven big boys living down the road at Sheelu's place.

School attendance is also up to 170, from last year's 150. These are mostly younger siblings of our students. We don't have room to keep growing so much and so must be very careful not to accept too many children.

This past summer was the hottest I've ever experienced! We were lucky enough to have been donated some money at the end of the school year and so were able to take the kids on a trip to South India. We don't often do this, due to money constraints, but



since a sponsor donated specifically for this trip we did manage it. Fifty kids and ten staff went all the way down south to Pondicherry to escape the heat. It was 47 degrees when we left Varanasi! Most of those children had never swam in or even seen the ocean before, so it was a trip of many firsts. We often worry about our children over the summer holidays and it was so nice to be able to escape that heat with them.

Summer seems to be the worst time for our kids, when my partners and I are out of town, school is closed and so much sickness happens. We often come back in July to find someone has died from an infection that could easily have been fixed with simple antibiotics or a visit to the doctor. Because of the caste system, most people from the camp would never be able to go to the doctor on their own; most wouldn't even be able to get in the door at a clinic or at emergency in the university hospital.

This year I came back after the summer to find one young boy from the beggar camp had been beaten so badly that he died a few days later from internal bleeding. If we had been in town, my husband's clinic would have been open and we could have helped him. I know we can't save everyone, but I know we've all felt guilty since Ramjanne died. He was only twelve years old! So many kids at the camp are virtually raising themselves since their parents are so hooked on alcohol. Twice we have retrieved Ramjanne from the boys' jail across the river, the police having picked him up for begging or loitering at the train station. Most times, he was just trying to find food. More recently, this year he'd started doing drugs (glue sniffing and eating marijuana). Sorry, I shouldn't harp on the negatives. Every day is both tragic and joy-filled! All we can do is keep plodding along. For those children who DO make it to adulthood and DO finish school- it is totally worth it.

I hope my little update has given you a peek into what's going on with us. Thank you so much for the support you and the Anglican ladies have given us.

Warmest Regards,

Jess



A favourite song for many people is The Twelve Days of Christmas

The title is derived from the 12 days the Church takes to celebrate the feast of Christmas, the days between Christmas and Epiphany (Jan. 6). Many have questioned the historical origin of the song. Some sources list it as being of probable French origin. It seems that several centuries ago, French children played a memory game called "The Twelve Days of Christmas." Each child recited a verse of the song. If someone missed a verse he/she had a consequence. This game was apparently first recorded in a book published in England in the late 18th century. There was no religious significance. At any rate, a popular urban myth makes a good story... at least as good as the song itself. Enjoy it or not ... Believe if you will. Dissent if you choose.

In England during the period 1558 to 1829, Roman Catholics were prohibited from ANY practice of their faith by law - private OR public. The only legal church was the Church of England. "The Twelve Days of Christmas" was written as one of the "catechism songs" to help children learn the basics of their faith. In short, it was a memory aid when to be caught with anything in *writing* indicating adherence to the Roman Catholic faith could not only get you imprisoned, it could get you hanged, or shortened by a head. Each element in the carol is a code word for a religious reality which the children could remember. Since the song sounded like rhyming nonsense, children could sing it without fear of imprisonment. The authorities would not know that it was a religious song. Actually, the catechism to which it referred was rather ecumenical so could probably be claimed to be 'protestant' if cornered.

The partridge in a pear tree was Jesus Christ. **Two turtle doves** were the Old and New Testaments.

Three French hens stood for faith, hope and love.

Four calling birds were the four gospels.

Five golden rings recalled the Torah or Law, the first five books of the Old Testament.

Six geese a-laying stood for the six days of creation.

Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord.

Eight maids a-milking were the eight beatitudes.

Nine ladies dancing were nine fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness,

Goodness, Faithfulness, Gentleness, and Self Control.

Ten lords a-leaping were the Ten Commandments.

Eleven pipers piping stood for the eleven faithful disciples.

Twelve drummers drumming symbolized the twelve points of belief in the Apostles' Creed.

