



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

March 2012

Welcome to the Twenty 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.

It's almost conference time!

April 25th to April 29th, 2012

**Galilee Centre
Arnprior, Ontario**



Host Guild: Gagetown

Fee: \$325 – includes: 4 nights accommodation April 25 to April 29
3 meals per day April 26, 27 & 28
Breakfast on April 29

NEW Deadline for Registration: March 31, 2012

Please make cheques payable to the NATIONAL PROTESTANT CHAPEL GUILD.
Payment is due at the time of registration.

NEW Deadline to order Pewter Jewellery: March 31, 2012

Earrings \$25 Necklace \$25 Purchase both for \$45

Please mail your completed registration form and payment and/or jewellery order to:

Phyllis Chilvers
54 Downsview Cres,
Nepean, Ontario, K2G 0A5
Home 1-613-727-1040
tedphyl@magma.ca

**Registration and Jewellery Order Forms are available in the last issue of Signs of the Spirit, on our website at www.chapelguild.com or contact Ute Lamb utelamb@gmail.com **

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. George's Chapel Guild - Petawawa

21 February 2012 -- Shrove Tuesday in pictures



Julie McBride, Guild President



Eleanor Crozier, Guild Secretary working-serving



Doris Graves, former National Guild President and local Guild President, helping the cooking with husband Paul Graves



Elaine Chalmers, her daughter Suzan Chalmers and grand-daughter Jeris Wein



Doris Graves, Eleanor Crozier in the background and a new returning chapel member Joanna Zwanenbeck

Submitted by: Hilda Young

ST. GEORGE'S CHAPEL GUILD HOSTS TWO GUESTS FROM THE LOCAL MFRC

at their March meeting

by Hilda Young

Our chapel Guild wants to learn more about the work of the MFRC on base so we invited the Crisis Intervention worker and the Programmer to tell us about their jobs. It was an interesting evening as they did a question and answer session with our group. Both ladies said their job varies from day to day. The Crisis Intervention worker said she could be asked any type of question from "how to find a plumber for home repairs" to "how to find help for marital issues". Everything is kept confidential. We were told that there are seven different locations on both sides of the base to support the programs offered such as child care, drop in centre, workshop on buying homes, or personal interest programs such as Digital photography. The PMFRC serves the military from Deep River to Arnprior, which is an area about 100 km! There are employment offices in Petawawa proper and Deep River that serve the entire community.

We were given pens, note pads and business cards so we could contact our guests later. A display of information about the programs available was put up at the chapel to help military members.



From left to right: Chris Quigley Crisis Intervention Worker and Kyla Romain Programmer



Maggie Jacques, Kyla Romain, Elaine Chalmers, Thelma Hanshaw at coffee time



Eleanor Crozier, Thelma and Maggie



Thelma, Maggie and Kyla

Submitted by: Hilda Young

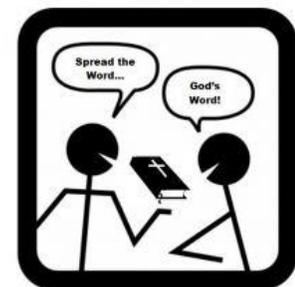
Spread the Word: Bible Reading 2012

I attended a meeting at Resurrection Lutheran church in Pembroke tonight as I had heard about this bible reading event. It is the 10th anniversary of this church organizing the continuous reading of the Bible in Pembroke. They thought since it was the 10th anniversary they would like to change the event to have the entire bible be read on one day – Saturday June 23rd.

Their local vision is to have a church in every section of the Pembroke-Petawawa area refad a portion of the Bible on Saturday June 23rd. It will be a 6 hour time commitment. As the Word is read outside of each church, God's power and love will be made known in the whole area. In the evening they will gather together at Pembroke Waterfront Chapel to read the final chapters of Revelation, and worship and celebrate together.

"The National vision is to have a church in every province across Canada get involved. Starting in the Maritimes and ending in British Columbia, churches will read a portion of the Bible from Genesis to Revelation. That way, the Word of God will pour forth across the nation. We truly believe that God's word is living and active and can powerfully impact our nation."

