



Signs of the Spirit

September 2013

Issue 30

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National Guild Conference



“I am with you always, even to the end of the age.” Matthew 28:20b

En Route - Travel Blog

Wednesday April 24, 2013

After a wonderful flight I finally landed in Edmonton. A beautiful lady, from the Edmonton Guild, was waiting for me at the Gate and she was so kind to shuttle me to the West Edmonton Mall for a day of pre-conference shopping. I joined a dozen other ladies for a quick breakfast at the mall, before the shopping began.

Exhausted, but exhilarated, we headed to the Star of the North Retreat Centre in St. Albert. In our rooms were lovely little suitcases filled with treats, but more importantly, the dining room was filled with my Guild sisters who were waiting for a yummy meal and a chance to fill each other in on the past year's events.

After dinner we headed to the Willow Room, met our flight attendants and were given our itineraries. We spent the next hour and a half "meeting, greeting and eating", as well as laughing. We then headed (a little quieter) into the Chapel for Vespers and it was off to bed for a much needed rest.



Thursday April 25, 2013

Many of us were up early, thank you time zones, but it sure didn't slow anyone down. After the lighting of the Guild Candle and devotions by the Edmonton Guild, we headed outside. It was an absolutely beautiful day for our group photo, and as always the ladies looked spectacular.

I was so inspired by Valerie's keynote presentations. She focused on God being with us Anytime and Anywhere. Psalm 139 has always been my favorite scripture, so I was doubly inspired. I can't wait to hear the third part tomorrow.



After lunch, each Guild was given an opportunity to share their work of the past year. It never ceases to amaze me how many wonderful things these small groups of ladies can accomplish. It is just another example of how God really is with us, *anytime, anywhere, to do anything*. It was then time to break out our knitting needles. This year scarves were on the agenda. These ladies are so crafty!!!

The In-flight Entertainment was a hoot!! We played some brain twisters followed by Apples to Apples and Valerie's unique version of the Ungame. I love to hear the sound of these ladies laughing and enjoying each other's company. After a quieter Vespers, it was off to bed. I got lost though and visited with some wonderful ladies but eventually found my way to bed.

Friday April 26, 2013

Another beautiful day is upon us. It is Annual General Meeting Day. That means reports from the Executive, electing some new members to the executive and looking forward with new business. During the annual meeting Ute presented Padre Lisa with a beautiful Guild Stowl.

I was anxiously waiting for "Anything", Part 3 to Valerie's Keynote Session and she didn't disappoint. God really is with us in everything and anything we do. We had a great discussion at our table and collectively as a larger group.

Padre Lisa shared with us two quick and easy ways to run a Bible Study on a budget. Our table enjoyed discussing different versions of the same scripture. I

found it interesting to see how technology has impacted Bible Study; a lot of the ladies had tablets and were using online versions of the Bible. As the Ladies Bible Study Coordinator at my Church I will definitely be taking the ideas Lisa shared with us and putting them to use.

It would not be a Friday night at Guild Conference without skit night and “duty free” shopping. Some of these ladies should be given their own TV show. They are such talented actresses and comedians. Ute was a great auctioneer again this year and the auction was a huge success. My sides hurt for a week after from laughing so much. After a much needed calming vespers, was off to bed.



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Saturday April 27, 2013

I can't believe today was the end of the conference, well except for saying “See you next year in Arnprior” tomorrow morning. But again, I am getting ahead of myself. After devotions and some great singing we met our tour guide in the cemetery. She taught us about Father Lacombe, Missionary Oblates of Mary Immaculate, the Grey Nuns and the Metis in the St. Albert area. As a history buff, I was hooked by her every word. We went to the basement of the newest chapel to see the crypts of Father Lacombe, Father Leduc and Bishop Grandin. Amazing is all I can say. The tour was not over though; we then moved on to the original chapel. We saw how it was built, changes made and how it is used now to share the past. I can honestly say we all left with a little more admiration of our ancestors.



We were then tied together by the workshop presented by Trenton. Nancy and her crew did a great job of reminding us that we are all connected. Sometimes we drop the ball and when we do God is always there to help us pick up. As I have learned over time, when that ball drops, God often sends our Guild sisters to help us pick up the yarn and continue weaving.

After a hearty lunch, Padre Lisa led us through an outdoor strolling bible study. It was a great way to focus on God and His Word while walking through his creation. We then met for a quick wrap up and participated in a thought-provoking Communion Service led by Padre Lisa. We celebrated new lifetime members and remembered those Guild Sisters who have made their final journey home. After a delicious banquet meal, it was time for presentations. Padre Barb was able to join us from Ottawa, on behalf of the Chaplain General. She was also given a beautiful handmade Stoll from Ute. The outgoing Executive was recognized for their service and Padre Barb and Padre Lisa awarded them with the Chaplain Generals Commendation. What an honour!!

Sunday April 27

As I sit at the airport waiting for my connecting flight to Toronto, I am overwhelmed by how fortunate I am to be a part of such an amazing group of ladies. Over the last few days, we have rekindled old friendships, made new life-lasting ones, took much needed moments from our sometimes hectic lives and reconnected with God. We found ways to connect back to God when we really need Him the most, the mundane, routine moments of life. We walked in the footsteps of early Canadian missionaries, who didn't just speak God's word but acted the way of God's word by good works. We as a group collected goods for a homeless shelter that takes care of those turned away by other shelters because they are under the influence of drugs or alcohol. That really is following in the footsteps of Christ, helping those who have been turned away by all others.

