



ACW Launching Out

OUR PURPOSE

• *To unite women in a fellowship of worship, study, and offering which will deepen and strengthen their own spiritual lives, and lead them into Christian service in parish, community, diocese, nation, and world.*

• *To work for and sustain an informed interest in the mission of the Church.*



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What do we do during a pandemic?

So far, 2020 has shown itself to be a year like none other — and we still have four months to go. It is now necessary for all of us to become accustomed to a new normal.

We must learn to adapt to change. We pray the effects of this pandemic will strengthen us in our faith as we learn to live a completely different lifestyle.

One thing for which we must be very thankful is that we live where we do. Think of what is happening in Africa — especially in Ho, Ghana and at Bishop McAllister College in Uganda.

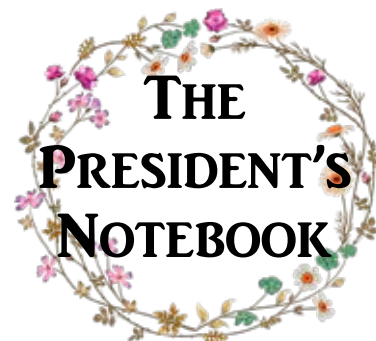
Both places — and many others in the world — are in dire straits. Letters that many of us have received from Bishop David and Paul Jeffries are being reprinted here for all of us to read.

Even though our groups have not been able to hold fundraising activities — or even to meet — we pray that we can send help to these places.

It is most important for the well-being of our members that we get together this fall as best we can. One advantage of having a small number of members in many of our groups is that social distancing should be possible, or perhaps Zoom meetings will work.

Those without computer access may be able to meet with another in their bubble to be part of these meetings.

As for fundraising activities, I look to you for ideas which your



Linda Fury

group may be trying. Something which didn't work well for you may be just what is needed for others. Do not be discouraged! Keeping in touch and helping one another is the key.

There are a few groups that have been able to continue with quilting and selling quilts. Also silent auctions and gift bag exchanges (for a small fee) are another way fundrais-

Pandemic continued on page 2

Launching Out is posted on the Anglican Diocese of Fredericton website (anglican.nb.ca.) Members, please post or circulate this newsletter in your ACW branches as you are able to do safely.

What do we do during a pandemic?

Pandemic continued from page 1

ing can continue, even if groups are small. Baking, books, CDs or DVDs are always popular.

Another idea I've seen is on-line auctions. Items are donated, often new or gently used. I was able to buy a painting donated by a member of an art society. This was all organized by two members who took pictures of each item and posted them on line.

This has been very successful and they are now beginning their third on-line auction. These auctions were not ACW events, but it should be possible for us to try. Most of us live fairly close to other ACW groups who could be willing to work together.

One way some of us have been able to keep in touch this summer has been to attend special dinners provided by Marilyn Haugen-Strand, wife of our priest-in-charge, the Rev. Lid Haugen-Strand.

These dinners or luncheons all followed procedures issued by our government for our safety. We were all the correct distance apart, seated with our "bubble" companions. All but one of these was held outside with entertainment and terrific food.

The last one was "First Fruits," with all food locally sourced, including appetizers, salad, main course and dessert, accompanied by lemonade, coffee, tea or water. It was a delicious meal with everything but the drinks found locally.

I am ending with the same quote (from the Rev. Lid Haugen-Strand) that I used in the last issue of "Launching Out" because it is still very appropriate:

"Let us join our voices to all of God's creation singing our joys and pains, hopes, fears and doubts — offering our voices to God."

*For nothing is impossible with God.
Luke 1:37*

Thanks be to God.

*Yours in Christ,
Linda Fury
Diocesan ACW President*

Farraline Place News

The ACW Farraline Place in downtown Fredericton has two residential vacancies. It is also in need of a casual-part time housekeeper cook. Contact Judy O'Donnell at the home for all inquiries at 506-455-6443. Visit Farraline Place online about accommodations, or call Judy.

www.farralineplace.com

The fall gala dinner, the home's major fundraiser, has been cancelled. Donations, though, are always welcome.

