



Diocesan Anglican Church Women
Volume 14, Issue 2 — November 2023
Diocese of Fredericton

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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SUBMITTED PHOTO

Glenys Taylor of the Parish of Riverview was one of three ACW members to rappel over the side of the 20-storey Assumption Building in Moncton, all for charity. See the story on page 3.

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.



We remember

In Flanders Fields BY JOHN MCCRAE

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace.

We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then.

More than 2.3 million Canadians have served our country in this way, and more than 118,000 have died. They gave their lives and their futures so that we may live in peace.

From: <https://www.veterans.gc.ca/eng/remembrance/history/a-day-of-remembrance/intro>

WIKIMEDIA COMMONS

Book of Remembrance - Roll of Honour -

Our Book of Remembrance/Roll of Honour custodian is Maureen Gill. Please notify Maureen 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 Maureen at 506-386-3011; email: gill.jones@bellaliant.net or 1 Brock Lane, Riverview NB E1B 4Z1



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 >
12 Spruce St., Sussex, NB E4E 1L9

ACW members take on 20-storey challenge

BY GISELE MCKNIGHT

You never know what those ACW ladies are getting up to these days! At a recent ACW meeting in Riverview, the Rev. Barb Haire was recruited to rappel off the side of a 20-storey building in Moncton.

The meeting's guest speaker was from Community of Hope, a Moncton faith-based group that provides support to women and children who've been sex trafficked. The ACW members heard about an upcoming fundraiser that would see willing participants rappel off the side of the Assumption Building in downtown Moncton.

"Glenys Taylor said 'I'm going to sign up. Will you do it with me?' I said sure!" said Barb.

Barb, Glenys and 89-year-old Betty Williston all signed up for the Sept. 30 adventure that saw 46 people from the community rappel down the side of the building, two at a time, to raise money for Community of Hope and Harvest House, a local shelter.

The minimum a participant had to raise was \$1,000, and Barb had that almost overnight.

"My church family is so generous," she said, adding that in the end, she raised about \$1,400 and together the three ACW members raised about \$4,400.

The day was a festive event, with music, cheering and a steady stream of participants rappelling from 9 a.m. to 5 p.m.

"It's not a fast process," said Barb. "You have to get in the gear, then train on a ladder on the roof. Then they put you over the side, two at a time."

So how was going over the side?

"They tell you to let go and lean into the harness," she said. "That



SUBMITTED PHOTO

ACW members Glenys Taylor, Betty Williston and the Rev. Barb Haire participated in a Moncton fundraiser on Sept. 30. They were part of a group of 46 people to rappel down the side of a 20-storey building.

takes some faith. You step over the side and you're on your way."

It took Barb less than 10 minutes to complete the task, which she said was a bit slow compared to Betty. Still, she has no regrets.

"I always wanted to rappel. I'd do it again. I loved it. It was an amazing adventure."

Barb is a deacon in the Parish of Hillsborough.

BETTY

At 89, Betty Williston was in great shape to take on the rappelling challenge.

"I'm in really good health," she said. "I don't take any medications. I walk everyday."

But once she signed up for the adventure, she started to have mis-

givings.

"I was gung-ho for days," she said. "Then I said, 'oh-oh, what am I'm getting into?'"

To allay her fears, three nieces took her to Cape Enrage to practice rappelling — over the cliffs of the Bay of Fundy.

"That was a good idea," she said. "We practiced and it didn't bother me one bit."

Still, one day when she drove by Assumption Place and imagined the 20-storey descent, she was a bit nervous. On the day of the adventure, she was calmed by the beautiful view from the roof, but backing out over the edge of the building took some courage.

"That was the most anxious

Rappel continued on page 5



Branch Treasurer's Report Form

Please read information carefully before completing the form.



Date: _____ Deanery: _____

Church: _____ Place: _____

Divinity Scholarship Fund..... _____

Administration Fund - \$50 per Branch _____

Social Action Fund – At least \$25 per Branch _____

Extra-Cent-A-Day Fund..... _____

Our Fair Share..... _____

Farraline Home..... _____

Diocesan Camps Projects..... _____

Camp Medley..... _____

Camp Brookwood..... _____

Paul Jeffries' Stipend..... _____

Bishop McAllister College, Uganda..... _____

Helen Burton Fund _____

PWRDF _____

Council of the North..... _____

Threshold Ministries (*Church Army renamed*) _____

Kara and Nelson Mejiaj-Honduras..... _____

Anglican Foundation of Canada - ACW Trust Fund..... _____

Other _____

TOTAL: _____

Name of Branch Treasurer: _____ Phone# _____

Postal Address: _____

_____ E-mail: _____

➡ PLEASE make **cheque** payable to: **ACW, Diocese of Fredericton**
 and mail to: Cathy Lutes, Diocesan ACW Treasurer
 87 Venus Crescent, Hanwell, NB E3C 1N1
 (E-mail: lutescathy@hotmail.com) Phone: 506-459-3265

Diocesan Treasurer's Report

Well, 2023 is slowly coming to a close. The fall has brought our branches together again and I hope most will pay their 2023 dues if they haven't already.

Please have your dues mailed by Dec. 31. I will be closing the 2023 books by mid-January. At this time of year, it helps if your treasurer's report specifies if the payment is for 2023 or 2024.

As of the 3rd quarter, Sept. 30th, I've made eight bank deposits, with 10 branches sending funds so far for 2023. I have more branches sending their dues to be deposited at the end of October and expect more by the end of the year.

This is the season for our deanery annuals. I was planning on attending Quiet Day and two deanery annuals, but I have been down with a rugged cold twice in the last couple of months, so I wasn't able. I apologize for this.

I was asked if I keep track of any money a branch sends directly to the Synod Office or other recipients, such as Farraline Place.

Unless your branch treasurer or deanery sends a cheque to me, the ACW diocesan treasurer, I don't keep track of any other money sent. The Synod Office or other recipients do not contact me when they receive money from an ACW branch.

I wish you all the best for the Advent season and a safe and Happy New Year.

Cathy Lutes, ACW diocesan treasurer



ACW rappellers, continued

moment of my descent," she said.

"But I had to start moving pulleys and ropes, arms and legs, and I was down in four minutes."

The celebration on the ground was boisterous and enthusiastic, with her family, friends and church family all waiting.

"It was a lot of fun," she said. "I'm so glad I did it."

She is thankful to her niece, Stacey, and her husband, Marc, for setting up and managing her donation site online, getting her to the event and being her strongest supporters. She's also thankful to all those who donated to the cause.

GLENYS

Glenys Taylor heard about the rappelling fundraiser at an ACW meeting, and when the group was asked if anyone was interested, "without my knowing it, my hand went up," she said. "Keep in mind I am terrified of heights."

She had seen the same event the year before, so she knew a bit of what it was about. So she sought out fellow members to join her.

"I really pushed Betty to do it," she said. "She's up for anything."

Even with Betty and Barb on-board, she started questioning her common sense.

"I even looked at my husband and said, 'Am I a lunatic?'"

On the day of the event, up on the roof with Betty harnessed and waiting for her, Glenys really wondered whether she could complete the task.

"I don't think I can do it," she told the attendant, who quickly soothed her into taking those first steps off the building.

"I put one foot over and then the



The Rev. Barb Haire rappels down the side of Assumption Place in downtown Moncton. She enjoyed the view from the top.

other foot and I was away," she said. "I wish everybody had the chance to see the view off Assumption Place. I was amazed."

Once on her way, she was buoyed by the cheering crowd and made it to the ground without incident.

"I'd love to do it again," she said. "I am so proud of Betty, and so glad Barb did it with us. The camaraderie was fabulous!"

Over The Edge is the rappelling company that ran the event. From Nova Scotia, its founder opened the business to help non-profits fundraise in a unique way. By 2016, the company had helped charities raise \$50 million. It operates throughout North America.

Quiet Day invites the town of Grand Bay-Westfield in

BY GISELE MCKNIGHT

The ACW's annual Quiet Day was not all about the ACW. It invited the entire community to the afternoon session on frauds and scams, and more than 30 people turned up.

But before that happened, 26 ladies gathered at The Church of the Resurrection in Grand Bay-Westfield on Sept. 6 for a service of Holy Communion and a shared lunch.

Quiet Day takes place the Wednesday after Labour Day. It's a chance to renew friendships, worship, share lunch and spend a leisurely day together without the strict agenda of a business meeting.

"It's not really very quiet," said Rosemarie Kingston, a past president of the diocesan ACW. "It's starts us off in what our mission is as a diocese each fall. It's also an opportunity for us to get together. Those who aren't here don't know what they've missed!"

"There's no business, and more fellowship," said the ACW diocesan treasurer Diane Todd. "It's usually informal."

The Rev. Mike Caines led the morning service while several ACW members did the readings. Mike spoke based on Matthew 16:21-28.

"This is the midway point. Jesus is famous," he said. "It's exciting, the power is flowing. There are miracles. The disciples are watching the dead being raised."

Then imagine that one day, Jesus takes you aside and tells you he's going to Jerusalem, the powerful will arrest, torture and kill him and he will rise from the dead.

"That's not the fun stuff anymore," said Mike. "But discomfort



MCKNIGHT PHOTOS

TOP: RCMP Cpl. Julie Rogers Marsh and Meghan Wells, the community program officer for the RCMP districts of Grand Bay, (front row), during the presentation.



LEFT: The potluck lunch was enjoyed by all.

is a part of following Jesus. It's just the way it is."

He recalled his recent trip to the Holy Land, and how he felt the upbeat energy of Capernaum, and then the heaviness of Jerusalem, a city that kills its prophets.

Imagine, he said, Jesus on the Mount of Olives, looking down at the temple, and realizing, 'this town is going to kill me, and it's going to happen right there.'

"As we ask what matters in life, consider this: what matters to Jesus should matter to us," he said.

As he concluded, he suggested it might be time to let go of things that are taking the focus off Jesus: a regret, a fear, a hurt, a misguided desire.

AFTERNOON PROGRAM

After a leisurely lunch, people began gathering for the afternoon session, a presentation by RCMP Cpl. Julie Rogers Marsh and Meghan Wells, the community program officer for the RCMP districts of Grand Bay, Hampton and Sussex.

"We opened this to the public," said the Rev. Eleanor Dryden, a deacon in the parish. "It fits our mission to be out in the community. We know the church seems like it's not in the forefront anymore, but it's beneficial for the public to know we're still around."

Cpl. Marsh is the commanding officer of the Grand Bay-Westfield detachment, and has served in the RCMP for 18 years.

She showed slides on different
Quiet Day continued on page 7

Quiet Day held in Grand Bay-Westfield

Quiet Day continued from page 6

scams and frauds that have bilked people out of untold millions of dollars, like the grandparent scam, Facebook-Marketplace scam, romance scam, CRA scam, and charitable donation scam.

All are designed to lure you into parting with your money, and many of them take place online or on the telephone.

“When your spidey senses tingle, you’ve got to listen to them,” said Marsh. “You don’t have to be nice. Be rude and hang up on them.”

Grandparent scam: A caller claims to be your grandchild, arrested and in jail, needing money for bail immediately.

Facebook-Marketplace scam: In order to hold an item you want to buy, you must etransfer the money now before going to see it.

Romance scam: A person online convinces you that he or she is a genuine love interest, perhaps even wealthy, but soon asks for money because theirs is temporarily inaccessible.

CRA scam: A caller claiming to be from the Canada Revenue Agency says a warrant has been issued for your arrest, and you must pay now or risk the police coming to your door.

“I guarantee I would not be call-



ACW members enjoy the potluck and fellowship.

ing you to warn you of your arrest. I’d be at your door,” said Marsh, to laughter from the crowd.

Charitable donation scam: A person goes door-to-door claiming they are collecting for any number of causes, like cancer research, the war in Ukraine, hurricane relief. They might have a pamphlet, even what looks like proper ID. It’s best to stick with relief agencies you trust, like PWRDF or the Red Cross.

Marsh outlined warning signs to look for: pressure to pay today, pressure to stay on the phone with them or pressure to use gift cards as payment; an unwillingness to mail documentation to you; and using slightly wrong names (Canada Mounty Police rather than Royal Canadian Mounted Police).

Marsh explained that telephone

numbers can be disguised to look like they are coming from your local area, even your local police. To be certain, hang up and dial that number to verify.

“If you feel like you’ve been defrauded, or have provided information that you shouldn’t have, call us,” said Marsh. “We’ll happily help you.”

If you receive a call or email that you suspect is fraudulent, but you have not provided them with any information or money, it’s important to report that to the Canadian Anti-fraud Centre, which keeps track of frauds and scams. Their number: 1-888-495-8501; their website: <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>



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! Send to: gmcknight@diofton.ca

Kingston and the Kennebecasis Annual Meeting report

The 67th Annual Meeting of the Kingston and the Kennebecasis Deanery ACW was held on Thursday, Sept. 21 at Church of the Ascension, Apohaqui N.B.

Registration and fellowship began at 9 a.m. in Medley Hall. Annual dues and "Change for Paul" were collected. Refreshments were served by the host ACW and were enjoyed by all.

The service of Holy Eucharist was celebrated by the Rev. Dr. Chris McMullen. The sermon was based on the Feast of Saint Matthew.

The ACW Deanery banner was transferred to Church of the Ascension, Apohaqui from the Parish of Kingston.

Following the service, Bev Floyd introduced our guest speaker, Laura Myers, lead climate reality mentor for the Atlantic Provinces.

Laura spoke to us about the Climate Reality Project – a global network of 3.5 million working to build a just and sustainable true net zero. They aim to do this by 2050 through four initiatives:

- Reducing emissions
- Financing a just transition
- Calling out greenwashing
- Strengthening international cooperation on climate



SUBMITTED PHOTO

Lunch was enjoyed by members.

She told us about a joint declaration issued by Archbishop Justin Welby, Pope Francis and Ecumenical Patriarch Bartholomew urging everyone to play their part in "choosing life" for the future of the planet.

They went on to say: 'Today, we are paying the price... Tomorrow could be worse' and concluded that: 'This is a critical moment. Our children's future and the future of our common home depend on it.'

Thank you presentations were made to Laura on behalf of the host branch and the Kingston/Kennebecasis Deanery.

A lovely lunch was enjoyed by all.

The business meeting was opened at 1 p.m. with an opening prayer by Bev Floyd. We were pleased to welcome our national ACW president, Rosemarie Kingston. Diane Todd brought greetings on behalf of the Diocesan ACW.

Roll call showed 15 members present from six branches.

The minutes of the 2022 Deanery Annual were approved as written in the booklet.

A lovely memorial service was conducted by Grace Smith, in the absence of Jean MacDonald, for departed ACW members. The 23rd Psalm was repeated by all present and a carnation was placed in a vase for each departed member.

The branch reports were adopted as presented in the booklet.

The financial report showed a balance of \$137.54. The offering amounted to \$132.

It was moved by Bev Floyd, seconded by Barb Tabor, that the offering be donated to Apohaqui Elementary School Breakfast Program. Motion carried.

The Courtesy Committee thanked the host ACW, the Rev. Chris McMullen and our speaker, Laura Myers.

The officers for the upcoming year are:

President – Rosemarie Kingston
Secretary-treasurer – Diane Todd
Member – Bev Floyd
Member – Phyllis Price

The 2024 Deanery Annual will be hosted by St. Luke's, Gondola Point.

Diane Todd closed the meeting with prayer.

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Cherish the past, look to the future

“Trust in the Lord with all your heart, and do not lean on your own understanding.” (Proverbs 3:5)

Last week I attended the York Deanery ACW annual meeting. What a beautiful setting — St. Clement’s church overlooking the St. John River with the fall colours in all their splendour.

I was once again filled with thankfulness for the grandeur of God’s creation, and for the wisdom of those architects and builders who chose that magnificent setting.

We are now going through a time of transition, and it’s getting harder and harder to keep our smaller church buildings viable. It breaks my heart to see places of



worship diminished, and in some cases, even demolished.

It makes me realize how important it is to appreciate what we have now. Who knows how long that charming church on the shores of the river will be able to continue?

I know this is depressing to think about, and believe me, I am not happy about the situation. It’s all the more reason to not take our small worship spaces for granted.

This week I will be participating in a funeral for one of our most faithful sisters in Christ, at a small church full of heart-stopping craftsmanship, all created by local artisans and truly a gem.

There will be a good turnout for the funeral; the lady was well-loved and respected. And I will be especially aware of how rare such a gathering is, and of how precarious that little church’s existence is.

Nothing lasts forever. I remind myself of examples throughout history: the burning of the great library of Alexandria, the medieval cities levelled by bombs in the Second World War, and especially these days, learning of the devastation in Gaza and Ukraine in our daily news. What’s a pretty little country church in comparison?

It doesn’t help though. I am still saddened by the thought of losing

them. I realize I’m being sentimental, not practical. I understand that the ministry of the Church does not depend on buildings made by human hands.

Here I believe I am placing myself firmly in the camp of so many of you. We have been faithful, hard-working handmaidens in our Lord’s vineyard for a long time now and we have seen a lot of changes.

Our numbers are down, we all know that. We and our stalwart companions no longer have the health or energy to do much of what we took for granted in the past. And we all know that younger members are scarce.

