



# Signs of the Spirit

**Canadian Forces Protestant Chapel Guild**

**June 2011**

Welcome to the Twenty Fourth 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.

## **Conference 2011**



**National Guild Conference – 2011**  
**F.R.O.G.**  
**Arnprior, Ontario**

What a spirit filled conference for Debra Poley, Myra Jesso and myself; such a beautiful and safe place to be. It would be wonderful if all Guild Ladies could experience this, at least once. We were inspired, uplifted and encouraged.

From early morning devotions in the chapel at Galilee House for me; to see the sunrise, to hear geese flying overhead; to devotions with the ladies later in the morning; and to end the day at the Vesper services was surrounding us with our Father's protection.

Galilee House is safety away from the everyday world. We were free to be ourselves, have fun and fellowship and renew acquaintances and make new ones.

**Dana's workshops on F.R.O.G.** – Why can I rely on God?; Barriers to fully relying on God; and How to rely on God; were helpful in making us realize our need to slow down, take time and get to know God, our Father, Who is always there for us. We need to make solitude a priority, value others, humble ourselves, trust God and fully rely on Him. Refuel, Relinquish, Reflect, and Rely.

**Speaker – Beverly Chan – The Labyrinth** had special meaning for Myra and myself. Even tho' there were 25+ women walking the prayer circle – it seemed as if we were each alone with God. I had tears of joy and peace as I walked out with my Father. Also, there were tears of sadness as our Father stressed His upset and sadness of how humanity is being disrespectful, mean and intolerant of one another. He wants so much for us to love each other with His love.

The first time the group walked, I felt as if our Father was not there as I walked in but knew in my heart He is always with us. The wind swirled around + threatening rain seemed imminent. After praying in the center for a while and then walking out, the wind had died down and there was total quiet for another  $\frac{3}{4}$  hour and the wind started again but not as strong. My second walk, the next day, the birds were singing and flitting about. Coming out from the center there was complete silence and I was surrounded by our Father's love, peace and joy. I was impressed to wait on Him, trust Him, be quiet and still and that He loves me, no matter what.

**Down by the Pond** – Games, Singing, Laughter & Fun

The **Annual General Meeting** brought us up-to dates on website, constitutional and manual changes. Padre Bonnie Mason is moving to Colorado with Barb Putnam as our spiritual advisor. Valerie Lublink is moving to Belgium. Padre John Fletcher stressed that F.R.O.G. is not only fully rely on God but also fully rely on the Guild. Good connection. We were impressed with the various Guild reports and now have new ideas and things to do in our own guild.

**Elections:** Ute Lamb, President; Valerie Lublink, Past President; Dana Rittenhouse, Vice-President; Phyllis Chilvers, Treasurer and our own Debra Poley as Secretary. Congratulations and blessings.

**Workshop – Origami Frogs** – Fun and Frustration

It was like life, easy at first then struggle and frustration making the frogs and then getting them to jump. All this was to encourage us to keep moving forward one step – jump – at a time.

**Skit Night** – What can I say – lots of laughter + meaningful messages acted out to get the point across. You have to be there to experience it. There's no describing it; as goes for the Auction – over \$800. raised to support conference.

**Workshop – Vision and Mission Session:** Wonderful to see the changes which coincided with the other groups-inclusive. I think it is for the best, if we want to grow.

**Workshop – Kites:** Writing prayers and flying them up to God. Such fun for those of us who can't run to watch the others in childlike glee running and trying to keep the kites up in the air.

**Good Ole Boys** – always a delight and fun to join in the singing.

**The Communion Service** was the topping on the cake. It drew us all together in reverence and gratitude to our Father. Padre Bonnie's sermon gave us childlike wonder at God's care, protection and love.

We finished two 1,000 piece **Jigsaw Puzzles** – one to commemorate William and Kate's wedding and a smaller frog puzzle. Many discussions and getting to know one another better.

We had a full chapel service at Ottawa observing communion and the Battle of the Atlantic for those of us who could attend, followed by a luncheon put on for us at the annex building.

Excellent food at Galilee House. Good flights to and from the conference. Gracious hostess/drivers. I feel we were all blessed in some way, so much accomplished in so few days.

Thank you all and God Bless,

Carol V. Richardson  
St. Mark's Chapel Guild  
Greenwood, Nova Scotia

## Operation Common Ground



This year was the 10<sup>th</sup> anniversary of Operation Common Ground. OCG was a joint conference held at CFB Trenton by the Catholic Women's League (Military) and the Canadian Forces Protestant Chapel Guild, in 2001. To commemorate this anniversary, a mini celebration/workshop was held on May 14 at the Base Chapel in Trenton. Fourteen Guild members were able to participate in this event. We shared a lunch together with the CWL and then took part in an interview style brainstorming session. You will remember that you were asked, at last year's conference, to write down what you believed to be the most pressing issues facing the Guild today. Based on your submissions and those of the Catholic Women's League a list of questions had been prepared, by the CWL, for our consideration. Following the discussion, the possible solutions were shared with the entire group. These will be compiled by the CWL and made available to us. We also took part in a service of celebration and prayer that had been prepared by the CWL.

Some Guilds that were not able to participate held their own Mini-Operation Common Ground on their own bases. However, while not all guild members were able to participate in this short conference, it must be remembered that the real 'Operation Common Ground' is what we do every week on our various bases. When we work together with the CWL towards a common goal, whether this involves decorating the chapel or catering an event, we are doing what OCG is all about. It is about recognizing that we have much in common and working together. For those of you who are regularly doing this, you are as much a part of Operation Common Ground as the Guild members who made their way to Trenton on May 14<sup>th</sup>.

*Submitted by: Valerie Lublink*











## **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.

### **Gagetown News**

#### **Green Fellowship**

Sounds like a FROG thing, don't you think? However, there is no relation between the batrachians and the subject of this article; let me explain...

In the past few years, we have made a practice of inviting our CWL sisters around St Patrick's Day for a little gathering. We always had fun doing so, and thought that maybe we should extend the invitation to all other churches group in town.

This thought gave birth to the "Wear'n of the Green Fellowship" that took place at St Luke's Chapel – CFB Gagetown, on Saturday March 19, 2011.

We ended up having ladies from the following neighbouring churches: St. Mary's Chapel (CWL), St. Vincent de Paul (CWL), St John's Anglican Church (ACW) and Oromocto United Church (UCW). We were about 40 in numbers and shared a wonderful supper "potluck style"; brought from every corner of town!

We had an introduction game based on famous couples; which left some of us wondering who they were ;) Then we partake in an excellent supper, making sure that everyone was mingling with each others. To help doing so, we distributed numbers to each ladies coming in; this number was to match the numbers on the tables. That way, we had a lot of variety at each tables.

Then, Tammy had a Bible game for each tables. We were allowed to team up to answer the questions she had prepared in advance. Talk about "picking your brain"!!! Prizes were given to the best score. Following this, Anne had prepared another game for our guests; this was a lot of fun and our greens (table center plants) found new homes that night ;)

Now, you might wonder "How can they top that?" Well, easy... "Skit Night" is the answer! We had made sure that our invitations indicated to bring a skit. It was very entertaining and the perfect end to a beautiful night spent with friends. As the picture indicates...







Good food, great friends, wonderful night...

May God Bless you; and until next time... ;-)

*Submitted by: Sylvie Jobin*

### **Visitors at St Luke's**

St Luke's Chapel Ladies Guild sent 5 ladies to National Conference (plus Ute Lamb as the new National President). There were FROGS everywhere in keeping with the theme of Fully Rely On God.

Since our return, we have had a plant sale, a spaghetti supper and a "No Frills Lunch".

At our semi-annual German Dinner, we served 51 guests. A table of dignitaries was prepared for the visit of our Principal Chaplain (P) Col. John Fletcher. Padre Fletcher was accompanied by our 2 senior chaplains, the 3ASG G1, and other chaplains with their wives. It was the first time we had such an honour.

However, a 52<sup>nd</sup> guest was not allowed to attend as he didn't have a ticket – it was the resident red fox that came right to the front door of the Chapel, hoping to have some leftovers! ;-)



We are having our closing dinner at East Side Mario's restaurant on Thursday, June 2<sup>nd</sup> and then will be taking a much needed rest for the summer.

Have a great and blessed summer!

*Submitted by:* Helene Boyko  
Acting President, St Luke's Chapel

## **Greenwood News**

### **THE TAX MAN COMETH**

Wouldn't you know it – just when we're gladly saying goodbye to winter and looking forward to sunshine and warm weather, here comes Income Tax time again! I know we are supposed to "render unto Caesar" his due, but I have a feeling we all wish we didn't have to go through the process of counting the pennies – two for Caesar, one for me!

Fear not, for St. Mark's Guild in Greenwood has come up with an income tax form that will not cause headaches or an empty wallet.

As you can see by the attached copy of the form, it is simple to understand and fun to fill out. It is also a very easy way to make a few dollars for your group. Last year it was filled out by our Guild members and we realized \$115.00. We distributed the forms at one meeting and they were returned at the following meeting with the corresponding "tax" money. How easy is that! Perhaps if your Guild has fewer members, the form could be passed out to the chapel congregation.

This tax form is fun to read with others – some people realize they have far more of an item than they thought and others may be reminded that they need to replace or check the conditions of others. It makes you stop and think about the material possessions you actually own. Could be that having a yard sale might be in order!

But best of all is that you are led to give some thought to the intangible "treasures" that we sometimes take for granted. It is our hope that after filling out your "Income Tax," you will pause for a moment of prayer, asking God to forgive your complacency and to give you a renewed sense of the value of these things – both seen and unseen – that constitute our daily lives.

"For where your treasure is, there your heart will be also." (Matthew 6:21)

Submitted by: Clare MacDormand



## Count Your Blessings Tax Return

Tax Season is here. We groan as we pay our share of taxes as required by law. Have fun with the "Count Your Blessings" Tax Return as we willingly tax ourselves.

<b>Blessings</b>	<b>Taxes</b>	<b>Amount Due</b>
I live in a comfortable house or apartment	\$0.25 ea.	
I have ___ television sets	\$0.10 ea.	
I have ___ radios	\$0.05 ea.	
I have ___ D.V.D. players	\$0.05 ea.	
I have ___ room Air Conditioners	\$0.05 ea.	
I have Central Air Conditioning	\$0.20 ea.	
I have ___ cars and/or trucks	\$0.10 ea.	
I have an automatic dishwasher	\$0.10 ea.	
I have an automatic washing machine	\$0.10 ea.	
I have an automatic clothes dryer	\$0.10 ea.	
I have ___ electric or battery clocks	\$0.05 ea.	
I have ___ telephones	\$0.05 ea.	
I have ___ dogs, ___ cats, ___ birds ___ other pets	\$0.05 ea.	
I have/or had a loving mother/father	\$0.25 ea.	
I have/or had a loving spouse	\$0.25 ea.	
I have/or had ___ siblings	\$0.05 ea.	
I have/or had ___ children	\$0.10 ea.	
I have/or had grandchildren and great grandchildren	\$0.05 ea.	
I own ___ wrist watches/diamond rings	\$0.10 ea.	
I have a fur coat or stole	\$0.15 ea.	
I have a microwave oven	\$0.10 ea.	
I have a self-defrosting refrigerator	\$0.10 ea.	
I can afford to heat my home or apartment	\$0.15	
I have enough clothes	\$0.10	
I have enough food to eat	\$0.10	
I have close friends	\$0.05	
The Lord gives me strength	\$0.50	
I want to do my part	\$0.25	
I own ___ versions of the Bible	\$0.05 ea.	
I am in reasonably good health	\$0.35	
I am thankful to live in Canada (what is it worth to you?)		
I can attend the church of my choice	\$0.15	
I read the Bible	\$0.10	
I appreciate the support and prayers of my friends	\$0.25	
I believe God hears and answers prayers	\$0.25	
I am a registered voter & can vote for the candidate of my choice	\$0.25	
I am glad that I have so many blessings	\$0.50	

**TOTAL** \_\_\_\_\_

## **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:

### **Prayer: It Does a Mother Good**

As a mom, I want what is best for my kids — so I come to God with concerns and requests for them. Just as I looked forward to hearing from my son while he was serving in Iraq, I've come to realize that God enjoys hearing from me. With that in mind, I have made the most of prayer by both talking to and listening to God regarding my kids — when they were young *and* now that they are grown.

