



Signs of the Spirit

Canadian Forces Protestant Chapel Guild

November 2009

Welcome to the sixteenth 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.



Run and Not be Weary, Walk and Not Faint

Conference 2010

Your National Executive spent the weekend of Oct 16-18 discussing and planning Guild matters, especially Conference 2010. The theme was finalized and the conference schedule put together. The executive will continue to work over the next few



months, preparing presentations, activities, crafts, music etc.



The members of the executive are excited about this conference and will be sending you more information about it soon. In the meantime, mark your calendars and start planning now to send one or more members of your Guild to this event. Conference 2010 will be held at Galilee Centre, Arnprior, Ontario starting the evening of Wednesday, April 21, 2010 and concluding the morning of Sunday, April 25, 2010.

We would love to see every Guild represented!

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. Read Bagotville's article to see how your Guild's idea's can be used by others across the country.

Bagotville is Busy Doing Good

We at Bagotville Guild had our first meeting in Sept and were very productive. We filled our positions for our new executive and had lots of great ideas for charities, fundraising and missions. In one of the previous newsletter (June) we saw Shearwater Guild make baby blankets. We thought that was a wonderful idea, so we are in the process of making baby blankets to give to the MFRC so they can distribute them to the military community to welcome new babies. We are praying that they turn out ok as some of us have not picked up knitting needles or crochet hooks in a long time. Thank you to Shearwater Guild for their idea. We are now in the process of sending Christmas cards to the Bagotville members that will be deployed over Christmas.

We are also busy getting our boxes ready for Operation Christmas Child. One idea that we had for a fundraiser was to do professional portraits at Halloween, Christmas and Valentines. We are very blessed that Cindy offered her photography services to take the photos. During the summer we said goodbye to Sharon, Larry (CLC) and family as they were posted to Borden. We all miss them. As a thank you gift the Guild made a scrapbook with photos of everything Sharon and Larry have accomplished in the Chapel in the short year they were with us. We truly were blessed to have them in Bagotville they made a huge difference.



Sharon and Larry receiving the Album



Chantal became a grandmother for the first time to a beautiful little girl named Sophie. Cindy and Ian found out that they are having a baby boy and all are doing well, so Chantal will be a grandmother again very soon.

Submitted by Susan Crousette

Chantal arriving at Moncton Airport. First time meeting her granddaughter Sophie Olivia at 4 weeks old on Sept 16, 2009

Cold Lake Guild Makes a Difference



St. Mark's Protestant Guild of 4 Wing Cold Lake responded to the Cold Lake Food Bank appeal for food. More than \$300 worth of food was offered on Thanksgiving Sunday to help those with need. The Guild has launched further plans to continue to support the local Food Bank in the up-coming months.

Submitted by: Padre Bob Deobald

Gagetown says "October was a busy month for us."

We had a Potluck Breakfast followed by a craft on Saturday October 17th, the few of us present had a great time as we were "testing" a wonderful craft with seashells. We made beautiful angels out of seashells... (pictures included).. And were approached to make some more to decorate the Christmas tree at the Chapel.

Then on 24 October we will be having our German Dinner. This proved to be a success in the spring as lots of people around here (like myself) are missing the



culinary delights we used to find in Gasthoff while posted in Germany. Again Ute will be put on the spot... or should I say at the stove!!

And to finish the month beautifully, we will gather for our Guild Sunday... we might be tired from the day before, but oh so grateful to have such an active group!

Gagetown's apple pies were very much in demand, as we made 183 apple pies this year!!

Submitted by Sylvie Jobin, President



New Executive 2009-2010 (back row: Sylvie Jobin - President, Padre Christopher Hill - Chaplain)
(front row: Ricky Chilvers - Secretary, Helene Boyko - Vice President, Brenda White - Treasurer)

Trenton has a Really "Cool" Idea

"This necktie/headband, when soaked in water for about an hour, will help you be cool. So, 'Tie One On' and God Bless." In July, this message accompanied each of the 76 'cool ties' sent to Canadian soldiers serving in Afghanistan.

