



Signs of the Spirit

Protestant Chapel Guild

September 2007

Welcome to the third 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.

Good News from our Guilds

Elizabeth Park Protestant Chapel Guild and Our Lady of the Airways CWL, Ottawa

A common project to support the troops in Afghanistan and the Afghan people brought the Elizabeth Park Chapel Guild and Our Lady of the Airways CWL closer together early in 2007.

Sharon Rideout (a CWL member) contacted us asking if we would like to participate in a project with them. Her husband's unit, deployed to Afghanistan, was collecting personal hygiene items to distribute to the Afghani locals. We agreed to join their venture and were invited to bring our contribution to a Wine & Cheese get together.

In April the Guild lined our wallets with Guild funds and spent an evening shopping at Walmart. We purchased things such as soap, shampoo, kleenex, deodorant, face cloths, scissors, thread and needles, toothpaste, and the list goes on. We had fun! And of course where there is a Guild there is food, so we ended the evening at Tim Hortons for coffee and goodies.

Elizabeth Park Guild met with the CWL to combine our purchases so they could be sent to our troops for the completion of this Mission.



Sharon Rideout explained to us about how the Afghans appreciate these simple things like toothpaste, toothbrushes, kleenex etc. These are things that we take for granted. It certainly makes you feel good to think that you are going some good and that it is helping other people. Sharon's husband sent back this photo showing the bags that were put together prior to distribution to the Afghani locals.

We all had a great time chatting tasting different crackers and cheese and again sweets. We both came to the conclusion that we should get together more often and to apply our motto of FAITH, FELLOWSHIP AND SERVICE.

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 all Local Guilds in your prayers, especially as we prepare for National Guild Sunday on October 28, 2007.

You are encouraged to submit your Guild's information to be included in future Prayer Focus articles.

Good News from our Guilds

Greetings from the NORAD Chapel Guild, Colorado Springs

We are a small but active group. We worship at the Protestant Chapel at Peterson Air Force Base. Shirley and I are Canadians and spouses of military members. Mary is a serving member of the US Navy and Trish (a prospective Guild member) is the spouse of a retired member of the US Air Force and a long time civilian employee of the Department of Defence at the chapel.

We meet weekly on Tuesday evenings for bible study and we have our monthly Guild meeting as part of this gathering on the first Tuesday of the month. We are about half way through our study of "A Purpose Driven Life" by Rick Warren. We are all really enjoying doing this study one chapter per week over the whole year; thereby, giving ourselves lots of time for discussion. We find that it is good for our Christian fellowship to meet often and regularly. We also are closely connected through our prayer chain. At our bible study, we update our prayer list for the week. We also communicate by email during the week when prayer requests are received.

Since starting this bible study twenty weeks ago, we have taken the opportunity to have a night out together with our husbands twice and we are in the process of planning the third. We had a lovely potluck supper at Trish's for the first gathering and for the second we played miniature golf and went out for dinner. Two of the husbands tied as winners at golf and their prize was to buy dinner for everyone.



We were invited by the NORAD chaplain (Canadian) and gladly accepted the opportunity to cater a light reception at a religious art show held in the meditation room at the NORAD/NORTHCOM Headquarters for the chaplains from Space Command, Missile

Command, the Air Force Academy, and the chapels at Peterson and Schriever Air Force bases.

Throughout the month of May, the Guild collected travel size toiletries from the chapel congregation to donate to Springs Rescue Mission. We had a great response and in early June, we delivered over 40 pounds of these necessities to the Mission.

On September 9th, the four of us walked as a team in the “Race for the Cure.” We called ourselves the NORAD Purpose Driven Babes. It was a wonderful blessing to each of us. Trish is recovering from a broken ankle and so she did the 1 kilometre family walk. The rest of us did the 5 kilometre in an hour and five minutes. There was a great, great turnout and many touching stories of loved ones.



*Before the race at 7 am.
Left to right – Mary, Shirley, Cynthia,
and Trish*



*7,500 people walked or ran in the Race of the
Cure in the Garden of the Gods in Colorado
Springs*

Devotional Corner

When we lived in Toronto, there was a beautiful park not far from where we lived. In the big city it was a welcome relief from the concrete and bricks. We often walked through that park, sometimes just for the sake of walking, sometimes as a shortcut and sometimes in order to link up with other parks for a much longer walk. We enjoyed the birds and wild flowers and the shade provided by the trees. Our boys, who were young at the time, liked to play 'commandos' in the bush and the girls worked at identifying the birds. I walked through that park with my husband, my children and even the girls' group from the church where we worked. Suffice it to say, it was a very familiar and comfortable place.

One day I had an appointment at the Salvation Army's Training College . This was about a 40-minute walk or about the same by bus, because of transfers. I decided to walk home through the park to save time and to enjoy the scenery, but a strange thing happened. By the time I was well into the park, I began feeling nervous and uncomfortable, even afraid! It was the middle of the day and the path was familiar. Why was I so nervous? I had walked that same path many times, but now it was different. I hardly noticed the flowers, didn't try to identify the birds and just wanted to be through the park as quickly as possible. What was different? You have probably guessed it: I was alone and that changed everything. Having someone to walk with us can be a great comfort.

It is an even greater comfort to know that in our spiritual walk, we never walk alone. God has promised to be with us wherever we go, beside us to encourage us, before us to

guide us, all around us to protect us. If you want to be reminded of the incredible comfort of God's presence, read Psalm 139. As a military wife, who moves often, this Psalm and its promise of God's comfort, has always been a source of comfort and encouragement to me. Wherever we are posted, wherever our husbands are deployed, wherever our grown children have been 'left behind', God is there with us, with them. Verse 9-10 read: " If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast."



We never walk alone.

Valerie Lublink, Emmanuel Protestant Chapel Guild, Bagotville

Letter to the Editor

The following message was received in response to the first issue of 'Signs of the Spirit'.

"My husband, daughter and I moved out to Vancouver Island back in July '06. We lived in Belmont Park for a few months until we bought our house. In October we moved into Esquimalt. I found I missed my friends more than ever as Christmas came. When Easter came and went I was incredibly lonely for the friendships I had left behind. One day I received an Email from one of my former Guild members, Phyllis Chilvers. It was the new Guild Newsletter! I read it very quickly, then once again at a bit of a slower pace. It was wonderful to read about the conference in Gaagetown and see the pictures of some of my friends. Reading the Guild news brought back some great memories. Most of all, it made me realize that I am not alone, my Guild Sisters are always there for me. I hope you will be able to keep this newsletter going. Thank you all so much for donating so much of your time to this most excellent endeavour.

Your Sister with Christ,
Heidi Woods"

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

You are invited to submit articles and/or pictures related to your participation in the National Guild Initiative in support of the CDS Military Family Fund. Please share your ideas with other Guilds!

National Guild Conference 2008

April 23 to 27, 2008 – Galilee Centre, Arnprior, ON

Complete conference information will be sent to all local Guilds in November. You are encouraged to mark these dates on your calendar and plan to attend Conference 2008!
www.galileecentre.com

Executive Update

- All Guilds are reminded to please update your Guild's contact information and forward any changes to Karen Kettle.
- The National Executive will be meeting in Ottawa on October 20, 2007.

BE THANKFUL

Be thankful that you don't already have
everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something,
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations,
Because they give you strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.

Be thankful when you're tired and weary,
Because it means you've made a difference.

It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
Are also thankful for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
And they can become your blessings.

Arthur Unknown

Seasonal Resources

In anticipation of Thanksgiving Day celebrations in the near future, we have included some resources that you may like to use with your Guilds, other groups, or at family celebrations.

Most of us consider Thanksgiving Day as an opportunity to visit with family and eat a traditional meal that includes turkey and pumpkin pie. As Christians, we must remember that each day is a *thanksgiving day*. We are blessed with God's abundant love every day.

History of Thanksgiving in Canada

The history of Thanksgiving in Canada goes back to an explorer, Martin Frobisher, who had been trying to find a northern passage to the Orient. He did not succeed but he did establish a settlement in Canada. In the year 1578, he held a formal ceremony, in what is now the province of Newfoundland and Labrador, to give thanks for surviving the long journey. This is considered the first Canadian Thanksgiving, and the first Thanksgiving to have taken place in North America. Other settlers arrived and continued these ceremonies. Frobisher was later knighted and had an inlet of the Atlantic Ocean in northern Canada named after him — Frobisher Bay now known as Iqaluit.

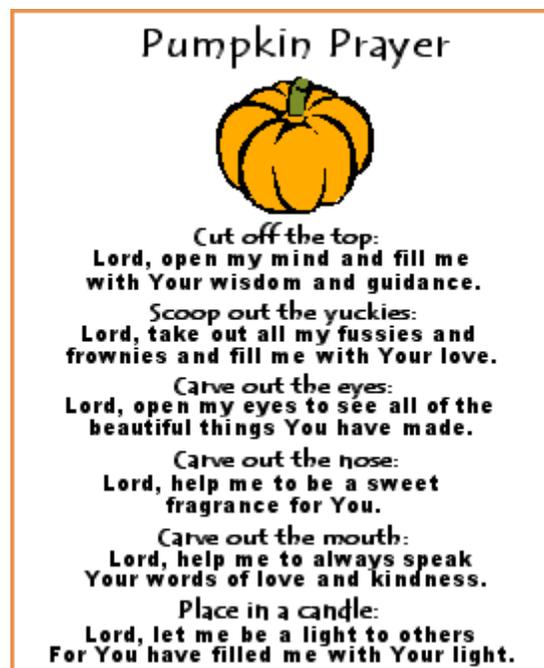
At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed 'The Order of Good Cheer' and gladly shared their food with their First Nations neighbours. After the Seven Years' War ended in 1763 handing over New France to the British, the citizens of Halifax held a special day of Thanksgiving. Thanksgiving days were observed beginning in 1799 but did not occur every year. After the American Revolution, American refugees who remained loyal (United Empire Loyalists) to Great Britain moved from the United States and came to Canada. They brought the customs and practices of the American Thanksgiving to Canada

The first Thanksgiving Day in Canada after Canadian Confederation was observed as a civic holiday on April 5, 1872 to celebrate the recovery of the Prince of Wales (later King Edward VII) from a serious illness. Starting in 1879 Thanksgiving Day was observed every year but the date was proclaimed annually and changed year to year. The theme of the Thanksgiving holiday also changed year to year to reflect an important event to be thankful for. In the early years it was for an abundant harvest and occasionally for a special anniversary.

After World War I, both Armistice Day and Thanksgiving were celebrated on the Monday of the week in which November 11 occurred. Ten years later, in 1931, the two days became separate holidays, and Armistice Day was renamed Remembrance Day.

On January 31, 1957, the Canadian Parliament proclaimed: "A day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed.....to be observed on the second Monday in October."

Thanksgiving Table Favour – Pumpkin Prayer



Print out the Pumpkin Prayer and hang on the stem of mini pumpkins. Printable tags can be found at <http://www.creativeladiesministry.com/pumpkinprayercolor.html>

Counting Your Blessings Thanksgiving Survey

1. Think back over the past ten years. What are you the most grateful for during that time period?

2. Now think back over the past year. What are you most grateful for during that time period?

3. Now what about the past week? What are you most grateful for?

4. Fill in the blank beside each letter with something that you consider a blessing of God that begins with that letter.

T _____

H _____

A _____

N _____

K _____

S _____

G _____

I _____

V _____

I _____

N _____

G _____

5. The following verse says that God is "good". *O give thanks unto the LORD; for he is good; for his mercy endureth forever.* 1 Chronicles 16:34. Name a way that God has been good to you lately.

6. Name two physical or monetary blessings you've received lately.

7. Name two spiritual blessings you've received lately.

8. How often do you give praise to God?

___often ___sometimes ___seldom ___never
9. Do you think God is pleased with how you praise Him?
___yes ___no

10. Name someone that God has placed in your life to be a blessing to you.

11. Now that you have reflected on how God has blessed you, choose a person this week (Even during the busy holiday season) and be a blessing to that person. Here's a few ideas.

- (1) Send someone a card to encourage them.
- (2) Take someone a batch of cookies or fresh baked bread.
- (3) Make dinner for someone.
- (4) Visit a lonely person.
- (5) Send someone flowers just for the fun of it.
- (6) Offer to help at a mission or shelter.
- (7) Give blood.

You get the idea! There's lots of ways to be a blessing!!

Psalm 100 (KJV)

"Make a joyful noise unto the LORD, all ye lands.

Serve the LORD with gladness: come before his presence with singing.

Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

For the LORD is good; his mercy is everlasting; and his truth endureth to all generations."

Breaking Bread

You are encouraged to submit a favourite recipe along with a story and pictures of your Guild.

Contact Us

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