I believe it's important for mothers to pray because:

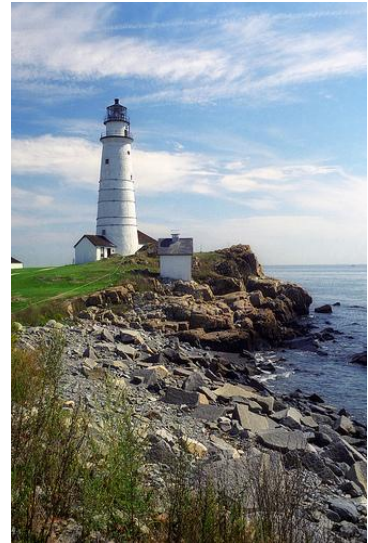
- **Prayer is the foundation of parenting.** Proverbs 3:5 says, "Trust in the Lord with all your heart and lean not on your own understanding." When we acknowledge that God knows best and seek His guidance, we find wisdom to raise our kids.
- **Our prayers are bigger than we are.** E.M. Bounds, a theologian and pastor, said, "Prayers are deathless. ... Prayers outlive the lives of those who uttered them." The prayers we speak today have the potential to affect generations to come.
- **Prayer invites us to give our worries to God.** Scripture tells us, "Cast all your anxiety on him because he cares for you" (1 Peter 5:7).
- **Prayer brings peace to busy moms.** As our children grow, we have more to worry about. But God promises His peace in exchange for our worries. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

## **Devotional Corner**

### **Hold My Hand**

Read Deuteronomy 31:1-8

Several years ago when I visited my goddaughter who lives outside of Boston, Mass., we traveled to the coastline. Her husband and twins came along for this day of adventure to the seashore. The twins asked me to take them for a walk and at first we moved, each by ourselves but as we came to the rocks, closer to the lighthouse, the twins chimed up at the same time for me to hold their hands so they wouldn't fall over the bumpy parts.



Sometimes our lives have bumpy parts along the way; loss of family and friends, financial woes, health problems or concerns at work. As we carry these heavy burdens and cares we long for a strong hand to hold ours to keep us steady and secure.

When Joshua took over the leadership of Israel, Moses reminded him of God's help in tough times. In the difficult days to come, Joshua would need to remember to trust God and His promises. Moses said, "The Lord, He is the One who goes before you. He will be with you; He will not leave you nor forsake you; do not fear nor be dismayed".

Isaiah 41:13 encourages us with these words from God: "I, the Lord your God, will hold your right hand saying to you, "Fear not, I will help you". When life's road gets bumpy, God is with us, we can hold His strong hand. One of my favourite hymns is "On Eagles Wings", psalm 91.

Remember no matter where you go, you will never walk alone. Jesus will hold you in His hand over the bumpy parts in your life.

Prayer:

The troubles that we face each day  
reveal how much we need you  
They test our faith and strength of will  
and help us to trust in your word and  
that our fears flee in the light of your presence.

Amen

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



## **From Our Chaplain Advisor – Padre Bonnie Mason**

### **The Breath of Life**

My home can be counted as one of the 13.3 percent of the households that tuned into “The Oprah Winfrey Show” finale. I have always had a fascination and incredible respect for Oprah who in spite of being born in rural Mississippi in 1954, when the vision for a black girl was limited to being either a maid or a teacher in a segregated school, is now considered one of the most influential people in the world. I don’t need to tell you that this is no small feat. Oprah’s last episode reads more like a sermon than the final discourse of daytime programming. She speaks openly about her faith and talks about how everybody has a calling that “...lights you up and lets you know that you are exactly where you’re supposed to be ...” and that each person has a responsibility to embrace “the life that is calling you and use your life to serve the world.” She addresses Christian principles such as the Golden Rule, divine order and the manifestation of grace and God.

In a culture and society that has become largely Secular Humanists, which is a comprehensive life stance that focuses on the way human beings can lead happy and functional lives without religion or God, Oprah declares boldly and with confidence how she has remained so strong in the last 25 years of her life:

*“People often ask me, What is the secret of success of the show? How have we lasted 25 years? I non-jokingly say, ‘My team and Jesus.’ Because nothing but the hand of God has made this possible for me. ... I know I’ve never been alone, and you haven’t either. And I know that that presence, that flow—some people call it grace—is working in my life at every single turn. And yours too, if you let it in. It’s closer than your breath, and it is yours for the asking.”*

It is closer than your breath, and it is yours for the asking.

“Jesus said to them again, ‘Peace be with you. As the Father has sent me, so I send you.’ When he said this, he breathed on them and said to them, ‘Receive the Holy Spirit...’” (John 20:21-22)

This is the season of Pentecost, the celebration of the Spirit and the birthday of the church. It is the presence and the effect of the Holy Spirit upon the world through the agency of the church.