These ties, stuffed with tiny crystals, became a reality due to the vision, research, and planning of Joan Wright and a team of workers from St. Clement Astra Chapel in Trenton. Two women from our chapel and Padre Jim Craig joined Guild members to cut, press, stitch,



stuff and turn cotton material into ties. What joy to join together and show, in our own small way, that Canadian soldiers and what they do matter.



Presentation of the 'cool ties' to Wing Chaplain, Padre Steve Merriman

Submitted by Nancy Larkin, Co-President

Shearwater Supports Our Troops

Shearwater's Guild spent most of their October meeting writing Thanksgiving cards to service members who are overseas. The Ladies pulled cards out of the gift bag and put a small note on them. They were so busy preparing the cards that they never made it to the craft that evening. However, the service personnel who receive those cards will be really pleased.



Submitted by Debbie Thomas, President





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.

This month, as you remember those who have given their lives fighting for our freedom, remember also to pray for all our Canadian Forces personnel who are deployed, particularly those deployed to Afghanistan. Pray for peace, courage and protection for them and for their families.

Devotional Corner

Submitted by Valerie Lublink, President

Thirteen years ago this November we were at the Salvation Army College for Officer Training, studying to become Salvation Army officers (pastors). All the cadets (students) were asked to sing with the Mendelssohn Choir for the Remembrance Day service in front of the old city hall in Toronto. We practiced the music and, when the day came, put on our uniforms and took the bus down to City Hall. We assembled on the steps with the choir. As 11:00 approached it began to rain. It didn't just drizzle, it poured.



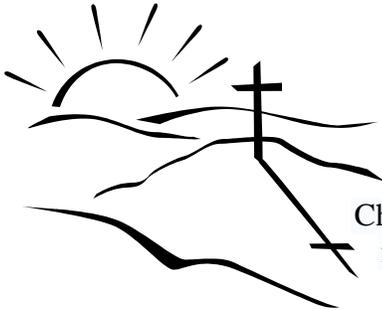
The cadet standing next to me began to grumble about how long we would be standing there and how wet and cold we were. Suddenly, though, it dawned on us what we were saying! We knew that in a couple of hours we would be back at the college; warm dry and enjoying a hot meal. The men and women we were there to remember had not had that luxury. They fought long and hard to win our freedom, regardless of the weather or their own comfort. They gave their lives. The service began and we made our humble vocal contribution, but for me, the rain had changed everything. It became the most meaningful Remembrance Day service I had ever attended and has transformed all my subsequent Remembrance Days. That day, I had to fight to hold back tears as we sang three verses of "O Valiant Hearts".

O valiant hearts, who to your glory came
Through dust of conflict and through battle flame;
Tranquil you lie, your knightly virtue proved,
Your memory hallowed in the land you loved.

Proudly you gathered rank on rank, to war.
As who had heard God's message from afar;
All you had hoped for, all you had, you gave
To save mankind – yourselves you scorned to save.

Splendid you passed, the great surrender made,
Into the light that never more shall fade;
Deep your contentment in that blest abode.
Who wait the last clear trumpet call of God.¹

Sir John S. Arkwright, who wrote the words to this moving Remembrance Day hymn, wrote seven verses altogether and verse four brings us to the focus of this devotion.



Long years ago, as earth lay dark and still,
Rose a loud cry upon a lonely hill,
While in the frailty of our human clay,
Christ, our Redeemer, passed the self same way.

Christ made the ultimate sacrifice, dying for our sins so that we might be forgiven and have eternal life. This too is worth remembering!

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:8)

From Our Chaplain Advisor – Padre Bonnie Mason

"A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on." Mark 12:42-44



Nellie McClung is perhaps best known to Canadians for her involvement in the 'Persons Case' in which women were, in 1929, finally declared to be persons and given the right to vote and hold political office. She was a Christian whose faith informed everything she did and was including her politics. She was also an accomplished author, and a devoted wife, mother and friend of many. Of particular interest in this month of November when we celebrate Remembrance Day was her role as a mother who knew the pain of sending her son to war. The 04th December 1915 she made the following entry in her diary: "This morning we said good-bye to our dear son Jack at the CNR station where snow lay fresh and white on the roofs and on the streets, white and soft and pure as a young heart.