Book of Remembrance - Roll of Honour

Please notify Linda Collins LeBans and your Deanery representative with the names of those who should be entered into the Book of Remembrance. If you would like to put a member on the Roll of Honour, please contact Linda at 506-454-2649; email: lclebans@gmail.com or 55 Woodfield Crescent, Fredericton, N.B. E3B 2N2



ACW Launching Out

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Submit articles up to 600 words.
Articles may be edited as necessary
for length and clarity. Please send to:

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< gmcknight@diofton.ca >
115 Church St., Fredericton, NB E3B 4C8

On The Journey, with Eva Morton

“O Lord how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.” (Psalm 104:24)

I saw an American Redstart last evening. The flash of black and red caught my eye as I sat on my front porch watching the world go by, praying for cyclists and walkers, and just being aware of life around me.

For some of you this would not be unusual. But for me, it has been a novelty. For the first time in my life I am sitting still, paying attention to what is going on around me, and not racing to do the next task.

I have been quoting Dallas Willard a lot over the last couple of years, ever since I discovered this amazing scholar and teacher, and started reading his books.

My rector deserves the credit for this, when he revealed his surprise at my not having done so before.

I knew who Dallas Willard was, and had perused the occasional article in *Christianity Today*, but had never gone the next step and actually read the words of the man himself. It was a revelation, and an affirmation at the same time.

He confirmed that I was on the right track in much of my thinking and my experience of spirituality. His books were written 20 years ago; I had probably been vicariously influenced by his teaching without realizing it.

This is a roundabout way of saying that when COVID-19 forced us all into lockdown, and one of the few things we were encouraged to do was get fresh air and take long walks, I decided to take Dallas Willard's advice: “Just go sit under a tree for three hours.”



Eva Morton

In the past, taking a walk usually meant that I needed a destination. Just going outside with no purpose wouldn't do. I would either putter in the garden, walk to the market or the library, or attend church activities on foot or bicycle.

Just walking with no goal in mind seemed a waste of time to me. Don't get me wrong. I love the outdoors and will think up any excuse to be “out” rather than “in,” but I could never justify just “being there.”

Well, I'm on my journey, as you all know, and God finally got my attention.

My husband has been a bird-watcher for years, and he tried to get me interested. But for some reason I never saw what he did. He was always noticing when a hawk was flying overhead, or pointing out birds in the shrubbery.

I could spot a four-leaf clover, but never the living creatures all around me. I wouldn't stay still long enough; I had to be on the move all the time.

Since the lockdown, I have been humbled by my wonder and delight in the natural world. Instead of rushing through it, I am now stopping to soak it in.

When I take my time and saunter, instead of keeping up my usual brisk pace, I see so much more than I ever did before.



MORGUEFILE.COM

I have always wondered why people wear earbuds when walking because I love listening to bird song. Well now, I'm not just hearing the birds, I'm seeing them! I welcomed a pair of catbirds in the spring, and found out they love fruit, so I started leaving moistened raisins out for them.

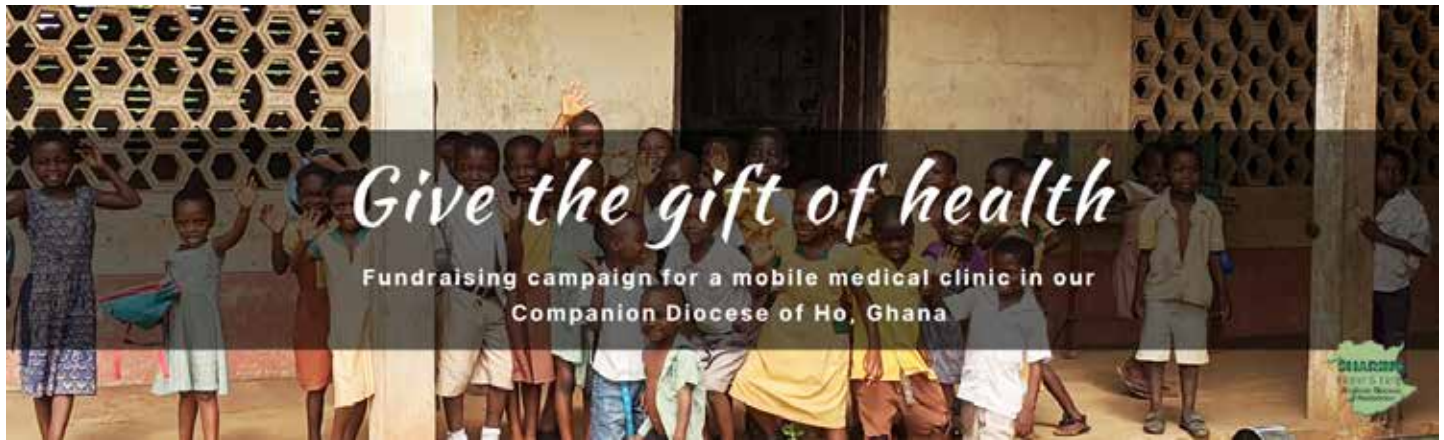
They developed a regular routine of visiting twice a day for their treat. I learned the difference between adult robins and fledglings, and have been delighted to watch the latter bouncing precariously as they learn to fly from branch to branch.

