



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

July 2012

Welcome to the Twenty Eighth 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.

Fit for Survival

Note from the Editor: I'd like to apologize for the tardiness of this newsletter, I guess I was more "Fit for summer" than Survival! ;) Please don't mind me, instead read along the echoes from the last conference... enjoy!

Good News from Our Guilds

Send us your Guild's good news, big or small and you will encourage others. Other Guilds would love to hear about this.

St Luke & St John Guild - Edmonton

Fran MacCollum and I recently attended Conference. The workshops, devotions, music, and fellowship were wonderful. The National Executive did a terrific job, as well as the Guilds who did workshops. The Edmonton Guild is looking forward to being the host Guild next year in Edmonton. Cold Lake has offered us some assistance.

At our April meeting, we had a guest, Terry Demers, from the Rotary Club. She showed us some porcelain dolls she had made. She had made one to represent each of her children as well as an amazing doll of Mother Theresa that her M-I-L found a great comfort to have with her when she was in hospital.

Our Guild has taken on a new mission project for an inner city mission called The House of Refuge. This mission looks after those the other missions turn away. They welcome the drug addicts and alcoholics as long as they do not try to bring anything in with

them and are well behaved while in the mission. They open at 5 every evening, offering snacks and a movie; then at 7 pm they have a Christian service followed at 8 pm with soup and sandwiches. Our Guild will be participating once a month with the service and serving the soup and sandwiches. We have just begun this mission and have already heard a few wonderful stories of what God's love has done for individuals there.

In May, we had our annual fundraiser, a penny auction and book sale. It was quite profitable, about \$500.

We are now looking forward to our closing dinner June 13 where we will also be giving revealing gifts to our Secret Sisters. Everyone has to guess who they think it was before opening their card, always fun to see if you fooled the person whose name you had.

Have a wonderful summer everyone!
And may God's blessings be with you.

Submitted by: Marty Paris
St. Luke & St. John, Edmonton

Trenton Guild

Each one of us from the Trenton Guild returned from the National Guild Conference re-energized and filled with resolve to share the conference theme, 'Fit for Survival'.

What a privilege for us to be able to distribute the personal items collected and the stacks of colourful facecloths completed during our conference time together. Kristin and her daughters, who delivered these gifts, want to assure you that the staff of Three Oaks, a women's shelter in Belleville, expressed sincere thanks and gratitude for our donation.

In my opinion, the idea to knit was a brilliant one! Skilled knitters, and there are many, taught novice knitters, of whom I am one, to knit. And knit we did!



While we were knitting it occurred to me of the many parallels between the process of knitting squares and the process of creating meaningful, inclusive Guilds. Each takes time, patience, a wide range of talents and skills and a common goal or belief.



As we began our knitting some of us struggled to cast on stitches, while others sat patiently helping us, ready to lend a hand. Some of us were proud to finish one facecloth while others capably finished and immediately completed several more. Yet by working together we made a kaleidoscope of colourful facecloths to share. In the actual process we grew and laughed and learned and got to know one another. So it is with Guild.



We meet together with a common purpose to grow as Christian women and to reach out to others. With God as our helper and guide we strive to grow in faith, fellowship and service. Always remembering the 2012 conference theme from Phil. 4:13 "I can do all this through Him who gives me strength".

Submitted by: Nancy Larkin

Post-Conference – What are we doing now?

Conference seems so long ago now. I have traded in my life as a deployed spouse, full-time volunteer and housewife for a new full-time job running the office and accounts for a trucking business in West Edmonton. Well, to be honest, I am still doing all the volunteer jobs AND the housekeeping, just not as well! My acceptance of this job was conditional on having all the days off I need to still be on the National Executive and keep my husband Howie happy, not necessarily in that order. Amazingly, they still offered me the position. Well enough updates about me.

I came home from Conference feeling renewed and “Fit for Survival” just as I had hoped and expected. It was such a great time of renewing friendships and starting some new ones. Knowing we had representatives from every active guild was so exciting to all of us. It is hard to know what to say that hasn’t already been said. I can’t emphasize enough how great conference is for those who can get there and my goal, our goal as an executive, is to get every woman who wants to come, on that plane or in that car and THERE.

We will be sad to say goodbye to Arnprior for the coming year but at the same time, we are excited about an opportunity to try Edmonton and take a risk on a different part of the country. We as an executive are so glad to see the willingness of the conference attendees to reach out to other parts of the country in hopes that women who have been unable to attend in the past few years due to the distance, may be able to come in larger numbers this coming year.

As I said at the end of conference, every Guild can apply for a Christian Development Fund Grant and there is no limit to the number of attendees you can apply for. If you need any help getting your application finished or submitted, call me or any one on the executive and we will do whatever it takes to help you.

As you will see by their articles, our Chaplain Advisor has been promoted and we are very blessed to have Tracy Graf stepping into the position. If you want to hear how fantastic she is, just ask Nancy Larkin. They LOVE Tracy in Trenton and we are so thankful to have her working alongside us for as long as they let us keep her.

One of the suggestions which Padre Barb gave to us was providing an article to THE DIALOGUE magazine highlighting our work and giving us some exposure to the wider military community. I have written that article and you should see it in the Fall issue of the Dialogue.

I hope I have reminded you all to start thinking about how you are getting everyone to conference next year and as usual, if there is anything we can do to help on the executive, please let us know.

Submitted by: Dana Rittenhouse

Greenwood Guild

At our closing dinner in early June, our third guild 'life member' was presented with her certificate by our president, Debra Poley and, her pin by her co-life member and long time best friend, Clare MacDormand.



Below are our three life members: Clare, Marie and Carol.



One of our new members and head of St. Mark's Social Cttee, Katrina Vessey.



Submitted by: Liz Heinrich

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. Please remember to send in your prayer requests so that we can print them here.

This month we will focus on the following:

Numbers 6:24-26

*The Lord bless you and keep you;
the Lord make His face shine upon you, and be gracious to you;
the Lord lift his countenance upon you, and give you peace.*

Then Sing My Soul – The Lord Bless You and Keep You

Numbers:

Moses records in this book the number of the Israelites and how he organizes them around the tabernacle. To this he adds an account of what happens as they wander in the wilderness. Note especially that in spite of their numerous rebellions, God still loves them and watches over them. As you read this book, rejoice in God's love and care in

your life in spite of your sins; promise God that you will do your best to trust and obey him.

(Fourteenth Century B.C.)

Numbers 6:24-26

The Lord bless you and keep you;
the Lord make His face shine upon you, and be gracious to you;
the Lord lift his countenance upon you, and give you peace.

The Dead Sea Scrolls were, until recently, our oldest copies of biblical text. But in 1979, Villanova professor, Judith Hadley, was assisting archaeologist, Gabriel Barkay, in excavating a site in Jerusalem's Hinnom Valley. In a burial cave, she saw something resembling the metal cap of a pencil. It was a sensational find, a tiny silver scroll of great antiquity. Another was found nearby. These tiny amulets, dating to the Hebrew monarchy seven centuries before Christ, were so small and fragile they took several years to painstakingly clean and open.

When scientists finally unrolled them, they found the world's oldest existent copy of a biblical text, the words of Numbers 6:24-26 – The Lord bless you and keep you; The Lord make His face shine upon you, and be gracious to you; the Lord lift up His countenance upon you, and give you peace.

While the amulets date from the seventh century B.C., the original words are far older, coming 1,400 years before Christ. As the Israelites wandered in the wilderness, the Lord commanded the priests to bless the people with this three-fold blessing. These ancient lyrics have been set to music many times, but never more beautifully than by Peter Christian Lutkin in his classic tune "Benediction". During the Fanny Crosby Ira Sankey era of gospel music, when so much was written for easy congregational singing, Lutkin wrote more elaborate melodies with a classical flare.

Lutkin was born in Wisconsin in 1888 and devoted his life to church music, studying the masters in Europe, excelling on the organ and founding the School of Music at Northwestern Illinois. He helped start the American Guild of Organists. He died in 1931 and was buried in Rosehill Cemetery in Chicago.

In his Notes from My Bible, D.L. Moody said about the priestly blessings of Numbers 6: "Here is a benediction that can give all the time without being impoverished. Every heart may utter it, every letter may conclude with it, every day may begin with it, and every night may be sanctified by it. Here is blessing – keeping – shining – the uplifting upon our poor life of all heaven's glad morning. It is the Lord Himself who (gives us) this bar of music from heaven's infinite anthem".

Extract from "Then Sings My Soul" © Robert J. Morgan

God does not promise all our days will be sunshine and roses. The lists of things to go wrong in a day are limitless and there are but two options: forge ahead on our own, or turn to God.

How many of us have at one time or another tried flying solo and not gotten anywhere but a headache. Like the Israelites, we may spin out of control and into despair. (Numbers 14:1-4)

The Israelites were on a threshold of the ultimate blessing that God promises to them, the eyewitnesses to the miracles in Egypt and their feet had walked the dry bottom of the Red Sea in jaw-dropping victory. God's faithfulness had been amazingly evident. What short memories and disappointing faithlessness! As with humans throughout time sadly they turned their backs on God and left the blessing behind.

May the Lord
BLESS
and keep you, and make
His face to shine upon you
and give you peace

Caleb and Joshua, on the other hand, opted to turn to the Lord with this confidence: "The Lord is with us." (Numbers 14:9) When life seems to swallow you up remember God's presence is a life preserver that keeps the soul from sinking in a sea of trouble.

Respectfully submitted,
Joyce Wilmot
St Luke's Chapel - Gagetown

Devotional Corner

I heard the Voice of Jesus Say (1846)

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."

John 8:12

Anyone can work with adults, but it takes a special person to communicate with children. Among the early hymnists, none connected with youngsters better than Horatius Bonar, "the prince of Scottish hymnists".

Horatius was born just before Christmas in 1808, one of eleven children. Two of his siblings – John and Andrew – also became outstanding preachers. After studying for the ministry at the University of Edinburgh and serving an internship at Leigh, Horatius was ordained and began pasturing in Kelso. Later he moved to Edinburgh where he became one of Scotland's most famous pulpites.

He began writing hymns while at Kelso and many of them were especially for children. Later, in his church in Edinburgh where only the Scottish version of the Psalms were sung, only the children were allowed to sing his hymns. On one occasion in the adult services, two of his church leaders stormed out in protest when a hymn was announced. But the children never protested. They loved his visits to Sunday School when he would lead them in exuberant singing.



Horatius wrote "I Heard the Voice of Jesus Say" for his Sunday School children in 1846. On the page containing the words, he doodled four faces and the head of a man wearing a hat. He based his three verses on three wonderful promises of Jesus in Matthew 11:28, John 1:14 and John 8:12. The first half of each stanza echoes our Lord's promise and the last half of each stanza frames our response.

Where did his love for children come from? He and his wife had lost five of their children in rapid succession. But God gave him hundreds of children in his Sunday Schools. And that's not all ...

Many years later, a surviving Bonar daughter was widowed and returned home to live with her parents. She had five young children. Writing to a friend, Horatius said, "God took five children from life some years ago, and He has given me another five to bring up for Him in my old age". Horatius was nearly 80 when he preached in his church for the last time. Among his lasts requests was that no biography of him be written. He wanted all the glory to be Christ's alone.

Extract from "Then Sings My Soul" © Robert J. Morgan



Having been a Sunday School child and rising to the ranks of teacher for 20 years I can understand just how awesome that calling can be. A child accepts without questioning and is always open to ideas to expand their knowledge. With me it was how often I came across and still come across a bible passage and say, "That's a hymn of song".

I spent 20 years working as a nanny to Military families and 10 years as a daycare provider and have been blessed (many times over) to have had my children.

As children we are taught and encouraged to make dreams and reach for the stars. If you want to make God laugh, tell Him what you have planned for the day and see if it always happens (as you plan). I was not able to complete my plans as a child into adulthood. God had plans for me far more reaching than I could ever dream. Being one of eight siblings I was always around and surrounded by children; hopefully I was married and with a family. God had a charge of both those plans and wove for me a different tapestry of His making and time.

Children continue to flow through my days and what I have found is that the tapestry begun so long ago continues to be strengthened as each person I get to know.

Children are what Jesus called to come unto him. All who are weary and heavy laden and I will give you rest. We are ALL children of God, woven into the tapestry of His Glorious Kingdom.

Respectfully submitted by: Joyce Wilmot
St. Luke's Chapel
CFB Gagetown

From Our Chaplain Advisor – Padre Barb Putnam

My one regret as the National Protestant Guild Executive Chaplain Advisor is that I didn't learn to knit a dishcloth. I think creating something colourful and useful with my own two hands would have been a fine reminder of Faith, Fellowship and Service during a very short but fulfilling term as your Chaplain Advisor. Alas, it is yet one more confirmation of the dismal grade my Home Economics teacher gave to me in Grade Six.

Not all is lost however; as I sat among you at Conference and watched as you each created these little masterpieces, I did come away with something very valuable: a story. It's a joyful story that will stay with me throughout my career as a military chaplain. It's a story that speaks to caring, to compassion and to creativity. The dozens of little dishcloths are but a symbol of the many ways in which the Chapel Guilds are reaching out in every base, wing and formation to be Christ's hands and feet to offer support and love to military members and their families. For such a small group, the impact of the work you do is exponential. I am honoured to have been a part of it this past year.