"When we came home, I felt strangely tired and old, though I am only forty-two. But I know that my youth has departed from me. It has gone with Jack, our beloved, our first born, the pride of our hearts. Strange fate, surely, for a boy who has never held a gun in his hands, whose ways are gentle, and full of peace; who loves people, pities their sorrows and would gladly help them to solve problems."

"What have I done to you, in letting you go into this inferno of war? And how could I hold you back without breaking your heart?"

Although a journal entry of almost ninety-four years ago, the sentiments continue to ring very true for mothers, fathers, husbands, wives, brothers and sisters who find themselves in tearful and chocked

¹ "O Valiant Hearts" is a hymn remembering the fallen of the First World War. The music was composed by Rev. C. Harris and the words by Sir John S. Arkwright (1872 - 1954).

embraces as they prepare to say good-bye to the ones they love as they depart for six to twelve month deployments with our Navy, Air Force and Army.

Remembrance Day is a time set apart when we as Canadians recognize the men and women who served not only in the two world wars and the Korean War but we also illustrate gratitude to those courageous people who were deployed to Bosnia, Afghanistan, Persian Gulf and the many other places around the world for which our military members have been and continue to answer the call to serve.

We recognize all these people and honour them because although war is ugly and destructive it is sometimes the only means to fulfill God's command to protect the widow, the orphan and the poor. War is never good and always comes at a price.

In Washington, DC written on the Korean War Veterans Memorial, in the middle of a 164-foot stark black marble wall are inscribed these words: "Freedom Is Not Free".

Freedom is not free and it comes with a heavy price: the lives of sons and daughters, fathers and mothers, husbands and wives, brothers and sisters.

In the gospel passage of Mark the poverty stricken widow gave all she had. It was a faithful action that goes beyond the call of duty. She had nothing left, except her belief that God will take care of her. The widows offering is our offering when we find ourselves bidding farewell to the people we love, giving them up to seek God's mercy and righteousness in countries and places that do not share the same liberties, equality and justice as we do in Canada. We too, like the poor widow can hold fast to the promise that in all things, regardless of what the future may hold, journey the unknown in the protective care of Christ.



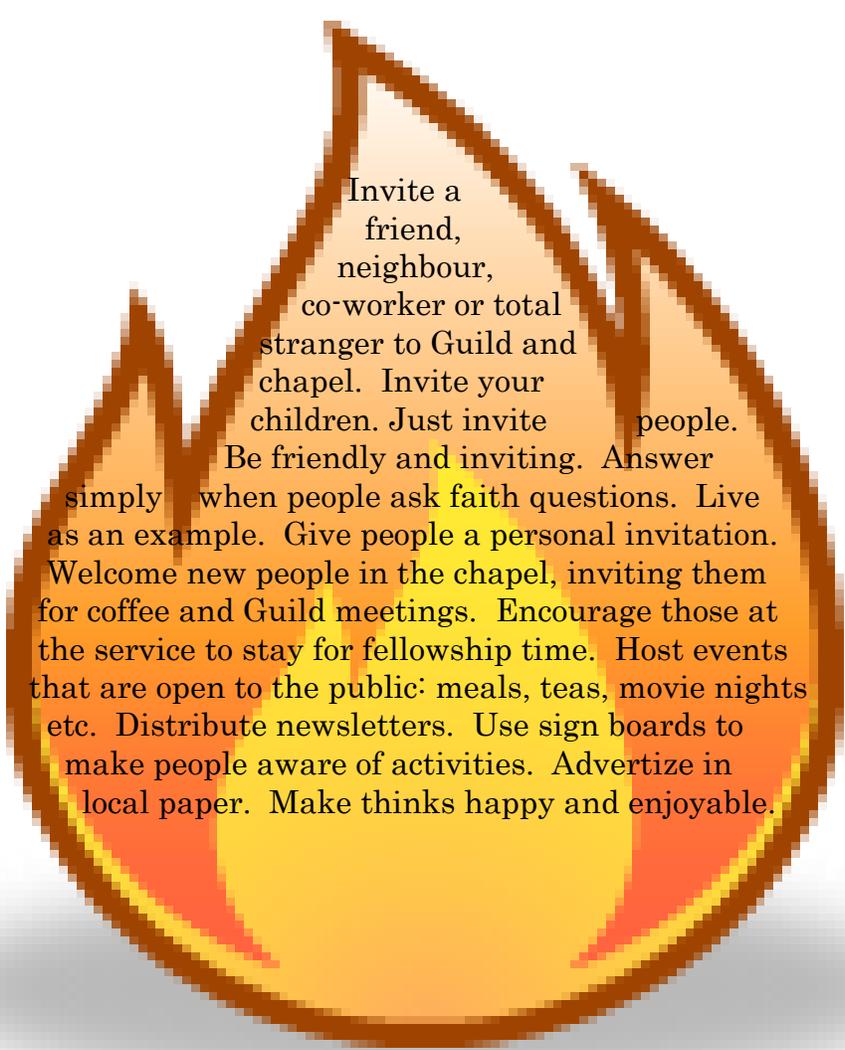
Coming Soon...