There is always an abundance of sparrows and goldfinches on the walking trail down by the river. I really believe they are a gift from God, and I feel blessed.

We've had lovely, long, balmy evenings this summer. Some would complain about the heat and humidity, but what a perfect opportunity to linger outside and soak in the marvel of this amazing world God has made.

I hope and pray that you, too, have been discovering new treasures in this topsy-turvy situation we all find ourselves in. God is with us always, and how wonderful it is to notice his “good and perfect gifts,” (James 1:17).

Blessings,
Eva



A note from Archbishop David Edwards

Dear friends in Christ,

COVID-19 has had devastating effects which, unfortunately, have had an impact on our diocesan fundraising campaign to buy and equip a mobile medical clinic for our companion diocese in Ho, Ghana.

What began in early 2020 as a solid plan to fundraise here and access Rotary Club funding for this \$268,000 (CDN) international project has been stalled by the inability to hold fundraising events in the diocese as a result of the pandemic, and a run on Rotary funding for COVID-related projects.

Yet the people of the Diocese of Ho still have little or no health care. We heard recently from health care workers in Ho that there is little help, limited testing, and incomplete statistics to add to the international database of cases. But the virus has not spared the region, and people are understandably fearful and desperate.

Our Companion Diocese Committee has reworked the application to Rotary and, thanks be to God, it has been submitted.

In the meantime, we must raise a good deal more money than we originally planned.

We need \$93,000, but the good news is we have already received \$31,000 in donations — from the generosity of parishioners and

parishes here, and a good many kind people in Grand Manan, where Companion Diocese chair Robbie Griffin has been unceasing in his efforts to get this project off the ground.

The need for this mobile medical clinic is great and the hand of God is surely on it.

In January, Robbie, Cheryl Jacobs (chair of the spiritual development team and my secretary) and Lilian Ketch (Mothers' Union member) visited Ho on a fact-finding mission.

They did a needs assessment, asking 14 different communities in the rural area of the Volta and Oti regions how their communities could be best improved.

They met with teachers, parent groups and church groups. In every community, the primary need was health care.

But near the end of the trip, the group was dismayed. It seemed all the pieces were not fitting together.

Then, suddenly, everything fell into place — attitudes changed, answers were provided and support offered.

Now again, with this pandemic, when it seemed all was lost, money continued to trickle in, and Rotary opened up new grant opportunities.

We, the Companion Diocese Committee, truly feel God is pushing this project ahead, and we must do our best to see it to fruition.

What I am asking is that you consider a donation to this most worthy cause. It's not for us. We are well cared for. It's for the two million

people in the Diocese of Ho who enjoy virtually none of the health-care services we do here at home.

If you'd like more background information on the need and the mobile clinic plans, please visit our website to read stories that have been published on this project.

<https://nb.anglican.ca/nb-anglican/issues> for these stories:

- *New Brunswick Anglican* September 2019, page 12
- *New Brunswick Anglican* March 2020, pages 8-9

<https://nb.anglican.ca/newsletters/123/display> and click on "recent issues" for these stories:

- ENews March 3
- ENews June 30

To donate, visit our website <https://nb.anglican.ca/> and click the DONATE link at the top right. Choose Diocese of Ho Mobile Medical Clinic from the drop-down menu.

