



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

June 2009

Welcome to the thirteenth 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.

Good News from our Guilds

Penny Auction in Edmonton



On May 13th, the Edmonton Guild held a penny auction/book sale to raise funds. Maximum bid was \$10.00. Attendees were guild members & friends as well as the CWL and protestant chapel ladies of the congregation. Each



member of the Protestant Guild and the CWL had brought items for the auction. Homemade cards were for sale made by Maureen Williams. The auctioneer was Ruby Reedman assisted by Vanna (aka. Marty Paris). Desserts and coffee were served afterwards. We had a lot of fun and raised over \$500.00.



Submitted by
Marty Paris



News from Bagotville

Bagotville's Guild is seen presenting Jennifer Currie with a special thank you gift for all of her contributions to the Guild and for help making it possible for them to attend conference, she was the only Bagotville Guild member who was unable to attend. ♡



♡ They also did their conference skit for their congregation. Submitted by Susan Crousette

Something from Shearwater



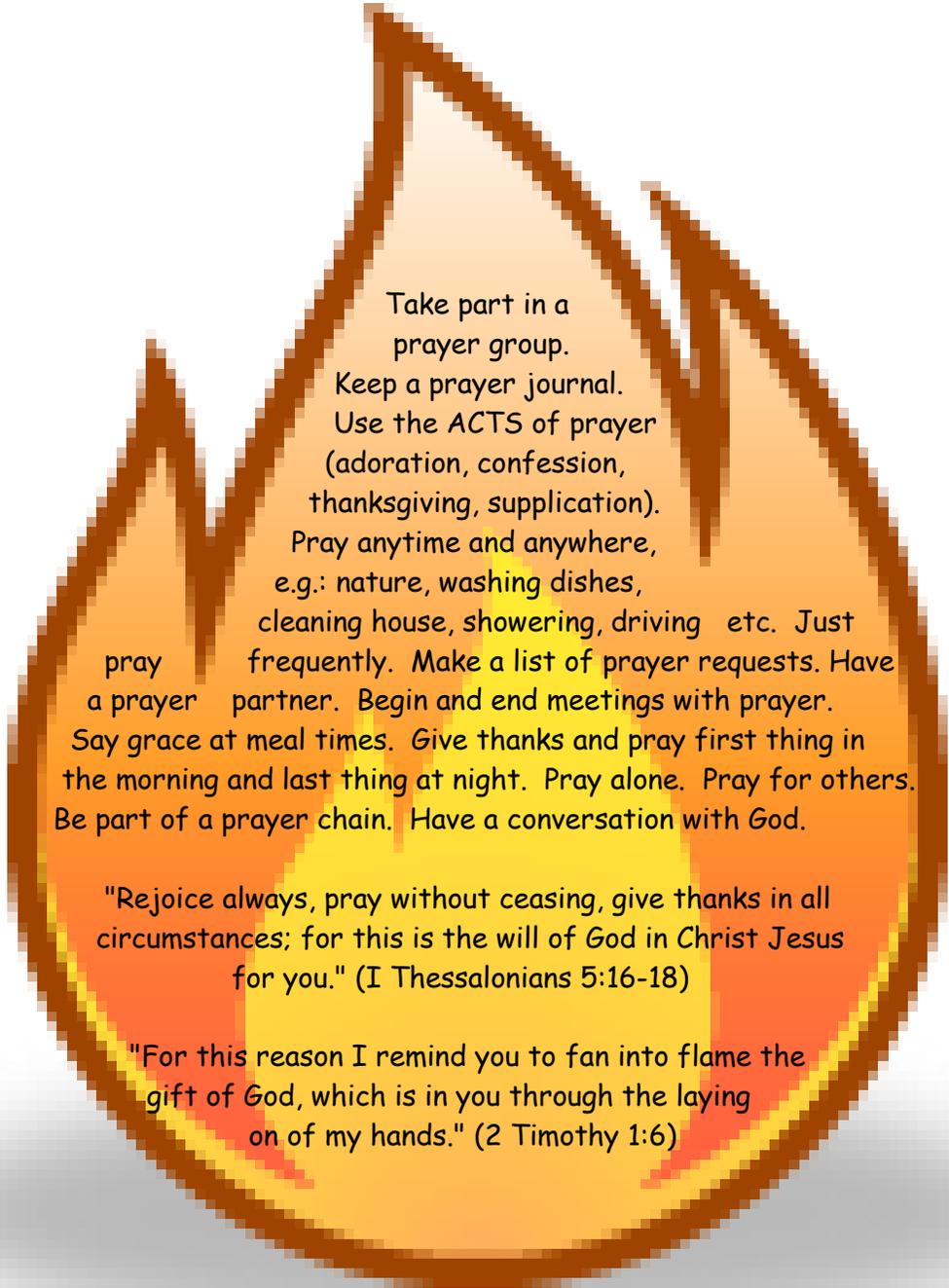
Shearwater's Guild recently helped the Sunday School children complete their "Blankets for Premies" project. The children either knit or crocheted (some with help) a cotton blanket for the premie ward at the local hospital. Many of the children learned the skills just for this project. The youngest crafter was five years old. Pictured here is the prayer for the babies who will be covered with the blankets.