'In the Spotlight' is coming soon to the Ladies Guild Newsletter! December's article will feature the Ottawa Guild. Don't forget to read next month's newsletter to find out what it's all about!

Conference Echoes

Are you still fanning the flame? In previous *Signs of the Spirit* we included the ideas you suggested during this year's conference, regarding how to PRAY FREQUENTLY, STUDY SCRIPTURE DILIGENTLY and WORSHIP REGULARLY, the first three of our seven faith practices.

This month we'll look at the fourth: INVITE OTHERS OFTEN. Here's what you wrote, starting with the most frequent suggestions. Try some of these ideas in your Guild or Chapel worship times! These are great ways to fan the flame.



Invite a friend, neighbour, co-worker or total stranger to Guild and chapel. Invite your children. Just invite people. Be friendly and inviting. Answer simply when people ask faith questions. Live as an example. Give people a personal invitation. Welcome new people in the chapel, inviting them for coffee and Guild meetings. Encourage those at the service to stay for fellowship time. Host events that are open to the public: meals, teas, movie nights etc. Distribute newsletters. Use sign boards to make people aware of activities. Advertise in local paper. Make things happy and enjoyable.

Lydia

Submitted by Karen Kettle, Past President

St. Paul, Mother Theresa, St. Francis, John Wesley, Billy Graham, Martin Luther King, Terry Fox – all “great” people. People of great talent, wisdom, and faith. People who have changed our world with path breaking ideas and actions. People who have helped to shape our world. They all had the right stuff. These were all the right people, in the right place, at the right time, with the right attitude. God must have found them particularly worthy to situate them at that particular place and time in the history of our world. What if they had not been up to the task they were called to tackle? They must really have had something special. They are like real-life super heroes. Like the man of steel; faster than a speeding bullet; more powerful than a locomotive; and able to leap tall buildings in a single bound. Incredible!

We meet Lydia in the Book of Acts, chapter 16, verses 9 to 15:

⁹During the night Paul had a vision of a man of Macedonia standing and begging him, "Come over to Macedonia and help us."¹⁰After Paul had seen the vision, we got ready at once to leave for

Macedonia, concluding that God had called us to preach the gospel to them. ¹¹From Troas we put out to sea and sailed straight for Samothrace, and the next day on to Neapolis. ¹²From there we traveled to Philippi, a Roman colony and the leading city of that district of Macedonia. And we stayed there several days. ¹³On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there. ¹⁴One of those listening was a woman named Lydia, a dealer in purple cloth from the city of Thyatira, who was a worshiper of God. The Lord opened her heart to respond to Paul's message. ¹⁵When she and the members of her household were baptized, she invited us to her home. "If you consider me a believer in the Lord," she said, "come and stay at my house." And she persuaded us.