Or you can mail a cheque to the Anglican Diocese of Fredericton, 115 Church St., Fredericton, E3B 4C8.

In all cases, be sure to note the project: Diocese of Ho Mobile Medical Clinic. Tax receipts are available.

I appreciate your attention and time to this appeal. May God bless you as you consider this request.

PARISH NEWS

Parish of Woodstock

Here in the Parish of Woodstock, St. Luke's ACW, we haven't had a meeting since January, and we do miss getting together.

We have done two things since COVID-19 began which we had not done in the past. A birthday card is now sent to members, as a "thinking of you" gesture. We also sent cards with congratulatory notes to university and college graduates who are affiliated with our parish.

We honoured one high school graduate with a donation to the local cadet corps, where he is very ac-

tive. In the past, we made a donation to the high school library in honour of graduates.

With all of the unknowns due to COVID, we wondered if school libraries will even be open this fall.

Phone calls and email messages have kept some members in touch as well.

*Stay safe,
Jill Craig*

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Parish of St. Andrews

The news is short at the All Saints Anglican Church ACW, St Andrews. Since COVID-19 began, we have

not met for regular meetings. But on June 23 and again on Aug. 15, newsletters were sent to each member.

Our Card Secretary, Daphne Noel, has sent 102 cards to parish members for birthdays, anniversaries or condolences.

On Aug. 27 we planned a picnic lunch at one of our local parks, followed by a short business meeting. Each member was asked to bring a lawn chair and bag lunch. Physical distancing will be in place.

*Cathy Smith
ACW President*

A note from Diocesan ACW president Linda Fury:

I have been talking to the majority of the deanery presidents and all have agreed that fall deanery meetings should be cancelled for this year. Quiet Day, which was to be held in the fall in the Lancaster-Saint John Deanery, is also cancelled.

Diocesan facts from 2019 parish reports:

Licensed clergy: 122 (active, retired and other)

Licensed lay evangelists: 7

Parishes: 71 + Christ Church Cathedral

Church buildings: approximately 125

Parishioners: approximately 13,600 — 1,700 of whom are children

Cathy Lutes is the diocesan ACW treasurer. She is currently accepting cheques from ACW groups. Sent to Cathy at this address:
87 Venus Cres., Hanwell, N.B. E3C 1N1 | 506-459-3265



NOTE: Any parishes that have not received a receipt should contact Cathy.



Reminders from *Launching Out*

- The deadline for submissions is always the 22nd of the month before publication: Aug. 22 for September; Oct. 22 for November; Jan. 22 for February and March 22 for April.
- *Launching Out* needs your news! Please consider sharing your news so it can be included in the next publication of *Launching Out*. Don't hide it under a bushel — let it shine!

Greetings from Uganda

July 2020

Dear Friends,

I am writing to update you about the status of the school and to request your prayers and support as Bishop McAllister School and Seminary face their greatest threat in my 23 years here.

On March 18th all schools in Uganda were abruptly closed due to COVID-19 for a period of 30 days. After several extensions, all schools in Uganda were closed indefinitely. It is now unlikely that we shall reopen before February 2021.

When we closed in March we suffered a loss of \$15,600 USD in unremitted fees and an additional \$8,200 already spent on food that had to be given away.

While this was an enormous loss to us (about 7 per cent of our annual operating budget), we hoped to be able to survive assuming that we would collect fees for the second and third terms of this year.

Now as we face losing the entire year of fees, the financial challenges on several fronts could jeopardize our entire ministry. Our teaching and non-teaching staff have remained unpaid for three months and could remain without any income until February 2021.

The school continues to have a basic operating staff, security and grounds keepers, and there are bills mounting each day that we are closed.

Our annual operating budget is based solely on the collection of school fees, of which 27 per cent comes from sponsorship. We are in need of funds to maintain and secure our property and facilities, to provide some small support to our teaching staff whom we will need on reopening and to make sure that we have funds at opening to purchase food and other necessities for a boarding



The new Bishop McAllister College Library at the Ugandan school.

school of 750 students.