As I move to a new job this summer, my thoughts and prayers remain with you. Your new Chaplain Advisor is a dear friend, and someone whom I know will bring many gifts to this position. Thank you for the warm welcome you gave to me, and I trust that you will be equally welcoming to Padre Tracy Graf, from 8 Wing, Trenton.

Submitted by: Padre Barb Putnam

From Our New Chaplain Advisor – Padre Tracy Graf

Have you ever had one of those days where the "to do" list is longer than the amount of time and energy available? The list slowly but surely takes control of the next day, and the next, and perhaps many more days, and there is a danger that the joy of the simple gift of today gets lost.

So imagine my response when I was asked if I would be interested in serving as the chaplain advisor to the Guild! I could think of numerous things that I could offer as reasons to decline and yet, my heart told me that I would



miss out on a tremendous blessing. I surprised even myself when I said "yes" and I felt immediate peace. Often my decisions to embrace something new are followed by self-doubt, apprehension, and the question "Why oh why did I say yes???" but not this time.

This opportunity is truly a gift from God: something to place on the "to do" list that will nurture me, remind me to lead a balanced life, and place me in contact with passionate and inspirational women. Who could ask for a better blessing than that?

So, dear sisters, I look forward to the precious time that we will share. My hope is that as our friendship grows we will remind one another to celebrate the gift of each day, and be fully aware of God's continuous companionship and presence.

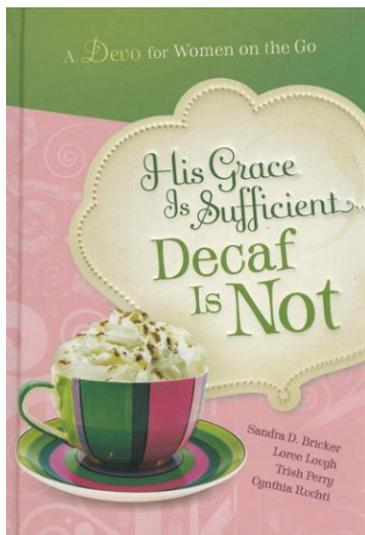
Peace,

Tracy

Normal day, let me be aware of the treasure you are...
Let me not pass you by in quest of some rare and perfect tomorrow.

~ from "Normal Day" by Mary Jean Irion

~



Editor's **Note**

by Sylvie Jobin

God's Grace

Recently I bought a new devotion book entitled:

"His Grace Is Sufficient... Decaf Is Not"

For the people who know me well, it won't be surprising to them why I bought that specific devotion book. Everyone knows I like coffee; what am I saying... I LOVE coffee! So I can say that the title got me a tad curious. This book is a collection of devotions written by four novelists. Also parts of the book's proceeds are donated to the Ovarian Cancer Research Fund, making it even more worthwhile to possess a copy!

This devotion book is filled with stories to which you can easily relate. It is written with humour and wisdom, giving you the feeling that they have all "been-there-done-that".

Like a good cup of espresso, it gives you that extra "pick-me-up" you might need at some point in your lives.

"His Grace Is Sufficient...But Decaf Is Not" is the perfect blend of voices, hearts, experiences, and honest confessions from four well-known authors to women just like us. Sandie, Loree, Trish, and Cynthia have all walked in our shoes... and lived to tell about it. Better yet, they didn't just survive the bumps and even nuclear explosions of life; they grew and blossomed in the middle of them. – Kathi Macias

This is one cup of Joe I can keep refilling. Beautifully and simply written, this book is one to cherish and pass on to many. What a refreshing daily devotional on the subject of God's amazing grace! The short stories are fun to read and a blessing for the day ahead.

So next time you enjoy a cup of coffee, why not sweeten it with God's grace? It is good for the soul. ;-)

~~~~~

The newsletter is officially closed for the summer! Don't forget to send me your articles in the fall about what's new in your Guilds, your projects for Thanksgiving and Guild Sunday.

Sylvie Jobin  
Signs of the Spirit  
Editor

### **Contact Us**

The editor of Signs of the Spirit may be contacted directly:  
Sylvie Jobin, 15 Hill St Lincoln NB E3B 6W2  
(506) 472-6242

[signsofthespirit2011@gmail.com](mailto:signsofthespirit2011@gmail.com)

Or through the National Guild President, Ute Lamb, at [utelamb@gmail.com](mailto:utelamb@gmail.com)

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