Spread the Word: Bible Reading 2012



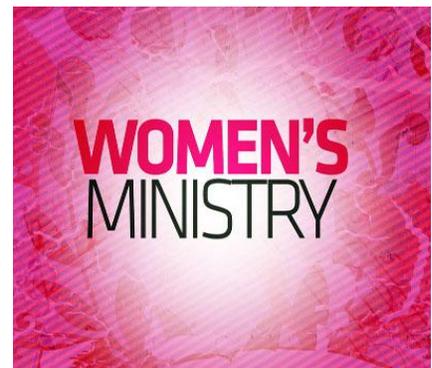
If you are interested in this concept contact:
Resurrection Lutheran Church
250 Quarry Road,
Pembroke, ON K8B 1A6
(613) 638-7476
SpreadtheWord2012.wordpress.com
result@hotmail.com

Submitted by: Hilda Young

Part of the Team

As I sit here this morning, thinking about what I want to write, I find it hard to concentrate as it is only 7 days until my hubby arrives home from his deployment to Kabul. This was our first deployment and although it was for 7 months it does not seem like it has been long or painful. I have realized in the past few weeks though, that if I am honest, I have been awaiting Howard's return so that our lives can get back to "normal" (whatever that may be). I love to self-analyze and just one of the many things I have been considering is how much of a "team" we are. We will have been married and in ministry together for 25 years this coming June. Now that Howard is in the forces, it has changed my part of the ministry completely and it has taken me a couple of years to sort out my place in all of this.

The reason I am telling you all of this is because it struck me how similar our team effort can be to the Guild "team". As Vice-President, I took on the task of contacting all of the Guild presidents across Canada this winter. Our executive wanted to find out how each Guild is doing and just as importantly, to get the message out to the Guilds that we are here FOR YOU, not the other way around. Our entire mission as an executive is to support the "team" – to facilitate the work of your individual Guild, in the best way possible.



Every one of your Guilds is a team, and I was very excited to see the big picture, the ways that each of you have found to work in your community. There is not a single Guild in this country that doesn't understand their purpose. Every single one has various community projects that they have put their heart into and the most incredible stories came from talking to that feisty adorable Estella in North Bay (3 sort of members) and Susan in Bagotville (4 members) and knowing that they are determined to make a difference to their community and have persevered when so many of us would say, "Aw, let's forget it until we get more interest...". Oh, yes, many of the Guilds have gone through the fires of personal conflicts and losing members. We are very human and we often do and say things we wish we could take back (I am the

worst on the list) but we know it is important to forgive and then we pick up the pieces and keep going, and we see the importance of the team, our mission and vision (hint – if you haven't looked at the draft document, now is the time to do it).

I have never been more proud and more excited to be part of this great team, on the local level and as a national body. We are all part of the sisterhood of Christ and our National Protestant Guild and we can celebrate with each other and cry with each other. And even though it means leaving Howard for a week, within a short time after his return, I am still very keen to get to conference and see all of you; to grow together and share more of your stories. So see you in April and remember, "We can do all this through Him who gives us strength"!!

Submitted by: Dana Rittenhouse

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:

Casting all your care upon Him, for he cares for you. – 1 Peter 5:7

Then Sing My Soul – Does Jesus Care? (1901)

In his book, Lectures to My students, Charles Haddon Spurgeon devoted a chapter to "The Minister's Fainting Fits" warning his students of the dangers of discouragement and depression in the ministry. The chapter begins: Fits of depression come over the most of us ... The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy."

That observation is perfectly illustrated by Rev. Frank Graeff, the Methodist minister who wrote this hymn. Frank was born in 1860, in north-eastern Pennsylvania. When he entered the ministry, one of his greatest assets was his cheerful disposition. While pasturing in the Philadelphia area, he was dubbed the "Sunshine Minister" because of his radiant personality. He had a special way with children, who were drawn to his simple faith and perpetual smile.

But as Spurgeon said, “the joyous are not always happy”. A series of heartbreaks shattered his spirits, and Frank Graeff found himself in the unfamiliar valley of deep depression and despondency. His gloom became as great as the bliss he had previously enjoyed. At length, he collapsed into the Everlasting Arms and found himself singing Joseph Scriven’s old hymn:

What a friend we have in Jesus
All our sins and grief’s to bear
What a privilege to carry,
Everything to God in prayer...



The truth of 1 Peter 5:7 suddenly took hold of him: “... casting all your care upon Him, for he cares for you.” Out of that experience, Frank wrote: “Does Jesus Care?” with its series of commonly asked questions, followed by this resounding reply:

How do we cast our cares on the One who cares for us?
The secret is found in the word **CAST**:

Commit your burden to the Lord. Give it over to Him who cares even more than you do and who has the power to do what you cannot. – *Samuel 1:10-13*

Ask for His help in prayer. *Philippians 4* tells us to be anxious about nothing, but in everything, by prayer and supplication, to let our needs be known to the Lord.

Search the Scriptures. God has a promise for every need. – *Hebrews 6:13-20*

Trust Him. For He does care for you – *Exodus 3:1-21*

Respectfully submitted,
Joyce Wilmot

Devotional Corner

Then Sing My Soul – In the Garden (1912)

... she turned around and saw Jesus standing there ... -- John 20:14

The art of meditating on Scripture involves one’s imagination. Instead of simply reading a passage, we must read it, close our eyes, and visualize the scene, perhaps even putting ourselves in the picture. That’s what the author of this hymn did.



