

**silent Night**



**Holy Night**

# ANGLICAN CHURCH WOMEN'S NEWSLETTER



## DIOCESE OF SASKATOON



### A WORD FOR OUR HEARTS

"Him we proclaim, warning every man, teaching every man in all wisdom, that we may present every man mature in Christ. For this I toil, striving with all the energy which he mightily inspires within me." -Col. 1:28-29

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## Christmas Message

From Bishop David and Joan

Dear Friends,

During December and through the weeks of Advent we are again making the spiritual pilgrimage toward Christmas. We are taking the time to consider the implications of the birth of Jesus as we prepare for the celebrations of his nativity. Through the pages of Scripture we learn of the one longed for by generations and anticipated by the prophets. Through history we know of the one whose birth has changed the world and indeed changed our lives.

In Christ we encounter the one who comes to us as another human being and yet is wholly divine. As we once again prepare for that coming please find time in your busy lives for some quiet and thought and prayer; that you may allow the story of the Saviour's birth to penetrate your heart and mind. That amid all the festivities of this season we do not forget what Christmas really means, that God loved the world so much that He gave His only Son who was born to be our Saviour.

May you and your family have a Peaceful and Blessed Christmas

### *Mark Your Calendars*

**Saturday, April 14, 2012**

**Diocesan Anglican Women's  
Spring Conference  
& AGM**

*St. John's Cathedral and Hall  
Theme: The Ancient—Future Faith*

For

The

Soul

# Recipe Corner

By Rosemarie Katzell

And

The

Body

**“Him (Christ) we proclaim, warning every man, teaching every man in all wisdom, that we may present every man mature in Christ. For this I toil, striving with all the energy which he mightily inspires within me.”**

**-Col. 1:28-29**

**“Whatever your task, work heartily, as serving the Lord and not men. —Col. 3:23**

I have a book which has greatly influenced my life in and for Christ. It is called “The Practice of the Presence of God” written by a 17th century French monk, simply called Brother Lawrence. One of the prayers which has been attributed to him is “Lord of all pots and pans and things . . . Make me a saint by getting meals, And washing up the plates!” He toiled in his kitchen at the monastery, proclaiming God. His tasks of cooking and cleaning were done for God, not for man, and as such he believed himself to be in God’s presence no matter where he was. He stated “The time of business does not with me differ from the time of prayer, and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the blessed sacrament.”

What better time of year to try to put this methodology into practice. The hustle and bustle of preparing for Christmas, gets, in most cases, way out of hand, but if we can bring the practice of the presence of God into all of our activities, the Christ won’t get left out of the Christmas season.

God, for some reason which I have yet to fathom, has called me to the church


kitchen. This past month I have catered five banquets to groups as small as 17 and as large as 100. Our Pie Making Society (PMS ladies) have gathered together and made over 160 fruit pies and 350 turkey and beef in November alone, plus we have had 5 funeral lunches in that same time. One morning as I sat to do my Bible Study, I was thinking perhaps I had overextended myself and then I read the preceding scripture . . . “For this I toil, striving with all the energy which he mightily inspires with in me”, and I realized the truth of the statement, if God brings you to it He will see you through it. His word, his presence in my life does mightily energize me. He inspires me to proclaim Him to all who will listen, to work heartily for Him, to be inspired, to be energized. By his observances, Brother Lawrence shows . . . “The soul that seeks God may find Him, and practice the presence of God”.

A Blessed Christmas to all who read this. May you seek God and find Him, and practice the presence of God.

\* \* \*

This is one of my daughter Candy’s favorite recipes, not just for Christmas but the grandchildren like them all year round.

## GINGER COOKIES

3/4 margarine	1 c. w. sugar	1 egg
1/c molasses	2-1/2 c. flour	
2 tsp. ginger	2 tsp. baking soda	
1 tsp. cinnamon	1/2 tsp. salt	

Cream margarine and sugar, mix in slightly beaten egg and molasses. Mix dry ingredients and add to sugar mixture, mix well. Shape into balls, roll in sugar and place on an ungreased cookie sheet. Bake at 350 degrees F. for 10 to 12 minutes.

## What type of ornament are you?

# An Ornament for Christ

Submitted by Marion Pope

When we think of ornaments something beautiful usually comes to mind . . . shiny, bright, sparkling and pretty. The dictionary meaning from Webster says that an ornament is "anything serving to adorn; decoration; embellishment."

Just like a Christmas ornament, hanging on a tree, our lives are dangling out there for others to see. How well do we embellish, adorn, and serve the body of Christ?

### **What type of ornament are you?**

#### **A Tarnished Ornament**

Have you seen Christmas ornaments that are beautiful and yet when you pick them up, paint and glitter comes off in your hand? Are you that way? Have you ever been rubbed the wrong way and had paint and joy rubbed from your heart?

#### **An Ugly Ornament**

There are just some ornaments that are plain ugly! You may not be ugly on the outside but inside there is some sad ugliness. Got an ugly attitude? Do you speak ugly words? Do you wear ugly expressions? These types of ornaments hang on the tree all by themselves because nobody wants to be around them.

#### **A Broken Ornament**

Are you broken and falling apart? Some people radiate the fact that their lives have problems. In reality we all have problems but we don't need to wear them. ... Often our lives break or fall apart because we don't have our priorities right or don't depend on Christ as we should. In turn we crack and break because we're trying to hold ourselves together on our own.

#### **A Packed Away Ornament**

These are ornaments packed away in attics and never used again. Got some dust on you? Can you feel cobwebs crisscrossing your spiritual life? Stopped reading your Bible? Stopped praying? Stopped witnessing?

This doesn't happen all at once. It usually happens little by little -- losing a little luster here, feeling a little crack there. Pretty soon you've moved away from fellowship with Christ, finding yourself on the shelf. You're a Christian but your heart doesn't reflect it. This type of ornament usually has a boring life and is unhappy and lonely.

#### **A Perfect Ornament**

This is the type of ornament we all would like to be. The kind that builds up the body of Christ and reflects all that is lovely -- an ornament that beautifies and adorns.

We can choose how we embellish and adorn the body of Christ by how we act as a reflection of what's in our hearts. As Christians, we are some kind of ornament, whether it is good or bad, dangling for all to see. What kind of ornament are you?

*(Taken from writings of Julia Bettencourt;)*

### **Christmas Memory**

## Up the chimney...

Submitted by Merce Montgomery  
Archivist

We lived on a farm – five miles from town and one mile from the one-room school my brother and I attended. With the cars put away for the winter, we traveled by horse and sleigh. At Christmas we wrote our letters to Santa and gave them to Dad to "mail" when he went into town.

But one December it was very cold and, reluctant to make the trip into town, Dad got a better idea. Instead of mailing the letters at the post office, why didn't we just put them into the fire in the kitchen stove? Yes! The paper would burn, but the words would float up the chimney and go right to Santa - in no time at all! Well, we did and it must've worked, because Santa brought us everything we'd asked for that year!

May you and your family also make heartwarming memories this Christmas.

**Advent—A Season of Hope, Peace, Joy and Love**

# Unto Us a Child is Born Unto Us a Son is Given

By Rev. Paula Foster, Devotions Co-ordinator

We are now immersed in the season of Advent. It is an exciting time of year with its promises of hope, love, peace and joy. It is a time of waiting and expectation. Advent gives us time to take a step back from the busy-ness that surrounds our lives and reflect on our journey with God. During the season of Advent we are invited to pause and reflect on the fulfillment of the long awaited promise of a Messiah, one who will save us from our sins. We await the advent or coming of our Saviour, Jesus Christ.

Advent is a season within the life of the church when Christians are intentional about remembering something that happened a long time ago; the birth of a little baby, the Son of God. Advent is about a memory of someone who entered history as one of us and changed the course of our lives forever. Jesus, through his life, death, and resurrection gave us a future with God.

During this brief Advent season, we are invited to focus on the coming of Jesus into our world in human form. During its four Sundays we journey with scriptures which reveal vivid images of trust, promise, and obedience. We hear the prophetic words of Isaiah announcing righteous judgment and restoration for those who follow the way of the Lord. The chaos we have created through our disobedience will be restored to the perfect harmony which God intended for creation. "The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and lion and the fatling together, and a little child shall lead them." (Isaiah 11:6)

During Advent, we also hear the voice of John the Baptist, calling us from the wilderness of our lives, to repentance. We are in-

vited to examine our lives, repent our sins and return to God. As the people of God, we are invited into a new way of living life...expectantly waiting, believing, and hoping for what we cannot yet see. John the Baptist points us towards Jesus, the Christ Child, the Son of the Most High God and invites us to open our hearts and minds and embrace Him as our Saviour. Jesus, too, awaits our response to his call.

What does all this mean for us? On one level, expecting the Christ child means offering ourselves as the place of Christ's new birth. We offer ourselves as the place

in which He can live. We can nurture our lives as his followers, confident in his guidance through the

Holy Spirit. As we encounter Him in all we do, we can help bring about His will for our lives and for the world. In doing so, we can shine as light in the midst of the darkness that surrounds us.