With the encouragement of leaders and supporters in both Canada and the USA, I am launching an appeal, BMCK 2020. I know many churches and individuals are facing financial constraints just now, and I would not ever suggest Christians should divert their support from their local churches, so I only appeal to those who are able to support this one-time effort.

My target is to raise \$40,000 USD. Half of that would be to cover current operating costs, including the maintenance of the school's property and buildings, and ensure the school was ready to open smoothly with food and other necessities in-hand as soon as we are given permission to open.

The additional \$20,000 would be allocated for teachers and non-teaching staff, providing them with a small living allowance per month. Gifts may be sent for BMCK to the Diocese of Fredericton.

Lastly, the other way of keeping Bishop McAllister College stable is by supporting the student sponsorship program. This important program not only provides needy students an opportunity to go to school, but also provides a certain amount of financial stability for the school.

Currently we have more than 30 students enrolled in their first year who are seeking assistance. Many of these may be forced to drop out when school resumes, a negative impact both for the young student as well as the school.

I am so grateful for your partnership in this work, for our hundreds of successful graduates who are serving in all walks of life (priests, teachers, doctors, lawyers, including several working internationally in the field of computer engineering), for the Child Sponsorship Program and for our able and loyal staff.

We have grown from a small two-room to a two-stream school known in the province and country for our excellence in morals, discipline, teaching, sports and music, thanks to God's grace and provision.

Your Servant in Christ,
Rev. Canon Paul Jeffries
Rector, Bishop McAllister College
<https://bishopmcallisterschool.com>

Send gifts payable to Anglican Diocese of Fredericton with the memo "BMCK 2020." Mail to: Anglican Diocese of Fredericton, 115 Church St., Fredericton, NB E3B 4C8 Or donate online: <https://www.canadahelps.org/en/dn/13778>. Choose Bishop McAllister College from the drop-down menu where it says General Funds.

Are you a baker?

What do we do during a pandemic? We share recipes! Send your favourite recipe in so we can feature some in each edition of *Launching Out*.

Back in the olden days of the 1980s, the *Telegraph Journal* used to publish recipes on Wednesdays.

That's where I found this recipe, and I've used it dozens of times ever since. No other cinnamon roll compares to these.

SAUCE:

Stir together 1 cup whipping cream (no substitutes) and 1 cup brown sugar in a 9 by 13 pan; set aside.

DOUGH:

3-3.5 cups white flour
1.5 tbsp instant yeast
¼ cup white sugar
1 tsp salt

1 cup warm water
2 tbsp soft butter or margarine
1 egg

In a large mixing bowl, stir together 2 cups of flour, salt, sugar and yeast. Heat the water and butter until hot to the touch, but not too hot. Use a dough hook to mix the wet ingredients into the dry ingredients. Then add the egg and another cup of flour. Add the additional ½ cup of flour, or part of it, to make a soft, elastic dough. Let dough rest 15 minutes, covered with plastic wrap.

FILLING:

While dough is resting, mix ½ cup white sugar, 1 tbsp cinnamon and 2/3 cup soft butter or margarine. Set aside.

After the dough has rested, punch down to remove air. Flour a counter-top and roll out the dough to a 15 by 20 inch rectangle. Spread the filling to the edges. Roll up tightly. Slice into 16 equal pieces. Place, cut side

One-rise cinnamon rolls



MCKNIGHT PHOTOS

One-rise cinnamon rolls, just out of the oven (above), sliced after rolling (right) and ready for baking after rising (below right).



down, into the sauce. Cover with plastic wrap and let rise in a warm place (I used the oven with the light on) until doubled in size.

Bake for 30 minutes in a 350° oven until nicely browned. Have a large cookie sheet lined with parchment or waxed paper ready. Carefully flip the pan of rolls upside down onto the cookie sheet. Use a spatula to get all the sauce onto the rolls.



NOTE: You can also make these using active dry yeast. Just use the yeast in the water method. ~GM

Love to bake?

How about sharing your favourite recipe? We'll print recipes in upcoming editions of *Launching Out*. Send in your recipe with a few lines about what makes it special. Please include your name and parish.

gmccknight@diofton.ca