



# Signs of the Spirit

**Protestant Chapel Guild**

**May 2007**

Welcome to the new newsletter of the Protestant Chapel Guild, "*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.

This issue of *Signs of the Spirit* will introduce some regular features of the newsletter:

- ❖ Devotional Corner – a devotion or short bible study for personal and group use
- ❖ Good News from our Guilds – articles submitted by local Guilds
- ❖ Prayer Focus
- ❖ Executive Update
- ❖ Breaking Bread – recipes submitted by Guilds, ideally accompanied by stories

Each issue will also have articles of interest and timely pieces of information. It is our sincere hope that you will find this newsletter interesting, stimulating, and encouraging. You are invited and encouraged to make submissions for consideration to the editorial team. Our contact information can be found on the last page.

The newsletter will be published next in mid – August and you are requested to make submissions for consideration by the end of June. *Signs of the Spirit* will then be published monthly through the year from September to June.

We look forward to your comments and submissions!

## **National Guild Executive 2007-2009**

The election results from the 2007 Annual Meeting held at Conference produced four new officers. The slate of officers for 2007-2009 is:

President:	Karen Kettle, Ottawa
Vice-President:	Valerie Lublink, Bagotville
Treasurer:	Susan Frizzell, Bagotville
Secretary:	Debi Stahn, Cold Lake
Past-President:	Doris Graves, Petawawa

Some of you may be familiar with one or more of these individuals, some may not know any of the new executive personally. We look forward to opportunities in the future to meet you in person. Until that time we are pleased to introduce the new executive to you through this newsletter.



Back Row: Padre Darryll Levy, Susan Frizzell, Valerie Lublink, Debi Stahn, Padre Dave Kettle

Front Row: Padre Stan Johnstone, Chaplain General, Karen Kettle, Doris Graves, Padre John Organ

### **Karen Kettle, President**

Karen was born and raised in Toronto, Ontario. She currently lives in Ottawa with her husband, Padre Dave Kettle. Karen and Dave have one son, Jeff, who lives with schizophrenia and asperger's syndrome and resides at the Royal Ottawa Mental Health Centre, Brockville site.

With a background in nursing, Karen has devoted much of her time in recent years as an advocate for those whose mental health, developmental and behavioural issues leave them vulnerable and marginalized. Several stints on Board of Directors for agencies and organizations involved in Children's Mental Health led to her current involvement in the Champlain Mental Health Network, sitting both on the Family Advisory Working Group and the Systems Table of that network. Karen also works on contract with the Schizophrenia Society of Ontario, Ottawa Region Chapter, in her spare time. Her interests include spending time with friends, sewing, quilting, knitting, reading, and most importantly walking in the sand with her husband beside an ocean in a warm climate.

Karen's first involvement in Guild was in Cold Lake in 1981. The following years led to quite a number of postings and involvement in various Guilds and Chapels across Canada. Karen says, "I am blessed to have been given this opportunity to serve as National Guild President. My vision for the Guild is captured very well in the words spoken by Padre John Organ at our annual meeting, '*bigger, broader, deeper..... for greater faith, for broader fellowship, and for more dynamic and essential service*'. It is my desire to elevate the profile of the Protestant Chapel Guild in the military community and ensure its rightful place as a relevant, contributing organization."

### **Valerie Lublink, Vice-President**

Valerie allowed her name to stand for vice president when she was informed that the most important requirement for a member of the national executive is that she love the Lord with her whole heart. She has worked with ladies' groups, organizing and speaking at women's meetings, conferences and camps. She is an ordained minister with The Salvation Army and lives in Bagotville Quebec, where her husband, Patrick, is the Protestant chaplain. At the Chapel she is responsible for the Children's programming (Sunday School and VBS), coordinates weekly fellowship times and monthly pot-lucks, serves as Civilian Officiant when Patrick is away and together with Susan, has recently reactivated the Guild. Valerie and Patrick have 5 children, the youngest of which, Myriam, is still at home. Hobbies include reading, walking, bird watching and crafts. Valerie has Master of Theological Studies from Tyndale Seminary in Toronto

Valerie says: "My vision for the guild to see even more women involved in our guilds as we continue to support our chapels and have an even greater impact on our local military communities. At the same time I would also like to promote continuing spiritual growth in our guild members."

### **Susan Frizzell, Treasurer**

Born in Nova Scotia, a mother of 3 ages 15, 20, 22 + 2 stepchildren age 20, 22, grandmother of a beautiful girl born December 2006, owned by 6 marvellously active cats, Susan Frizzell joined the Guild in 1997 in Trenton On. She participated in "Op Common Ground" in 2001 as a member of the organizing committee, where the Guild and the CWL had a joint conference.

Susan held positions on local Guild executive as secretary and treasurer, at National level as secretary. She provided countless hours of volunteer work also with: Chapel Committee (secretary), Scouting (secretary, treasurer), Community Theatre (secretary, assistant stage manager, stage manager, director). Along with her family spent 2 great years in Moose Jaw SK supporting her husband who was serving with the Snow Birds (a dream come true).

Susan joined the military August 2005 and the whole family got posted to Bagotville June 2006 where she is learning a new language. Instrumental in reactivating the Guild there she attended the national conference in Gagetown NB where she was elected to the National executive as treasurer.

Her hobbies include: photography, crafts, hikes (especially in the woods in the fall with her husband Alain), sports, darts, reading, gardening and amateur theatre.

Susan's vision is "To offer a little part of my gifts and talents providing, Faith, Fellowship and Service towards the spiritual growth of our Chapel, Guild and Community, thus increasing the number of Guild members".

### **Debbie Stahn, Secretary**

Originally from Hamilton, Ontario, Debi now calls Cold Lake home. She has three boys, 17, 15 and 11 and a "bonus" daughter age 17.

She has been actively involved in many volunteer positions within the Chapel as well as in the Communities where she has lived. Being a member of the Protestant Guild in Cold Lake is only one of these positions. She has volunteered in the past with Chapel Committees, Chapel Choirs, Scouts Canada (Venturer Advisor, Cub and Beaver Leader, Deputy Assistant District Commissioner for Cubs, and Regional Trainer, most of this while living in Comox), and the Cold Lake Youth Justice Committee. It has been mentioned a few times that she needs a "12 Step Program" for her addiction to volunteering.

Over the years of being involved with the military way of life, there have been times when postings have drawn her to worship outside the Military Chapels, but the sense of belonging, the fellowship, and the Ecumenical Atmosphere (acceptance) always brings her back.

Debi says that her vision for the Guild isn't much different from others she has talked to: "I agree that spiritual growth and supporting our military families, the missions we work for; both wider and local are important but I think we need to remind ourselves and others that being a Christian and a member of the Guild not only includes Faith, Fellowship and Service, but that it is FUN and that the strengths of the various women who impact our lives is also important. Isn't it refreshing to know that God has given us such a great resource."

## **Doris Graves, Past President**

Doris is a homemaker, mother of three and married to her husband Paul for 33 years. Ryan her eldest is 27 years old and the twins Joshua and Jasmine are 18 years old. Doris' family started attending base chapels in 1983 and has been very involved ever since. She joined the Guild in 1991 in Trenton ON and was there for 12 years. Doris served on the local Guild Executive and in 2001 became the National President and continued to serve in this capacity for the next 6 years.

Doris says, "Chapel life and the Guild have been and will continue to be a very important part of my life. Helping others to experience the Guild and chapel life and what it has to offer has been a satisfying part of my life as well as my family."

## **Prayer Focus**

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"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.

In order to accomplish this, we will be writing to you to ask for information about your guild. This in turn will be shared in the newsletter.

## **Selection from Presentation at Conference 2007**

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My life is a weaving between my Lord and me;  
I cannot choose the colours. He worketh steadily.  
Ofttimes, He weaveth sorrow, and I in foolish pride,  
Forget that He seeth the upper, and I the underside.  
Not 'til the loom is silent, and the shutters cease to fly,  
Shall God unroll the canvas and explain the reason why.  
The dark threads are as needful in the weaver's skillful hand,  
As the threads of gold and silver in the pattern He has planned.

by A. Naismith

## **Conference 2007 – April 13 to 22, 2007**

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What do you look for in a conference? Great location, accommodation and food? Good speakers? Interesting activities? Great people? Important Theme? Spiritual refreshment? Business? Entertainment? The Guild Conference in Gagetown had all of these things and then some.

We stayed at the Days Inn in Oromocto and had our meals at the mess on base. Beyond this basic 'hospitality' the Gagetown Guild went out of their way to make us all welcome, providing gift bags, coffee breaks and a warm welcome.



While we heard from various guilds, the national executive and the guild's spiritual advisor, Padre Organ; the designated guest speaker was Karen Kettle who not only spoke eloquently, using a PowerPoint presentation to illustrate her message, but also involved us in several hands on activities which helped to involve each of us in a consideration of Faith, Fellowship and Service.



This threefold focus, familiar to all our guilds, was the theme for the conference.

For entertainment there were skits provided by various guilds and music, including a campfire style sing-a-long. The skits did more than entertain us, however. Ask anyone who was there about the 'Demon Cowboy' and they will tell you how important it is for Christians to meet and fellowship together, not allowing themselves to be isolated from the group and thus vulnerable to attack.



Is business your focus? We had a business meeting and election, during which our new national executive was elected and many important matters discussed, including ways to make our guilds more relevant and visible in our local communities. If it's people you enjoy, this conference was also for you. The opportunity to meet, share ideas with and encourage approximately 30 like-minded women from across the country was both interesting and edifying. We were also privileged to have with us Padre David Kettle and the Chaplain General, Padre Stan Johnstone.

Does this short 'blurb' actually do justice to this year's conference? Hardly! It is said that 'the whole is greater than the sum of its parts' and this was certainly true for the Guild Conference. We came away refreshed, encouraged and enthusiastic about the Guild across the country and the possibilities for our own local guilds. Our thanks go to all who worked so hard to make the conference a success.

## Devotional Corner

I've always loved gardening, from the first time I grew a bean plant in a styrofoam cup, to the huge garden, about 1800 sq feet, we had in Moose Jaw. There's something wonderful about planting a tiny seed and seeing it grow, caring for it, nurturing it until it becomes a mature plant and bears fruit or beautiful flowers. This is not always an easy task. Any gardener, wherever she lives, must ensure that her plants get enough water, have the right kind of soil, are protected from frost, insects and disease, are given fertilizer as required, receive the right amount of sunshine etc.

As a gardener in a military environment, there is an additional challenge. We were only in Moose Jaw for four years, which is fine for annuals like tomatoes, corn, beans and so on, but what about perennials? They do not grow and mature in just one year. In that huge garden, I also planted berry bushes, asparagus, rhubarb and other perennials. These also have to be cared for, but the results are not seen overnight. For example, we didn't have chance to eat any of our blueberries, because the plants were still too young when we left. I will probably never know if anyone ever tasted the fruit of those little bushes, which I planted and watered.



Why all this talk about gardening? Simple. There are important spiritual lessons to be learned from our gardens. I can plant a seed, water it, protect it from frost and insects. I can do everything possible to nurture it, but I can not *make* it grow. In the same way, we can show God's love to someone, we can tell them what God has done for us and share the gospel with them, but we cannot *make* them grow. We cannot *make* them accept what Jesus Christ did for them.

Just as In a military context we often move before we ever see a garden come to full maturity, so in the spiritual realm we do not always see the results of our action. We show kindness here, encourage someone there. We go out of our way to make a newcomer feel welcome, share our faith and pray for or with people, all without any guarantee that we will see the results. We or they may have moved on to a new posting, someone else may continue our work, before there is any tangible result, whether this is simple gratitude or a changed life.

This, however, should not discourage us. On the contrary, it helps us to remember that we are responsible for our actions, those words of encouragement or those heartfelt prayers, but God, Himself, is responsible for the results. How freeing that is! At the end of the day, I do not have to berate myself because I did not see a life changed because of my actions, rather I can be encouraged by the knowledge that I have done my part and can leave the rest in God's hands. Only in heaven will we see all the results of our labours, all the lives that were changed or the people encouraged.

As I move from posting to posting, I continue to plant perennials, knowing that it will often be another who sees the plants come to maturity. Similarly, as we move through life, we continue to sow spiritual seeds and pour the 'water' of encouragement on those around us, knowing that we can trust God for the results.

Paul spoke of this when he wrote of his work and that done by Apollos:

I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow. It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow. The one who plants and the one who waters work together with the same purpose. And both will be rewarded for their own hard work.. (1 Corinthians 3:6-9, *New Living Translation*)

## A BIT OF LUCK...

submitted by Cynthia Greenwood

It all started as a typical military spouse story. There had been an unseasonable late-October snow fall, and David was away on TD. That left me to go out and push the shovel through the heavy wet snow. One miss-step and I slipped and wrenched my back. After several days, when the pain was still there, I made an appointment at the Wing Clinic. While there, I was reminded and encouraged to take my overdue mammogram. The mammogram was immediately followed by an ultrasound and then by a meeting with the radiologist. "Mrs Greenwood, we've identified a lump." What! No way! "The lump is deep in your right breast, right up against the chest wall". Since then, for the last six months, nothing has been the same. If you take away one message from this reflection/article it is... get those mammograms regularly.

But I am exceedingly lucky. If I had to get this news, this was an excellent time. I'm not presently employed. My husband can work flexible hours and has plenty of leave to support me and care for me. My kids are grown and totally independent. I can afford to take the time to be sick. I can't imagine what a single mom, waitress, who has to work long shifts for low wages and tips would do with this news.

I am very lucky with the treatment and course of recovery. The lump was cancerous, but surgery removed it all. There were no signs of cancer cells in the biopsy of tissue surrounding the lump or in the lymph nodes. This should mean that nothing of that bad-boy was left behind at the site and nothing of it slipped out through the lymph nodes to find a rooting place somewhere else in the body.

I am also lucky that I have a strong faith and a loving faith community. As much as my prognosis is great (less than 12 percent chance of return) if I were to "go down hill fast" I know that I would be rolling towards my heavenly home. Yes, my children and husband, sister and parents would miss me, but I know that I will see them soon enough again. I feel very blessed by such a cloud of saints and witnesses praying for me - my own local Guild; friends and family; my chapel family; my friends from chapels and churches all across Canada; my CF chaplain friends; my CF Anglican community; and especially, my Guild sisters across Canada. I was sorry to miss this year's National Guild Conference but through emails, phone calls and pictures from friends I felt like I was there. At times, during this treatment, the presence of prayer, coming at me and surrounding me on all sides, has been palpable. I can feel it. Prayer is certainly real. When I wrap myself in the prayer shawl sent by a friend and knitted by her in chapel during worship and meetings, I can feel the prayer. When I wear the pink ribbon necklace sent by another friend or the hats sent by my sister, I can feel the prayer care.

I have been extremely lucky with the follow-up treatments. My 35 bouts of daily radiation flew by. There were minimal side effects. I chose to do the radiation first since we had arranged last year for our first cruise vacation to celebrate a family member's 25<sup>th</sup> wedding anniversary. I was a bit red from the radiation when we sailed, but due to excellent sunshine, everyone was a bit red within 24 hours. The cruise was great and made me forget about cancer altogether.

As I write this, I am halfway through my chemo treatments. They are being done to seek and find any wayward cells that might have escaped before the first surgery. There is very little chance that there are any, but better safe than sorry. My chemo symptoms have been minimal. Yes, I have no hair. I took charge and had it taken off before shedding all over the place. Yes, most foods taste off... many taste awful, but I know this is temporary and only a mild inconvenience. I now love ginger ale and give thanks that chocolate still tastes great. I am lucky indeed. But, to recap, I am most lucky for faith and friends, a supporting caring husband and children, a loving sister and parents, a faith that is strong, chapel and guild communities that are exceptional, and a God that is always near. I am lucky God is with me through this, and has sent me guild, family and chapel angels to accompany me. What luck indeed!

## **From the Desk of the Principal Chaplain Protestant – Padre Dave Kettle**

Recently I attended the National Guild Conference at CFB Gagetown. The Guild in Gagetown hosted an absolutely marvellous Conference. I had a splendid time as I am sure was the case for all of the participants. I look forward to next year with great anticipation and excitement! The Chaplain General joined us on Saturday and preached at the closing worship service on Sunday morning. The Queen was unable to attend this year but we did have Princess. One other notable attendee this year was the Demon Cowboy who performed in one of the skits. One never knows what can happen at a Guild Conference.

As Principal Chaplain Protestant I am committed to rejuvenating our chapels which means that I am committed to all of the organizations in our chapels that give them life and vitality. The Chapel Guild has always been one of these key organizations. Often it is the same people you find selflessly serving in our Guilds that you find singing in our choirs, teaching Sunday School, leading the Youth Group, acting as members of the Chapel Committee or as sides persons or servers at the Holy Communion. In many of our chapels it is the Guild that has kept things going. For this and many other wonderful things I am abundantly grateful to our Guilds across the CF.

For those of you who are discouraged, I promise you that Protestant Chaplains will be more involved in your chapels than some have been in the past. Chapel ministry is an integral part of every chaplain's responsibilities and I am going to make this abundantly clear to all Protestant Chaplains and that I expect them to do their duty. I am going to assure that every chaplain (P) understands, appreciates, and is supportive of their Chapel Guild. This educational process will start this year with the National Guild President addressing each of the Protestant Denominational Groups at Retreat. I will be doing the same to get my message across.

We are indebted to the outgoing Executive of the National Guild for their spirited leadership: Doris Graves, Cynthia Greenwood, Karen Fletcher, Colleen Williams, and Patti Tibbel. We are especially indebted to Doris Graves who served so ably for three consecutive terms as National Guild President. Their leadership will be missed.

However, we are blessed with a new National Guild Executive and they are ready to pick up the ball and run with it. I am confident that under their leadership the Chapel Guilds will be making great strides in helping the Spirit renew our chapels.

I wish the Chapel Guild in every location God's abundant blessing. Please know that my prayers, as well as those of the Chaplain General, are with you on a regular basis. Please believe me when I say that your good works do not go unnoticed. Your efforts are most appreciated and we could not possibly achieve our divine mission without you.

*You never can tell when you do an act  
Just what the result will be,  
But with every deed you are sowing a seed,  
Though the harvest you may not see.  
Each kindly act is an acorn dropped  
In God's productive soil;  
You may not know, but the tree shall grow  
With shelter for those who toil.*

Ella Wheeler Wilcox

## Good News from our Guilds

Our Guild newsletter will also be a forum for the exchange of information and ideas. When your guild has an activity or an interesting meeting, send in a short report along with a picture, so that others can be encouraged by what you do and learn from your ideas.

Many of you will know that the Bagotville guild has recently been reactivated, after almost 10 years. Here is a report of some of their current activities.



We are excited about our guild here in Bagotville and very happy to share some of our activities with other guilds by means of the newsletter. At a recent meeting we spent time working on crafts and props for this summer's Vacation Bible School. You can see from the picture that some of the ladies are making cowboy hats out of egg cartons and card stock.

These are for a 'tin can alley game' and a

craft. Others are working on Egyptian necklaces, that will be used as 'costumes' for a bible story. It may look like serious business, but there is no shortage of laughter and conversation at our meetings. Refreshments are served throughout and at each meeting we write notes to base personnel deployed to Afghanistan and other places. We have an average of 10-12 ladies at each meeting.



We were extremely happy to be able to send three of our guild members to this year's conference in Gagetown. In the picture you can see Valerie Lublink, Traci Geddes and Susan Frizzell enjoying themselves before one of the sessions.

The last week in April saw us active in our second

'service' project. The local English elementary school is introducing school uniforms and needed volunteers to help with the fitting and ordering. Four of our guild members offered their assistance in this project. They worked three days in a row, helping countless families through this unfamiliar process. From left to right : Traci Geddes, Barb Girard, Valerie Lublink and Julia McIsaac.



Coming this month is our first fund raiser. We are holding a Spring Tea and Bake Sale on May 26.

## **Breaking Bread**

Members of Elizabeth Park Protestant Chapel Guild, Ottawa, gathered recently to share in fellowship with Gussie Ellis from St. Luke and St. John's Protestant Chapel Guild, Edmonton. Laughter, stories, memories, and fun were the order of the day as these women shared a wonderful lunch prepared by Phyllis Chilvers. Chicken and Broccoli Braid has become a favourite of the Ottawa Guild and has been known to be enjoyed by many Chaplains due to the catering services that this Guild provides to the Chaplain General's office. It was following lunch that the idea of including a "recipe and story" in the Guild newsletter was born. Phyllis generously shared her recipe with us and we are pleased to print it here for your enjoyment. The Ottawa Guild tried valiantly to encourage Gussie to move to Ottawa and be part of the Guild there – however, their efforts were of no avail and they will have to continue to enjoy her presence when she visits Ottawa.



### **Chicken and Broccoli Braid**

2 cups chicken, chopped

1 cup broccoli chopped

½ cup chopped red pepper

4 ounces (125 gm) sharp cheese

1 clove of garlic, pressed

2 tbsp slivered almonds

½ cup mayonnaise

1 tsp dried dill weed

¼ tsp salt

2 pkg refrigerated crescent rolls

1 egg white, lightly beaten

Preheat oven to 375°. Chop chicken and broccoli, place in bowl. Add red pepper, cheese, garlic. Add mayonnaise, dill weed and salt. Mix well. Unroll 1 pkg crescent roll dough, do not separate. Arrange longest sides of dough across width of 12 x 15 baking stone. Repeat with remaining package of dough. Roll dough to edges of baking stone, sealing perforations. Cut into strips 1/5 inches apart using pizza cutter. Spread filling evenly over the middle of dough. To braid, lift strips of dough across mixture to meet in center, twisting each strip one turn. Tuck ends under and brush with egg white. Sprinkle with almonds. Bake 25 – 28 minutes or until deep golden brown. Cut into slices to serve. Serves 10.

## **Executive Update**

- Look for a Guild article in the upcoming issue of the Dialogue and in each successive issue
- Karen will have the opportunity to speak to each of the Protestant Denominational groups at the Chaplain Branch Retreat in Cornwall on June 4th

## **Contact Us**

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