Unto us a child is born, unto us a Son is given...his name shall be Jesus, Emmanuel, God with us. May the coming of the Christ Child illuminate your mind, bless your soul and fill your hearts with the love of God.

Advent is a time of waiting and listening, a time of hope. In faith we seek the One to come. In faith we prepare our hearts to receive Him. In faith, we express our longing for God through hymns....O come, O come Emmanuel. And in faith, we pray that God will fill our hearts with the transforming power of God's love. May this Advent season be holy and bear fruit in all our lives. Blessings.

***In Faith we seek the One to Come***



# Book of Remembrance

By Eva Shabits, Custodian of the Book of Remembrance

*“Sing choirs of angels, sing in exultation, sing all ye citizens of heaven above.”*

At this joyous Christmas season may our voices blend with those of the heavenly choirs as we remember Christ’s birth.

Joining the celestial choir are:

Anne Pratt St. James’, Saskatoon  
(June Circle)

Joyce Young St. John’s Cathedral,  
Saskatoon

We honor their memory and give thanks for their many years of service. May they rest in Peace.

Any deceased Anglican Woman from any parish in the Diocese of Saskatoon may be remembered and honored by placing her name in the Book of Remembrance. Please make sure your cheque for \$10 is made out to **Diocese of Saskatoon Anglican Church Women.**

Please send the following information, plus your cheque to Eva Shabits, 218 Ave. X North, Saskatoon, SK. S7L 3J5.

Name of deceased \_\_\_\_\_

\_\_\_\_\_

Year of Birth \_\_\_\_\_ Year of Death \_\_\_\_\_

Parish \_\_\_\_\_

Name and address of family member (if desired) to whom notification should be sent.

\_\_\_\_\_

May God bless those who remember and those whom we remember.

I would like to share the following recipe with you, along with my wishes for a Blessed Christmas:

## A TANGY SUGARLESS TREAT

*(from “The Sugarless Cookbook”, Volume 1”)*

**Apricot Bars** *(makes 32 bars, 1” x 2”)*

### Base:

Sift together:

1 cup flour 1 tsp. baking powder  
Cut 5 Tbsp. butter or margarine in with pastry blender:

Sprinkle with 2 tbsp. unsweetened concentrated fruit juice, defrosted

Mix well with a fork. Press into lightly oiled 8” square pan. Bake at 350 F. for 15 min.

### Filling:

Combine in a saucepan:

1 2/3 cups finely chopped dried apricots  
2/3 cup unsweetened concentrated apple juice, defrosted

1/3 cup water 2 tsp. lemon juice

Cook and stir until liquid is absorbed. Cool.

Spread apricot filling over pre-baked base. Sprinkle ¼ cup unsweetened shredded coconut over filling, patting down lightly.

Bake until coconut is nicely browned, 20 – 25 minutes. Cool.



## CHRISTMAS GREETINGS

Dear Friends,

Thank you for your prayers, support and friendship over the past months.

I have completed a series of 8 treatments of chemotherapy. It is cause for celebration.

Best wishes for a Merry Christmas and a Happy and Healthy New Year. I hope you enjoy the recipe for Cranberry Loaf.

Jacqueline Plante, Program Convenor

### CRANBERRY LOAF

#### Ingredients:

2 cups of All Purpose flour 1 cup of sugar  
2 tsp. of baking powder 1 tsp. salt  
½ tsp. of baking soda  
Juice of one orange 1 egg  
2 tbsp. of peanut oil  
1 tbsp. of grated orange zest  
½ cup of chopped nuts

#### Preparation:

Heat oven at 350 F.

Grease a 9x5x3 bread loaf pan.

In a bowl, sieve together flour, sugar, baking powder, baking soda and salt.

**See Recipe on page 8**

## Often Associated with Christmas

# Gingerbread

Submitted by Elaine Hrycenko

Gingerbread can range from a soft, moist loaf cake to crisp, flat cookies to gingerbread houses. All have in common the predominant flavor of ginger and other spices and the use of honey or molasses rather than sugar. Gingerbread is sometime light and sometimes dark, sometimes sweet and sometimes spicy. Very often it is cut into shapes (people, stars, animals,...) ...and colorfully decorated or dusted with sugar.

It is thought that gingerbread was brought to France in 992 by an Armenian monk who taught gingerbread cooking to French priests and Christians. The art spread throughout Northern Europe... becoming widely available in the 18<sup>th</sup> century. Gingerbread came to Canada with the settlers who brought with them the traditions of their families. Canadian recipes usually called for fewer spices than their European counterparts; they often made use of ingredients (as maple syrup) that were available locally.