Conference Echoes

This year's conference was about fanning the flame and as well as the presentations, we did a number of practical exercises. In one of these exercises we took the seven faith practices, along with their Bible verses, and thought of practical ways we could adapt these faith practices for ourselves, our Guilds and our Chapels. We glued the results to orange paper and cut the paper into flame shapes with which we decorated the room. As promised we are going to share the results of this exercise with Guilds across the country.

This month we'll look at 'Pray Frequently'. Here's what you wrote, starting with the most frequent suggestions.



Take part in a prayer group.
Keep a prayer journal.
Use the ACTS of prayer (adoration, confession, thanksgiving, supplication).
Pray anytime and anywhere, e.g.: nature, washing dishes, cleaning house, showering, driving etc. Just pray frequently. Make a list of prayer requests. Have a prayer partner. Begin and end meetings with prayer. Say grace at meal times. Give thanks and pray first thing in the morning and last thing at night. Pray alone. Pray for others. Be part of a prayer chain. Have a conversation with God.

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (I Thessalonians 5:16-18)

"For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands." (2 Timothy 1:6)

Conference Picture 2009



Devotional Corner

What comes to mind when you think of summer? Is it the warm weather and the beach? Perhaps it's having the children home from school or finally being done school for two months. Is it going somewhere exciting on vacation or maybe getting caught up on some reading?



One of my favourite places to go in the summer is the Salvation Army camp at Jackson's Point, Ontario. Not counting the last few years, I have gone there off and on, since I was a kid. The camp is on Lake Simcoe and there are cottages to rent and a dining room where meals are taken, as well as many other facilities. What is my favourite thing about Jackson's Point? Unlike some fancier summer resorts there is next to nothing to do! One can swim in the lake or walk into town for an ice cream. This is a big plus for me, because the second I arrive there I find myself relaxing – no pressure, nothing

to be done, just read a book and enjoy the fresh air.

There are not many occasions for busy people to relax during the church/school year, but summer often brings such occasions and we need to take advantage of them.

For many, summer is also about saying goodbye to old responsibilities and hello for new beginnings: the sadness at leaving classmates in June and the delight of a whole set of brand new, clean notebooks in September, the excitement of a fresh start or the terror of a class full of strangers, a new posting with its tearful goodbyes and hesitant hellos, or new responsibilities in Guild, chapel or

community. Between the goodbyes and the hellos there needs to be some time for renewal and refreshment, a time for recharging our batteries for a new year, a time to reflect on what has been learned. All of us need to rest and recharge sometimes, even the energizer bunnies among us and summer is the perfect time to do this.

Jesus Himself said: "Come to me, all you who are weary and burdened, and I will give you rest (Matthew 11:29) and when He saw that His disciples were rushed and harried, not even having enough time to eat, He said "Come with me by yourselves to a quiet place and get some rest" (Mark 6:31)

So take some time to relax this summer, reflect on what you have learned this year and, in the words of the song: "See You in September!"



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