G. Austin Miles was a pharmacist who began writing gospel songs and eventually became an editor of hymnals and songbooks, as well as a popular music director at

camp meetings, conventions and churches. His hobby was photography and he found his darkroom perfect for developing, not just his photographs but his devotional life. In its privacy and strange blue glow, Miles could read his bible in total privacy.

One day in March 1912, while waiting for some film to develop, he opened the bible to his favourite chapter, John 20, the story of the first Easter. Miles later said:

"As I read it that day, I seemed to be part of the scene... My hands were resting on the Bible while I stared at the light blue wall. As the light faded, I seemed to be standing at the entrance of a garden, looking down a gently winding path, shaded by olive branches. A woman in white with head bowed, hand clasping her throat as if to choke back her sobs, walking slowly into the shadows. It was Mary. As she came to the tomb, upon which she placed her hand, she bent over to look in and hurried away. John, in flowing robe, appeared, looking at the tomb; then came Peter, who entered the tomb, followed slowly by John."

"As they departed, Mary reappeared, leaning her head upon her arm at the tomb. She wept. Turning herself, she saw Jesus standing; so did I. I knew it was He. She knelt before Him, with arms outstretched and looking into his face, cried, "Rabboni!"

"I awakened in full light, gripping my Bible with muscles tense and nerves vibrating. Under the inspiration of this vision I wrote as quickly as the words would be formed the poem exactly as it has since appeared. That same evening I wrote the music".

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Have you even gone to use a flashlight in a blackout only to find... it didn't work? How useless – a flashlight that didn't function.

Just as useless is the person unable to function according to God's divine plan. Why? Because God originally designed the human spirit to contain the Holy Spirit. In the Garden, Adam and Eve had perfect oneness with God. The Holy Spirit lived in their human spirit and enlightened every aspect of their lives. Once they pronounced their "declaration of independence" from God, however, sin came in and the Spirit went out. The pair like a flashlight without batteries; with no power on the inside, there was no light on the outside. They spiralled downward into spiritual darkness.

Yet God did not give up on all those who were to be born into that same darkness. He desired to reunite the Holy Spirit with the human spirit so that they could again be one.

When you know the frustration of wandering in the dark, know that the Lord has already provided the perfect guide for your life. For "when he, the Spirit of truth, comes, he will guide you into all truth" (*John 16:13*). Your own personal Counsellor, Conscience, Convictor and Comforter fill your soul – your mind, will and emotions –

with perfect truth. He teaches your mind, directs your will and guides your emotions. As a result, those who are joined to the Spirit better understand spiritual things.

Like the flashlight, you were designed to shine; but you can never shine with your own power. The Holy Spirit provides the power to produce the light and once you shine as you were intended to shine, you will never be useless!

There's a couple of hymns you may want to remind yourself of, the first one you learned as a child: "This Little Light of Mine". The second is: "Shine Jesus Shine".

Let your light shine and be a beacon for others who are searching for the light.

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



## Editor's *Note*

*by Sylvie Jobin*

### **Sign of the time...**

When you take the time and think about how hectic our life can be sometimes, it is surprising how we go through the days! No really, think about it, both parents are working outside the house (I'd say that 90% of today's couples send their children to childcare). Then it's back home and trying to keep up with the chores. Driving the kids to their extra-curricular activities, volunteering here and there, planning next weeks menus, banking (at least we can do this one from home!) Do you see what I mean now?

It takes a lot of energy to keep everything tidy; everybody occupied, all bills up to date, and still gives a good performance at work. This is why we have to find a hobby to relieve some of the stress... like we have time to squeeze in a hobby between all that! The thing is: we have to MAKE TIME!

Time for us, for our sanity, to meditate, relax, and time to pray.

As much as the psalmists were taking the time to pray by writing those wonderful proses, those marvellous songs, we can take time to thank the Lord through our hobbies.

Lately, I have discovered that acrylic painting was a stress reliever for me. I love to paint landscapes, seascapes, old barns and more recently birds. I find in painting a way to unwind after a crazy week and I thank God for giving me the talent to express my gratitude to Him through my paintings. Oh, I'm nowhere close to Monet or Van Gogh, or as colourful as Picasso! However, when I paint, I just let the good Lord guide every stroke of my brushes. It brings me peace to a level I've never encountered before.

I'm glad I finally found the time to pray, even if it is not the conventional way, but do we really need to be on our knees to give grace to the Lord?



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As I had mentioned before, I will keep on the schedule for the Newsletter as proposed in the last Signs of the Spirit as followed:

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

Also I'd like to remind you that the Guild manual and forms have been updated and can be found on our website at www.chapelguild.com ... have a look and give us your feedback!

Sylvie Jobin
Signs of the Spirit
Editor

Contact Us

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Or through the National Guild President, Ute Lamb, at utelamb@gmail.com

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