Pentecost is difficult to explain; especially the significance of Jesus breathing on his scared and confused disciples who had locked themselves away from the rest of the world for fear that they too would die a similar death as Jesus. New Testament scholar Barbara Brown Taylor has a wonderful way of describing that event:

*He commissioned them by breathing on them, opening his mouth and pouring what was inside of him into them so that their bangs flew and their eyelashes fluttered and they could smell where he had come from -- not just Golgotha and Galilee, but way before that -- back when the world itself was being born. Anyone standing there that evening with any memory at all could smell Eden on his breath: salt brine, river mud, calla lilies. They could feel their own lungs fill as they were brought back to life. It was*

*Genesis reborn, as they were created all over again by the power of the Spirit that was coming out of his mouth.*

Taylor and others tell us there are two distinctly different models of church that emerge from these stories. One is the Pentecostal model, the church that receives the Spirit in dramatic fashion and shares that gift just as dramatically. The other is the Johannine model, which receives the Spirit more as a gentle gift. Obviously, whether one is a gentle breath type or a mighty wind type, the church has but one purpose. Taylor says, "The church has received the Holy Spirit, the world has not, and it is the church's job to bring the Spirit into the world."

This has been my experience with the Guilds during my two years as your Spiritual Advisor that you seek to bring the Spirit into the world, into our military communities and military families by recognizing and acknowledging you're calling in the world and sharing the gifts of the Spirit through our military chapels. This too is no small feat and yet you continue to bring the Spirit into the world through your support of the MFRCs and specific programs designed to assist the military. You have done it in word through the development of a Vision and Mission statement and you have done it in action.

It has been a blessing and a privilege to be your Spiritual Advisor. I will be passing the torch over to Barbara Putnam who will be your new Spiritual Advisor and whom I am confident you will love and enjoy. My prayers will be with you as you continue to do the work of the Spirit on our military bases, wings and formations across Canada.

Blessings,  
Padre Bonnie Mason

### **Editor's Note**

There are so many things I'd like to share; however let's start with our newsletter.

**Signs of the Spirit** – by definition I'd say that this is the greatest way to share ideas, life experiences, fellowships, crafts, fundraisers, etc.... So, believe me, I understand how you might feel sitting in front of a white page! Sometimes it feels like a meeting: taking attendance, start with a prayer, sharing the CO's points and then, an around the room inquiry to see if we haven't missed anything!

Isn't that what we are doing with a newsletter? The welcoming section, the National News, the "around the country" inquiry, the Devotional Corner, Prayer Focus, Inspirational Corner (or personal story), a word from our Chaplain Advisor and then... the Editor's Note. All that put together and mixed with a good dose of pictures; there we go, we have produced a newsletter!

Don't worry, I'm not saying goodbye! Au contraire! ;o) I am loving this! And with God's help, I should have more time to dedicate to this project from now on. In all fairness, YOU are what the newsletter is all about and YOU are my inspiration!

So coming next September, (and in a perfect world ☺) I'd like to be able to produce the newsletter according to the following schedule:

**September** – Beginning of the year for all of us. If you send me articles by mid-August; I'll be able to produce a newsletter for mid-September. Tell us about your summer, was there any new members added to your families? Did something special happened to you and you would like to share it with everyone? Go ahead... send it in!!

**December** – Deadlines for articles would be Nov. 30<sup>th</sup>. You would have been active for the past 3 months, articles on Guild Sunday, what you are up to... things coming for Christmas, etc... nothing is too small not to share.

**March** – Deadlines for articles would be the last day of February. This newsletter would include everything we need to know about the upcoming Conference ;) Again, your local Guild input is always appreciated.

**June** – Deadlines for articles would be June 1<sup>st</sup>. This newsletter would illustrate the Conference, any other activities since and the thoughts and blessings for the summer.

Now, what do you think? Sounds pretty good huh? Let's try it that way for the year 2011-2012; and maybe the years following that, we may add one more issue to this great newsletter. It all depends on YOU! This is my wish for the Signs of the Spirit... I hope you agree with me. In any case, it was great to share it with you all ;)

Sylvie Jobin  
Signs of the Spirit  
Editor

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

Enjoy the good weather this summer and see you back in the fall!