The story of Lydia in the bible appears after Christ has ascended. Paul has been converted and is on his second missionary trip. The Church is starting small, meeting in homes, faced with rejection from the Jews and from the Roman Empire. There is no clergy, no hymn books, no New Testament. There are no Church buildings, no established Christian worship, no Church government, and no firmly agreed upon Christian theology. Philippi was an outpost of the Roman Empire. There were so few Jews in Philippi that they could not establish a synagogue. It only took ten Jewish males to organize a synagogue, so they must have had less than that. Instead of going to Synagogue on the Sabbath, Paul went outside the city by the river where there was a place of prayer, a place where Jewish women would gather.

Paul preached to the women gathered there, and as she listened, the Lord opened Lydia's heart to receive the message about Jesus. She believed Paul's words and responded to his teaching. She and the members of her household were baptized. Lydia then invited them to stay at her house. Paul, Luke, Silas and Timothy went home with Lydia and stayed as her honoured guests during their visit in Philippi.

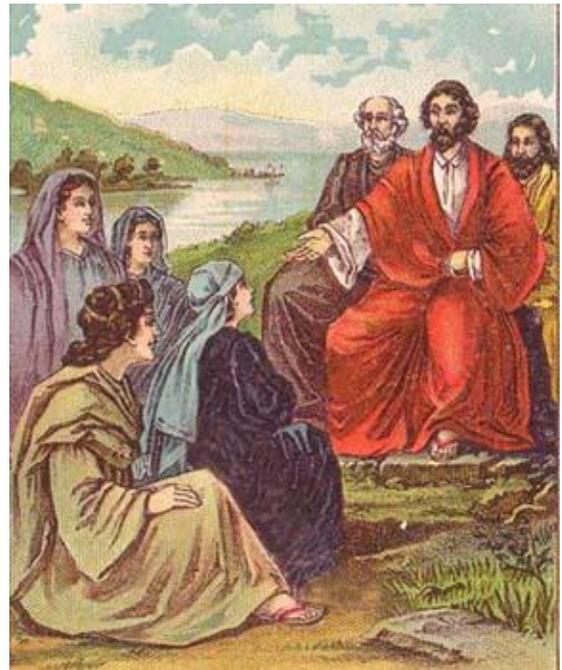
Lydia is the first recorded Christian in Europe to be converted by Paul. Lydia's home became the place where the subsequent first church in Europe gathered to worship.

Lydia was the right woman, in the right place, at the right time, with the right attitude.

Why was Lydia the right woman?

- She was a woman of prayer
- She listened and was eager to learn
- She was a worshiper of God
- She opened her heart
- She was obedient to baptism
- She confessed that she was a believer
- She wanted to serve
- She opened her home
- She was hospitable

Lydia's heart was opened to God and she opened her home to Paul. She had no idea what Paul would ultimately accomplish. She couldn't know that her name would be mentioned in Scripture



and be read for all eternity. She was just responding to the Gospel, using what she had for the good. She was responding to the need in front of her with the resources she had in that moment. You don't have to be a big name for God to do big things with you!

I'm not ever going to part a Red Sea like Moses or walk on water like Peter. I won't be the world's greatest church builder or write an epistle like Paul that will end up as Scripture. *But I can do what Lydia did. I can let God use me where I am.*

God can do amazing things through women and men who are prepared to seek Him, to follow Him, and to be obedient to His vision. We are only limited by the smallness of our own vision. The Holy Spirit guided Paul to Philippi and it guided him to one particular woman – the right woman.

Am I.....are you.....the right person, in the right place, at the right time with the right attitude?

God made all of us in His image. None are more worthy or special than others. He made us all the right people, in the right place at the right time. We are responsible for our own attitudes. Only through our choice to follow where God is leading us can we have the right attitude.

Contact Us

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Deadline for submissions for December edition, November 20th

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