Some interesting facts:

1. The ancient Chinese used ginger as a medicine.

2. It is said gingerbread is an ancient treat...the first recipe (unleavened, honey-sweetened cakes) were made in Greece about 2400 B.C.

3. In medieval England, gingerbread called "fairings" became a fairground treat. One English tradition was that unmarried women had to eat gingerbread "husbands" at the fair if they wanted to meet a real husband. Throughout the sixteenth, seventeenth, and eighteenth centuries, in England, gingerbread grew more and more fancy. Queen Elizabeth I hired a special artist-baker, whose only job was to create gingerbread lords and ladies in the images of her guests and courtiers to amuse and flatter them.

4. German bakers in the 1600's were the first to add molasses to their recipes – and they were the ones who began the tradition of celebrating the holidays with gingerbread.

5. In the 1700's, gingerbread "hornbooks" were used to teach children their letters...allowing students to eat each letter of the alphabet as they learned it. What a tasty way to reinforce learning!



6. In North America, gingerbread houses have become popular...elaborate houses heavy with candies and icing...often a Christmas decoration.

Try some gingerbread this Christmas. One way of keeping Christmas in your heart all year is with gingerbread.

“And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger”. *Luke 2:7*

Let us rejoice in the birth of our Savior, at Christmas and always.

### **Christmas Humor**

What did Adam say to Eve?

“It’s Christmas . . . Eve!”

Which is the wettest animal? . . . Reindeer!

*Submitted by Mercedes Montgomery*

# Rosemarie's Ramblings

By Rosemarie Katzell, Convener of Public Relations

The newsletter is almost ready to be put to bed, I wish I was. What a whirlwind of activity in our parish this past month. The best and most successful was our fund raiser for the Mission to Baja. We (St. Paul's, North Battleford) hosted a Ladies' Night Out and the men of our congregation did us proud. They served the meal, entertained and did just about all of the clean-up. I wasn't quite ready to leave the cooking up to them and being the control freak I am, I had to stay around to make sure they left the kitchen spotless (as did a few other ladies).

I must send out a big thank you to **St. Paul's, Biggar**. They had two representatives, and a friend from Meota, come to our supper and brought a \$250.00 donation towards the mission. What an amazing feeling of unity that gave me, to see that kind of



## FINANCIALLY SPEAKING PLEDGES, GIFTS & THANK OFFERINGS

The work and mission of our Diocesan Board of Anglican Church Women depends upon **pledges, Thank Offerings and free-will gifts from individuals or groups**, to cover such things as our Diocesan Commitment, worthy outreach projects, travel expenses, newsletter publishing costs, and miscellaneous administrative expenses, etc. Your contributions are welcome all year through, but this is a reminder that our 2011 financial year ends December 31.

**TAX DEDUCTIBLE RECEIPTS are issued through our Synod office at year end for all gifts of \$20 or more (pledges excepted). Please make all cheques payable to 'DIOCESE OF SASKATOON ANGLICAN CHURCH WOMEN', and include complete names and addresses for all those requiring receipts, and mail to:**

Bonnie Milman, Treasurer,  
Diocese of Saskatoon  
Anglican Church Women  
Box 12, Maymont, SK. SOM 1T0



support for this event. They are unable to do anything toward it themselves so they decided to support a project in their deanery. **Thank you Biggar**, your support and encouragement is priceless.

Gordon, the Battle River Parish **Mission to Baja** representative from St. George's, Battleford and Ivan, representing St. Paul's North Battleford worked right alongside the rest of the men to bring laughter and joy to all who attended and they responded with generous hearts, raising approx. \$720.00 by open donation alone. Praise God as always for blessing the work of willing hands.

This is a very worthwhile project so make sure you support events in your community.

May God richly bless all of you during the Christmas season and into the New Year.

## Recipe *continued from page 6*

Measure the orange juice and add water to make it to  $\frac{3}{4}$  cup of liquid. Beat the egg gently and add the orange juice and oil. Add to the dry ingredients and mix just enough to moisten them. Put the cranberries, the orange zest and the nuts together. Add to the dough

Put the dough in the pan and bake for 60 minutes or until a tooth pick inserted in the center of the loaf comes out dry

Cool the cranberry loaf and slice it to  $\frac{1}{2}$  inch thick. Bon appétit! Jacqueline Plante

### Saskatoon Diocesan A.C.W.

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Submissions of articles are welcome  
from all parishes

The editor reserves the right to edit articles.

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upcoming events in your parish to:

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