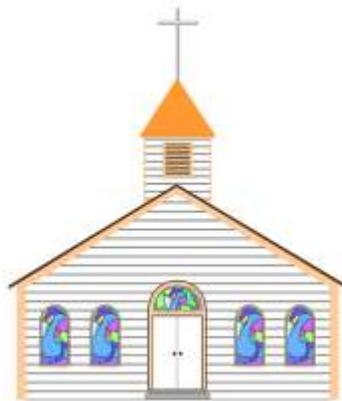
Bon Voyage, ladies.

Submitted by Dee McCabe

WHY GO TO CHURCH?

A church-goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday.

"I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 sermons. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the pastors are wasting their time by giving sermons at all."



This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this...they all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be

physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!"

When you are DOWN to nothing, God is UP to something! Faith sees the invisible, believes the incredible and receives the impossible! Thank God for our physical and our spiritual nourishment! All right...now that you're done reading...Pass it on!

Submitted by our beloved Estella Pelkey, North Bay Guild



NEW EXECUTIVE 2013-2015

By Dana Rittenhouse, President

A new term is beginning and a new team will be leading! I am very excited about my team for the coming two years. I believe that God will use us to do whatever He wants done and I am thankful for the enthusiasm and support I see in these women who are willing to commit their precious time and skills to help our Guilds in any way needed.

You all know me pretty well by now as I have been Vice-President for the past two years and probably a more VOCAL one than in the past HA HA!! I have loved what I have seen happening in our Guilds and at the National level and I am nervous but looking forward to the next two years and what we can do together. For the past two years, we have tried to work towards a greater national unity (our **Fellowship**) and believe we did succeed in this area. I would like to see us focusing on our **Faith** now as a goal for the coming two years. I have heard many great things about Bible Studies and other avenues of growth in our local guilds, and I believe it is an important part of our mandate as a National Executive to encourage and support our Guilds in personal spiritual growth. Further to our discussion as a group at the conference about what the Guilds would like to see us do, we are suggesting a Bible Study idea for the coming year (starting in September) which we could all do, across the country. This is, as usual, a suggestion, and to be used at your own discretion. The first book we would like to recommend is called, ***“FAITH – Depending on God”***, a LIFEGUIDE Bible Study by Dale and Sandy Larsen. You can purchase the book by asking your local Christian Bookstore to order it for you but if you don't have one in your area, you

can use Amazon.com or Christianbook.com – email me and I will forward you the link. I would appreciate knowing how many Guilds decide to use this book and then we will know if this is successful and whether to send out a second recommendation.

As for whom I am personally? I have been married for 26 years to Howard, a CF Chaplain (Baptist) and we have only been in for 5 years, the past 3 in Edmonton. We have 3 boys of very different ages, but all still at home. I have done a lot of bookkeeping and office work over the years but my main occupation has been ministry partner to my husband, fulfilling the needs of the church. I am not creative but I enjoy the organizational side and the feeling of being helpful. I love playing hostess! I have been a member of the Guild since we were first posted to Ottawa (thanks to Christine and Phyllis) but was not an executive member until I came on the National Executive 2 and ½ years ago. My faith is everything to me and the reason for every choice I make.

Debra Poley has agreed to be our Vice-President for the next two years, which of course, means she will be the next National President, commencing in 2015. Debra has been married for the past 29 years to Gord, a CF Chaplain (Baptist) and they have been in Greenwood for the past 5 years, since they joined the military. They have 4 daughters, two are married and two are special needs and live with them at home. Debra is trained as a teacher and her first love is music (when she is not sifting thru thrift stores!) She uses her musical gifts whenever possible and is a willing leader both in music and her Guild, serving as Co-president and President. She knows God loves her and wants to share that with everyone. She loves the fellowship and importance of the Guild for the military community as well as the chapels and chaplains they serve. She says, “I would like to see the Guilds grow in number as well in each of the ladies’ own personal faith journey!!”

Dorinda (Dee) McCabe has agreed to be our secretary for the next term. Dee has been married for 13 years to Dave, an “ammo guy” with the Army and has been moved often. She has spent the past year in Borden while he was in school and this summer they will be moving to Wainwright. They have two young active children, Amy (7) and Ian (5). Dee is also a trained teacher and has been incredibly active in her local school in both paid and unpaid positions. We have high hopes that Dee will be the “creative” one on this executive HA HA! She is currently running a ladies’ Bible Study and made a very valiant effort to start up the Guild again in Borden. She will be very disappointed if she isn’t able to start a Guild in Wainwright when she gets there so we can all pray for her to find women of like mind and spirit! She has been involved in her local Guild since 1999 and held both secretary and president positions. She loves God and believes He is an important part of our lives and we need Him to make the best choices! She says, “I am passionate about connecting with other women. I would like to see us become more visible on our bases, and more relevant to younger women. I think women are hard on themselves by nature and are often unnecessarily hard on other women. I feel that we are all on the same team and we need to empower and support each other in healthy ways.”

Fran MacCollum is our new treasurer and has been married to Bob, the love of her life for 46 years. Bob was in the military for 32 years and when he retired he started his own construction company which he still works at on a part time basis. They have 2 grown sons, Greg and Rob, both married and with children of their own. They have 6 grandsons and 1 granddaughter. As an RN, