



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

March 2008

Welcome to the seventh 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.

National Guild Conference 2008

It's almost time for Conference 2008. If you are interested in attending and have not yet submitted your registration please get in touch with Karen Kettle as soon as possible.

April 23 to 26, 2008

Galilee Centre, Arnprior, ON

www.galileecentre.com

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

John 7:38 NRSV

We look forward to seeing you there!

Good News from our Guilds

Cold Lake/Edmonton Get Together

Submitted by Gussie Ellis, Edmonton

On the weekend of November 3-4, 2007 members of the Cold Lake Protestant Chapel Guild came to Edmonton for some get-away quality time and of course to go to West Edmonton Mall. They included in their plans to attend the Chapel of St. Luke and St. John, Edmonton Garrison to meet the members of the local Guild. Fellowship after the service was exciting as the ladies not only chatted together, but also with the members of the congregation.

Not all the Edmonton Guild members were in attendance, but those who were certainly were thrilled to meet our sister members: Sheila Hubbard, Debi Stahn, Susan Goddard, and Joanna Gilkinson. With all our lives so busy, I pray that we will stop for a moment, once again, and meet to share the blessings that God has given to us.



Back Row: Fran MacCollum, Joanna Gilkinson, Marilyn Bond, Doris Wellwood, Linda Glover, Debi Stahn
 Front Row: Gussie Ellis, Maureen Williams, Susan Goddard, Marty Paris, Sheila Hubbard



The Presidents: Marty Paris – Edmonton
 Sheila Hubbard – Cold Lake

Kit Shop

The kit shop will be available at conference. We wanted to share this picture of the Ottawa Guild wearing their Guild aprons. The women have been very pleased with the quality of these aprons – they wash very well.



Stacie Scharf, Phyllis Chilvers, Flo Oakes, Judy Johnston, Maureen Powers

Some of the kit shop items that are available.....



Devotional Corner

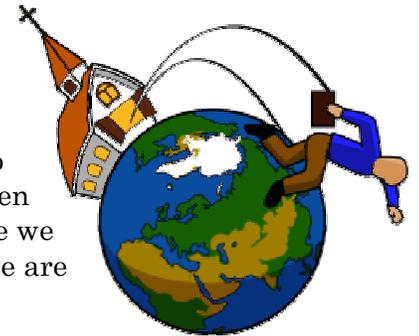
Me, an Ambassador?

This Christmas, I travelled to Germany with our youngest daughter, Myriam, in order to visit my husband, who has been deployed there since August 1. It was not only a celebration of Christmas and a long awaited reunion, but also a voyage of remembrance. We saw what was left of the bases in Baden and Lahr, where we had lived, took pictures of our former PMQ, the school our children attended, the Christmas market, which was the scene of our first date, the church where we were married and even the field, where the base hospital, birthplace of two of our children, once stood.

As we talked about how much we had enjoyed our two postings in Germany, about all the wonderful memories from a total of 11 years, Myriam asked, "If you like Germany so much, why don't you move here when you retire?"

We both responded negatively. Why, because we never truly lived in Germany, at least not in the way a German person does. We had lived in Germany while remaining citizens of Canada, holding all the privileges and responsibilities that brings. We did the bulk of our shopping at Canex on the base and our car had a Canadian license. While we had a few friends who were German or French, most of the people we knew were also Canadians. A sign, as we left the base, regularly reminded us that we represented Canada and should act accordingly. While we weren't official ambassadors, people would form their opinion of Canadians, based on what they saw in us. While we thoroughly enjoyed our time in Germany, we always knew that our living in Germany was only temporary, that when our posting was over we would return home to Canada

Jesus said that though we live in the world, we are not 'of the world'.¹ Just as we lived in Germany, without ever being German, so as Christians we live and work in this world, sinful as it is, without being truly part of it. We remain citizens of heaven, with all the privileges that brings. We know that our time here is limited and that one day we will go to our real home in heaven. While this offers great comfort, especially when we face difficulties, it is also a challenge. Like the sign we saw every time we left the base in Baden or Lahr, it reminds us that as citizens of heaven, we are ambassadors for Christ to the world around us.



Submitted by Valerie Lublink

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.

¹ John 17

Article of Interest

A Bad Cup of Coffee

By Julia Bettencourt

“...Be ye holy; for I am holy” 1 Peter 1:16

I think everyone disagrees on what makes a good cup of coffee. With today's hot coffee trend, we try all kinds of flavorings and different ways of experiencing coffee. It used to be basically served black or with cream and sugar. There wasn't much variety.

Nowadays, people like coffee served and brewed a lot of different ways. We tend to disagree on what's good. What we usually agree on is the basics on what makes a bad cup of coffee. It can be weak, bitter, stale, cold, or soured by something we put in it and we'd probably all agree that it tastes bad. Face it. No one likes to drink a bad cup of coffee.

I don't suppose people like those bad tasting Christians they come across either. I wonder what type of coffee we'd be.

1. Weak.

When we are weak Christians, we don't have much faith. Sometimes when we are weak we don't know God's Word enough to know what we stand on. The way to remedy our weakness is to add some *grounds*. Dig into God's Word and get grounded on the principles found in the bible. Study the attributes of God. Learn what you believe concerning doctrine and bone up on the basics of living the Christian life. Enrich yourself with a vibrant prayer life and rely on God's strength and not your own.

2. Bitter.

I've known my share of bitter Christians and I've been there at a few points in my own life but if bitterness isn't dealt with, it starts growing and eating up your life. Bitterness doesn't leave a pleasant aroma. You can't do much with a bitter cup of coffee. No matter how much cream or sugar, or even how much whip cream you want to plop on top, the bitter taste is still there. You have to dump it out and refill the cup with a new fresh brewed pot of coffee. Isn't that just so like in the Christian life? No matter how much we add to our Christian lives, no matter how many good deeds we do, how many church programs we become involved with, if our bitterness is still there, we are still bitter and it hinders us in our Christian walk. What we need to do is empty all our bitterness and ourselves of self and then allow the filling of the Holy Spirit to take control of our lives.

3. Stale.

The dictionary describes, *stale* as “tasteless or unpalatable from age”. Do you ever get complacent about your Christianity? Just have lost that first love? It's easy to do, especially for those of us who've known the Lord for a very long time. We kind of get weary in well doing. I know we don't want to just sit as Christians and not do anything but we do. “Unpalatable” doesn't go far enough to describe us sometimes. I guess we need to freshen up. There's a worship chorus that says, *“Holy Spirit fall fresh on me. Melt me, mold me, fill me, use me. Spirit of the Living God, fall fresh on me.”* I think that's what we all need so that we will get busy for the Lord. We don't want to be Christians that just sit and get stale and tasteless.

4. Cold.

You may have brought a cup of coffee to your lips that you hadn't realized had gotten cold. You think it's going to be warm and good and then you realize that it's cold. We get that way in our desire to serve Christ. We grow cold as a Christian. There are probably a lot of reasons. We get away from Christ, slow down in our bible reading and prayer life, stop going to church and pretty soon we are cold.

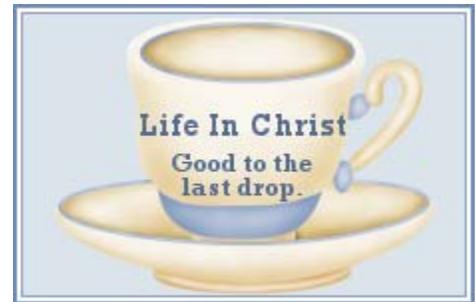
What do you do to a cold cup of coffee? Most of us just add a little bit of hot stuff from the coffee pot. We go to the source of the heat. That's what we should do as Christians. Go to the Source. Get on our knees and talk to the Lord. Draw closer to Him and then we'll get warmed up in our Christian walk.

5. Sour.

Have you ever tried something new in your coffee? With all those new flavorings and things out there, I'm sure some have. Ever tried something in your coffee that just left a sour taste in your mouth and that didn't agree with you? Or maybe you've put some cream that had gone bad into your coffee. That's a sure fire way to ruin a perfectly good cup of coffee. It's the same thing when we allow worldly and ungodly things into our lives as Christians. It doesn't agree with us because we are in the world but not of it. As Christians, those things sour us and basically make us rotten. We become ineffective in our Christian lives when we allow the things of the world to come spilling in.

Conclusion:

I hope I don't prove to be a bad cup of coffee. This past Sunday our pastor spoke about being in the presence of the Lord. He used the verse, "*Be ye holy; for I am holy*", 1 Peter 1:16 and was talking about how spending time with the Lord brings that sweet aroma. I think that's what this is all about. In order to avoid being weak, bitter, stale, cold, and sour as Christians, we have to learn to be in the presence of God more. Spending time with the Lord through prayer, bible reading and study is what's going to make us into those strong cups of coffee. It will allow us to let the Holy Spirit stir us. I know I need to work on spending more time with Christ. I think we sometimes take our time with the Lord lightly. I know perhaps I do. We think of it as just a devotional time or bible reading time but when we realize that we are spending time in the "presence of the Lord" it really puts things into perspective. He's a great and holy God and we have the opportunity to spend time with Him each day. He'll blend us to perfection if we'll just spend time with Him.



So, what type of coffee are you?

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

A number of donations have been received in support of this initiative. A detailed report on the initiative will be presented at the Annual General Meeting at Conference 2008. We look forward to sharing more stories from local Guilds in our next newsletter.

Breaking Bread

Elizabeth Park Protestant Chapel Guild has a long history of catering for the Chaplain General's office. One very popular dish is Phyllis Chilver's 'Taco Salad'. In fact, Padre Dave Kettle has been known to eat only this dish when it is offered among a selection of delicious options! Phyllis has very graciously shared her recipe.

TACO SALAD

1 Lb ground beef	2 tomatoes chopped (optional)
1 Pkg taco seasoning mix	1 onion chopped
1 can kidney beans	½ cup Italian dressing
½ Lb cheddar cheese	1 cup Miracle Whip dressing
1 head iceberg lettuce cut up or shredded	1 bag taco chips (Tortillas)

Brown ground beef in frying pan, add taco seasoning mix, add water specified on package directions, add kidney beans; simmer 10 minutes. Completely cool mixture. Once cooled place in large bowl. Add lettuce, onions, tomatoes and cheese. Mix Italian dressing and miracle whip together.

Just before serving salad, add crushed taco chips to bowl, pour dressing over top and toss well. *I don't always use all the chips; the more you use the larger the salad.



Padre Dave Kettle, Phyllis Chilvers

Contact Us

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