I guess what I’m trying to say is, let’s pay attention to what we have now and appreciate it. Preserve fond memories, but don’t get side-tracked by longing for “the good old days.”

Enjoy the present, love one another, and continue to pray for God’s grace in the days ahead.

Be thankful for the gifts of the past and walk boldly into the future, trusting that God has amazing things in store, “more than we can ask or imagine.”

Most of all, let’s remember that it’s God’s Church.

Blessings, Eva

St. Paul's Rothesay annual report

St Paul's ACW in Rothesay met for fellowship, education and refreshments in the Crosby Room five times in 2022 (March, June, September, October and November). An average of 12 to 15 ladies were in attendance at the meetings.

We organized volunteers to make sandwiches for Harry Miller Middle School once a week, from February until June 2022. Sandwiches were provided for 20 students who were not able to bring lunch to school.

In September we were informed that the school would provide hot lunches for the students.

Many of the ACW members plus extras from our parish helped set up the church hall for funeral receptions, made the tea and coffee, served the sandwiches and sweets, cleaned the dishes, then returned the tables and chairs to

the cupboard.

ACW donates funds to Foster Plan and has been doing so since 1967. In 2022 we donated half the usual amount as we were not able to have a fundraising event until December 2022. The donation supports one child and his community.

"The Bale" consisting of winter clothing for children, was sent in June, to the Northwest Territories (Aklavik). Items were well received by the community. Mission Beyond provided the funds for postage.

Two ACW members sent Christmas cards to Farraline Place, to the clergy and to members who were ill or bereaved.

In December, the ACW sent a monetary gift for purchasing Christmas presents for the 20 residents of Farraline Place.

Our Education feature, presented at the meetings, included various interest-

ing topics. The meaning and history of Thanksgiving, The Lord's Prayer, and Advent. Also a record of the ACW in 1951 and 1952 was read.

The ACW Provincial AGM was held at St. James the Less, in June.

Church Calendars sold in November were quickly sold out. Thanks, Jean!

A Christmas Bazaar was held on Dec. 3. It was a huge success and was enjoyed by all. The last bazaar was in December 2019.

The ladies of St. Paul's church are all welcome to come to ACW meetings held on the first Thursday of the month at 1:30 p.m. in the Crosby Room.

The business part of the meeting is usually brief, followed by tea and fellowship. Changes to the date will be updated in the bulletin.

Respectfully submitted by Cathy Dykeman, president.

During the Christmas season, the Saint John Seafarers' Mission provides gifts to seafarers visiting our port. Each December, with your help, the Mission distributes Christmas packages to seafarers on several ships.

Items needed: Shampoo, shave cream, tooth paste, tooth brush, dental floss, mouth wash, body wash, deodorant, disposable razors, lip balm, comb, hand lotion, Kleenex, hand sanitizer, gloves, socks, scarf, toque, playing cards, game books, pens, note pad, Canada souvenir (pin/magnet/key chain), candy (individually wrapped), chocolate bars, chips, gum, Christmas card.



For information, open hours and pick-ups, call Bev: 506-635-1731 or email seaf@nb.aibn.com

Important notes: Due to port security controls, do not wrap items | Cash is always welcome so we can buy what is needed (tax receipts issued) | Usual shortages: Gloves, scarves, shampoo, deodorant, shave cream, hand lotion, lip balm | Drop off donations at the Mission (92 Tilley Lane, Saint John) preferably by Dec. 8.

Fight for a cause Jesus would support

Set aside time and place to hear the Holy Spirit's voice

Read Luke 2:1-20

Watch a film version of the Gospels

Reconcile with someone you've been estranged from

Invite someone to share coffee and conversation

Read Luke 3:1-6

Bring lunch to someone who doesn't get out much

Invite someone to discover part of God's beautiful earth with you

Read Luke 3:7-18

Do a secret act of kindness

Listen for God's voice in music

Encourage someone with kind words

Read Luke 1:39-45

ADVENT ACTiViTiES 2023

Bake/buy cookies or muffins and share them with friends, co-workers or people in need

Listen to someone's story

Read Luke 21:25-36

Pray for every neighbour on your street

Do errands for a shut-in

Drop a veggie tray off to a nurse's station at the hospital

Write a note of encouragement to someone who needs it

Use a centring prayer to hear God's voice

Study the life of Jesus written by scholars

Reflect and record how much joy the Advent season has brought you

Smile and thank someone who serves you

Hide a happy note for someone to find