It is certainly possible that this Christian view of the song is legendary or anecdotal. However, the game could have been known for a long time before it was published. Any uncertainty should not prevent us from using the song to celebrate Christmas. Many of the symbols of Christianity were not originally religious, including even the present date of Christmas, but were borrowed from contemporary culture by the Christian Faith as vehicles of worship and proclamation. Perhaps, when all is said and done, historical accuracy is not really the point. Perhaps more important is that Christians can celebrate their rich heritage, and God's grace, through one more avenue. When they hear what they once thought was a secular "nonsense song," they will be reminded in one more way of the grace of God working in transforming ways in their lives and in our world. After all, is that not the meaning of Christmas?



CROCHET SAILOR'S COWL

Make a chain about 30 cm (12 inches) - about 22 chains with thick yarn and large hook.

Single crochet into the 2nd chain from hook, then every chain to the end chain 2 and turn. Single crochet in the back of every stitch to the end chain 2 and turn.

Repeat step 2 until you feel that the cowl will be gif enough to go over head (about 30 rows with large hook and yarn.)

Cut yarn with a 30 cm tail and pull it through the last stitch.

Use the crochet hook or a yarn needle to attach the chain end to your last row to make a circular sailor's cowl.



WHEN AN EARTHQUAKE STRIKES - WHAT DO I DO?

Most injuries in an Earthquake happen from people doing the wrong thing.....

Living in an area that can be impacted by earthquakes - you would think we would all be prepared, but the sad fact is - very few of us are prepared to survive an Earthquake. We don't have adequate supplies in our home, we don't have plans to connect with our families if phone lines are down and sadly many of us would do the wrong thing when facing an earthquake.

What about you? Are you and your family prepared to Survive-It? Experts predict it's only a matter of time before the big one strikes. Then what - what will you do?

Imagine - sitting at your desk reading this newsletter when suddenly you feel the floor beneath your feet start to shake. Ever so slightly but with each passing second it grows stronger and stronger. You watch in fear as the dining room lights swing back and forth and items from your desk crash to the ground. Your coffee cup falls off the table smashing into a thousand pieces across your floor.

This article will focus on what to do when the earth starts moving. Read on to find out how you and your family can be better protected.

HOW TO PROTECT YOURSELF DURING AN EARTHQUAKE

Most injuries in an earthquake happen from people doing the wrong thing such as running outside to flee to safety, running to another room or just standing there trying to figure what is going on. When the ground is moving this is when you have objects flying across the room like projectiles, tiles and bricks falling from buildings. This is putting you in greater danger of being injured. We need to get past this and simply Drop, Cover and Hold On when the earth starts moving.

Many of us - myself included were taught to go to a door frame when facing an earthquake. This is not taught anymore, as you run the danger of your fingers being caught in the door as it slams shut or if you are in an open-door frame you now have the potential of debris coming at you from both sides. The best thing you and your family can do is to Drop! Cover! Hold On! This action will better protect you!



STEPS TO TAKE WHEN FACING AN EARTHQUAKE



1. To Drop, Cover and Hold On, simply drop down under a heavy table or desk, cover your head and hold on and wait for the shaking to stop. I know it will feel like forever, but when the shaking stops count slowly to 60 to allow things to settle. At 60 check your surroundings and then cautiously get out from your safe spot and determine what your next move will be.
2. If you can't get underneath a heavy desk or piece of furniture then go against an interior wall and drop down, cover your head and brace yourself against the wall until the shaking stops.
3. If you are unable to get under a desk or against a wall - simply bend forward in the chair you are in and protect your head with both hands. If you are in a wheelchair - ensure you put the brakes on.
4. Driving in your car - pull over when safe to do. Listen to the radio to find out what lies ahead. It may be fine where you are but there could be damage further down the road. If you must exit your car check for downed power lines before getting out of the vehicle.

PRACTICE MAKES PERFECT

As you go about your daily routine over the next few days ask yourself what you would do if there was an earthquake right now. This will make you aware of your surroundings and when faced with an earthquake you will make a much quicker decision on what to do.

I hope I am not in a big box store when there is an Earthquake - where you have items piled to the ceiling. I have thought about it and I already know what I would do - but what about you - what would you do? The time to prepare is now. Once facing the earthquake, it will be too late.

Looking for more info on Earthquake Preparedness sign up to receive preparedness tips delivered to your inbox twice a month. Email myeqplan@gmail.com or visit www.survive-it.ca to sign up.