



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

May 2009

Welcome to the twelfth 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 Executive 2009 – 2011

Your new National Guild Executive was elected and installed at the Annual General Meeting held on May 1, 2009 in Arnprior, Ontario. We are pleased to introduce them to you!



1st row: Padre Karl McLean (Principal Chaplain (P), Valerie Lublink (President) Padre John Organ (Spiritual Advisor) 2nd row: Cora VanSmeerdyk (Secretary), Ute Lamb (Vice-President) 3rd row: Karen Kettle (Past President), Christine Maltais (Treasurer).

President – Valerie Lublink



Valerie loves the Lord with her whole heart and wants to encourage others in their faith. She has been National Executive Vice President for two years and has worked with other Women's groups, organizing and speaking at women's meetings, conferences and camps. She is an ordained minister with The Salvation Army and lives in Shearwater, Nova Scotia. Her husband, Patrick, is one of the Fleet chaplains in Halifax. At the Chapel she is responsible for the Sunday School, coordinates weekly fellowship times has recently reactivated the Guild, of which she is president. Valerie and her family are posted to

RMC in Kingston this summer. 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 a Master of Theological Studies from Tyndale Seminary in Toronto.

Valerie says: "My vision for the guild is 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."

Vice-President – Ute Lamb



Hi I'm Ute Lamb. I was born in Offenburg Germany and have been married to my husband Mark for 21 Years. We have 3 wonderful children. Michael, Christian and Sonja. Michael is currently in Moosejaw, SK for pilots training and Christian and Sonja are still living at home finishing schooling.

My hobbies are cooking, sewing, gardening and reading. I do not like cleaning and sports. Usually I'm a very happy person, but I do have trouble with being on time☺.

I have been attending military chapel since we first got posted to Kingston, Ontario. The chapel has been my family away from home and the Guild Sisters have been always a great support in bad and in good times. I have held all the positions in the guild over the last 18 years and currently I am the president for Gagetown. I truly believe that the Guild can make a difference in the lives of military families. As we all know "there is no life like it". Blessings, Ute Lamb

Treasurer – Christine Maltais



Christine, originally from Newfoundland, has spent the last 20 yrs in Ottawa. She has been married to Martin 27 yrs this month, but spent her anniversary at conference (some dedication). Christine and Martin have two children, Allison 22 and Jeremy 20. Allison is attending college in Newfoundland. Jeremy attends Ottawa U, and is a member of the Canadian Forces. Christine is presently working part time at a grocery store deli. She is also spending a great deal of time with her best friend's twin girls, while she is deployed in Afghanistan. Christine loves her Guild and is currently the President. Before becoming President Christine was treasurer for 5 yrs. Some of her hobbies are cross- stitching, knitting, reading, baking, walking and yoga.

Christine is looking forward to serving on the National Guild Executive

Secretary – Cora VanSmeerdyk



Cora grew up on the West Coast in Maple Ridge, BC. She married Gerald in 1980 and they have raised three children; Jessica lives in Minnesota with her husband and daughter; sons Nathan and Steven joined the CF in 2006 and 2007; they are both members of the PPCLI. Her husband is an ordained minister of the Christian Reformed Church and a CF chaplain serving as Chapel Life Coordinator of the Ottawa Chapel. Cora loves serving the Lord by leading worship with her musical talents and being active in the Guild. She is hoping and praying for chapel renewal, both spiritually and musically.

Conference 2009 – Fan the Flame!



Many of you will have just arrived home from this year's conference and will be busy sharing what you learned with your Guild and chapel. Our theme this year, 'Fan the Flame', and its imagery were present throughout the conference, from presentations to decorations and from hands on activities to entertainment. Those Guild members who were able to attend enjoyed good food and fellowship, learning and laughter, prayer and praise and so much more.



Vice-President, Valerie Lublink, spoke about what is required to start and maintain a fire and used these lessons to help us understand what is required to keep the fire within burning brightly. We learned that if we want to fan into flame the gift of God that is within us we will: PRAY FREQUENTLY, STUDY



SCRIPTURES DILIGENTLY, WORSHIP REGULARLY, INVITE OTHERS OFTEN, ENCOURAGE, SERVE and GIVE FREELY.



President, Karen Kettle, guided us through an exercise that facilitated the process of transforming this information into concrete action plans for our specific guilds. There was also a craft to help us remember the seven faith practices.





We built a huge 'fire' with gifts for a local shelter and made 'Fan the Flame' candles, which were used to 'pass the flame' in one of the evening Vesper services. We saw some new activities introduced this year. There was a fun filled campfire, complete with songs, games and even smores; and a mystery auction, which raised over \$1000 for the National Guild conference fund.



Campfire - 2009

We also saw some activities return by popular demand: Guild Jeopardy, a performance by the Good 'Ole' Boys, Skit Night and a Christian bookstore.



Jesus appears in Judge Judy's Court Room – Shearwater

Candles' flames are relit – Bagotville



Uplifting devotions were lead by the Shearwater and Bagotville Guilds. Meaningful and enjoyable workshops were provided by the Guilds from Cold Lake and Gagetown.

We enjoyed a Sharing Time where all were welcome and encouraged to ask questions, share ideas, and pass on information. This was well received and many suggested that more time be provided for this activity next year.



The first National Guild Conference was held in Trenton in 1979, making this year the 30th anniversary. This event was celebrated with cupcakes and candles. We sang *'This Little Light of Mine'* as the cupcakes were distributed and discovered as we sang *'Don't let Satan blow it out'* – that we were not able to blow out the candles – they just kept lighting up again. We concluded our singing with a special verse of the song: *'Shine all over all our Guilds, I'm gonna let it shine.....'*

A special highlight at this year's conference was the presence of five women under the age of 25! This was a great encouragement and an indication of great things to come.





These 5 young women were accompanied by their mothers who were all thrilled to welcome their daughters as Guild sisters.

This year saw 43 delegates from our Guilds across the country and 4 chaplains come together at Galilee Centre in Arnprior. Edmonton's Guild was host for the occasion and made us feel very welcome in the lovely retreat centre near the river.



Message from the Edmonton Guild

We just wanted to share with you how happy and excited we were to be asked to host this year's conference. It was such fun coming up with ideas and making little treats for everyone!

We would like to encourage all guilds to take a turn at being hostess guild. There is so much talent in all our guilds that we know you can do it! The blessings you will receive will out-weigh the work you do.

Once again, accept our thanks for the opportunity to serve our sisters. The conference was fantastic and well organized. "Kudos" to National Guild.

Your Sisters in Christ
Edmonton Guild
Chapel of St. Luke & St. John

A Special Message About Conference 2009



When I found out that I was able to go to the guild conference this year, I was both excited and hesitant. I'd never been to one before and I only knew a couple people. I was even worried that 'conference' could mean 'boring'. Oh boy was I wrong! The 2009 Guild Conference was both fun and spiritually uplifting. I learned, met new friends and had a blast. It was nice to meet other guild members from across Canada and to hear what their guilds have been up too. It was also really great to see some old friends. Besides all the fun we had on free time, the actual 'conference' part was incredible.

I was one of the 5 'young people' to go to the conference, and I am glad I went. I am already looking forward to the conference next year!
Myriam Lublink – Shearwater Guild

Letter from the National Guild President

Dear Guild Sisters,

"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](#).

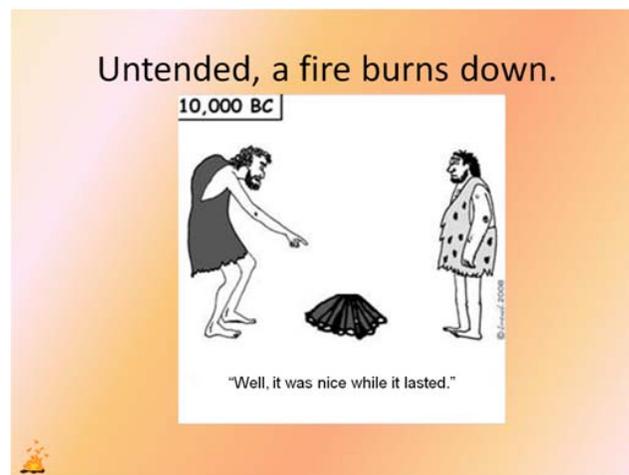
As I step into the role of President of the national Guild Executive, I must begin by thanking Karen for the wonderful job she has done during the last two years. During Karen's term as President we have seen: the beginning of the Newsletter, Signs of the Spirit; the moving of the conference to a retreat centre; two wonderful conferences; the complete reworking of the manual and the overhauling of the website. We have also seen new Guilds opened and new Guild members registered. We have seen a steady increase in conference attendance and this year were delighted to have 5 young women, under 25, at the conference. Because I have worked closely with Karen on these projects I know, perhaps better than anyone, her hard work and dedication. Thank you, Karen.

Where do we go from here? We need to fan the flame. We need to make sure that we move forward with these new initiatives and build on the foundations that have been so well laid. It is my hope and prayer that whether or not you were at the conference you will take its theme and make it your theme for the whole year. We cannot become complacent simply because so many wonderful things have happened within our guilds. Rather, we must continually fan the flame, keeping the fire supplied with fuel and oxygen so that we continue to move forward.

My vision for the guild is 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.

Together, let's fan the flame all year long!

Valerie



We have made great progress in our Guilds and have seen wonderful things happening in both our Guilds and our chapels. Let's not become complacent. Rather, as Paul encouraged the Galatians, I also encourage you: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)

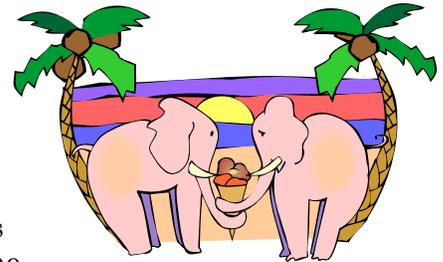
Devotional Corner



When our eldest, Sarah, was 4 years old we had a conversation with her about sharing. At that point she was the eldest of three, having a sister, Rachel who was 2 and a brother Peter who was about 6 months old. We explained how important it is to share with others, especially with brothers and sisters. Sarah happily replied, "I love to share. I love to share Rachel's toys and I love to share Peter's toys." We had to explain that sharing is not just about me sharing other people's things, but about me letting them use mine; about me sharing what I have with others.

All of us have 'things' that we can and, I'm sure, do share. We happily loan a friend a book or a cookie sheet. There are, however, many things that we can share that are not so tangible. We can, for example, share our time by stopping and listening to those who would speak with us. We can share our love, by caring for and encouraging others. We can share our home, by being hospitable.

We can also share our experiences. In the context of our Guild's, there are two very practical ways in which we can do this. First, those who were able to attend conference can share, with their Guild at home, what they learned and experienced during the conference, encouraging and building up Guild sisters individually and the Guild as a whole. Second, when your Guild experiences something positive, you can share this with all your Guild sisters across the country, by sending a picture and/or an explanation to the newsletter.



Let's not make the same mistake our daughter made so many years ago. While it's wonderful and important for each of us to share in the fellowship and learning of a conference or share in the experiences of our local Guild, sharing goes both ways. We will all be built up and encouraged when we share our learning experiences and successes with our Guild sisters at home and throughout the country.

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

Submitted by Valerie Lublink

Contact Us

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