



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

December 2007

Welcome to the fifth edition of the Protestant Chapel Guild newsletter, "*Signs of the Spirit*"! This newsletter is intended to be a forum for sharing, celebrating, supporting, and encouraging one another. It is also hoped that the newsletter will be a vehicle for spreading God's word and sharing information about our Guild to the military communities we live in and our broader communities as well. You are encouraged to distribute this newsletter by email and hard copy as widely as you are able.

You will notice that this newsletter is dated "December" rather than November. After reviewing the publication schedule it has been decided that the newsletter will be sent out toward the end of the month, dated for the following month. Newsletters will be published for the following months: September, October, November, December, February, March, April, May and June

National Guild Conference 2008

April 23 to 27, 2008

Galilee Centre, Arnprior, ON
www.galileecentre.com

"Be A Bug" Build Up Guilds

"Out of the believer's heart shall flow rivers of living water."

John 7:38 NRSV

Conference information, including registration forms, will be distributed to all local Guilds prior to your January meetings.

**Enlightening Workshops.....Moving Worship Experiences.....Music
Keynote Speaker – Valerie Lublink.....Servant Opportunities
Time for Meditation.....Time for Fellowship and Fun.....Entertainment
and more.....**

Looking forward to seeing you there!

Good News from our Guilds

The following wonderful story was relayed through emails from Padre Michelle Staples, Petawawa.

30 Oct 07:

“Just a note to let you know that my son and his wife became the proud parents of baby Corran James Squire, 7lbs 14.5 oz, 53cm, on 27 Oct 07. He was born in Yarmouth NS, surrounded by St.Mark's (Greenwood) Chapel Guild members who stood as surrogate grandparents for us. As it turns out the little one had a difficult entry into the world, and it was touch and go there for a while--praise God. Guild members Mary-Lou Graham and Liz Heinrich, as well as their wonderful husbands, were there to keep things calm and in perspective--making a difficult time one filled with love. Although I do hear that Wolf paced the whole time and laughed to wake the city afterwards!

No pictures of the baby yet (he was whisked away to be cared for before anyone could get a photo) but as of yesterday he was feeding and doing all the things he is supposed to--and to quote his nurse, "he is as cute as a button", like he could be otherwise!!!

Praise be to God. And thanks to the Protestant Chapel Guild--a wonderful example of how our military chapel family supports the soldiers, sailors and air personnel of our great nation.”



Wolf & Liz Heinrich, Simon (the proud dad) and Mary-Lou Graham. Photo taken by Lloyd Graham as Simon is on the phone to us in Petawawa telling us we are grandparents.

In response to my request to share this story through the Guild newsletter.....

30 Oct 07:

“Please use this story as you see fit. For me, it was a wonderful experience. Saturday was harrowing as we waited and prayed. My son sounded so lost, and we were so far away. So I put out an email call to our Guild sisters in Greenwood. Within an hour two couples were heading 2.5 hours south to be with our kids. At the end of the evening the baby went into distress and an emergency c-section resulted in the birth of our beautiful baby. Unfortunately he was not breathing as he had inhaled some fluid and hence he was a very sick little boy. The ladies and their husbands stayed with our kids till all was settled and things were stable again.

Then they drove all the way home and went to Saint Mark's Chapel the next day to offer thanks and prayers for us. Wonderfully, I was in church the next day at St.George's Chapel, Petawawa, participating in the Guild service which had been written by--you guessed it--the Greenwood crowd! To be able to say that the very folks who offered the work of worship that day had been the same folks who had been the hands and shoulders and arms and lips of Jesus the day before to our family was a very powerful thing. And who says our Chapel families don't have a powerful ministry!”

National Guild Initiative – In Support of the CDS Military Family Fund

You are encouraged to submit articles and/or pictures related to your participation in the National Guild Initiative in support of the CDS Military Family Fund. Please share your ideas with other Guilds!

Executive Update

Karen Kettle, National Guild President, will be travelling to Esquimalt and Comox in late November. Karen is looking forward to meeting with the Guild in Comox and with the Chaplains in both locations.

Prayer Focus

"We always thank God for all of you, mentioning you in our prayers." 1 Thessalonians 1:2



Later in this same chapter Paul reminds all Christians to pray continually. I'm sure we would all agree, with Paul, that praying for one another is extremely important, but it can be difficult to pray for people when we don't really know what their needs are.

In order to encourage and facilitate mutual prayer support, each issue of our Guild Newsletter will have a prayer focus on one or two Guilds. In this way Guilds will have the opportunity to share, with other Guilds across the country, their particular blessings and their particular challenges. At our Guild meetings, then, we will be able to pray in an informed manner for the Guild(s) featured that month.

You are encouraged to submit your Guild's information to be included in future Prayer Focus articles.

Prayer Resources:

Five-Finger Prayer

Thumb - pray for those closest to me

Pointing finger - pray for those who guide us: teachers, doctors, clergy, counsellors, social workers, mentors

Middle finger (tallest one) - pray for those who stand tall: government, civic, and business leaders, police and firefighters

Ring finger (your weakest finger) - pray for those who are weak: the poor, sick, infants, homeless, and the powerless

Pinkie (the smallest, the least) - pray for me and my needs

Take a TRIP with God

Ask the following questions:

T - Thanks: For what am I thankful?

R - Regret: What do I regret?

I - Intercession: Whom do I need to pray for?

P - Purpose: What is my purpose or plan? (this day, week, my life)

Devotional Corner

Last year, in the Sunday School class that I teach, we used a craft, which the children found interesting and enjoyable. Each child received a piece of plain cardstock, glue and scissors and in the middle of the table a pile of decorating magazines was available. The idea was to imagine that God was coming to your house for a visit and, using furniture and accessories cut out from the magazines, decorate the room in which He would stay. The point of the lesson was for the children to understand that God deserves our best.

Soon there were magazine pieces everywhere as happy children glued sofas and lamps, beds and curtains onto their piece of card stock. There was some tension when two children wanted the same page to cut out, but on the whole they had a lot of fun decorating the imaginary rooms. Some cut out teddy bears or toys for God to enjoy. Others focused on the most comfortable bed they could find or the most beautifully coloured drapes. They all seemed, at least in some small way, to catch the idea that God deserves our best.

One eight-year-old boy, we'll call him 'Jim' became more and more agitated as he prepared his 'room'. Finally, in tears, he said, "I can't do it. The bed is the wrong colour, the chair looks stupid and the lamp is all crooked. I can't make it right. If this is for God, it has to be my best." We helped 'Jim' adjust his 'room', until he was pleased with it and happily put it up on the wall with the other finished products. 'Jim', more than any of the others had truly grasped the idea of the lesson. It really mattered to him to give God his best and his response taught me a valuable lesson.

At this time of year much is said about giving and receiving, as we celebrate the greatest gift ever given – God's sending Jesus to be our Saviour. Let's remember to give Him our best – not a beautiful room, but our own hearts.

What can I give Him, poor as I am?
If I were a shepherd, I would bring a lamb;
If I were a wise man, I would do my part;
What I can I give Him: I'll give Him my heart.



Submitted by Valerie Lublink

Breaking Bread

You are encouraged to submit a favourite recipe along with a story and pictures of your Guild.

Seasonal Resources

Advent Chain Activity

We enter into the season of Advent on Sunday, December 2nd. Advent is a time of preparation for the celebration of Christ's coming into the world as a baby so long ago. Advent is also a time of anticipation — not of gifts under a Christmas tree, but of Christ's return. Here's a fun way to include devotions as a part of our Christmas preparations by making and using an Advent Chain.

1. The fun begins with cutting out and pasting together 25 links for a paper chain.
2. The links are numbered 1-25 and on each link is a different theme and scripture reference (see below).
3. Hang the chain with 25th link at the top and remove one link each day during December leading up to Christmas, using the scripture for devotions and the theme as a focus for prayer.
4. It's a handy way to count off the days until Christmas and learn more about the real meaning of the holiday.

Christmas is...

1. A TIME OF SHARING - Read John 3:1-21
2. A TIME OF MEMORIES - Read Luke 1:68-79
3. A TIME FOR GREETINGS - Read Luke 1:39-55
4. A TIME FOR CHARITY - Read Matthew 25:31-40
5. A TIME FOR VISITING - Read Romans 15:1-7
6. A TIME OF HOPE - Read John 14:1-6
7. A TIME OF FAITH - Read Isaiah 55:6-11
8. A TIME OF PROMISE - Read Galatians 3:23-4:7
9. A TIME FOR CANDLES - Read John 11-14
10. A TIME FOR MUSIC - Read Psalm 150
11. A TIME FOR BEING IN TOUCH - Read John 15:1-11
12. A TIME OF RUSHING - Read Luke 10:38-42
13. A TIME FOR SINGING - Read Colossians 3:12-17
14. A TIME FOR FAMILY - Read Luke 1:5-80
15. A TIME FOR DECORATIONS - Read Psalm 118:19-29
16. A TIME FOR BAKING - Read John 6:32-40
17. A TIME FOR LOVE - Read 1 Thessalonians 3:11-13
18. A TIME OF SOLITUDE - Read 2 Corinthians 1:3-7
19. A TIME FOR REMEMBERING - Read Isaiah 25:6-9
20. A TIME OF PEACE - Read Matthew 11:25-30
21. A HOLIDAY - Read Hebrews 4:9-16

22. A TIME TO GIVE THANKS - Read 2 Corinthians 9:6-15
23. A TIME OF BLESSING - Read Ephesians 3:14-21
24. A TIME FOR GIFTS - Read Ephesians 2:4-10
25. GOD WITH US - Read Luke 2:1-20

The Birth of Jesus — Little Things Mean a Lot

December 2007 by Margaret Payne

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. —John 1:14

We love the calm, cosmic view of the Word become flesh given to us by John's mystic vision. Yet we also cherish the details of the birth of the babe in the manger. We need both versions to tell the story completely.

The grace of God was delivered to earth in the package of a tiny, squirming baby boy. He was a little thing, but he split open time and began a journey to the cross where death was defeated once and for all. The strain and haste and worry in the very human story of Jesus' birth remind us of our own human lives. It is a story that draws us as irresistibly as we are drawn into all the busy ways that we create to celebrate it.

It is an infinitely precious story. But why do people who are already frantic with preparations for Christmas agree to the task of gathering over-active children and stuffing them into itchy costumes to stage an amateurish pageant to tell it? And why do tears come to our eyes more often during a Christmas pageant than when instrumentalists perform spectacularly or the preacher preaches well?

Perhaps it is because the flesh of children becomes the Word for us. They are little things, the children of the congregation, but they tell the story in a way that means a lot. They make mystery accessible and they give us a glimpse of glory. God's version of glory is not a polished and popular glory, and so it is well told in the messiness of a child's play. The words are not always just right, the actors stand in the wrong spots, lighting fails, songs are off-key, and the crown is tilted on the wise man's head. But in a pageant we see the Word alive and close enough to love easily, and so we are drawn into the amazing mystery that so often is best communicated by children.

Thanks be to God for children and Christmas and the grace that comes to us through all the little things that God sends our way.

Contact Us

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Your questions, comments, and concerns are always welcome and encouraged.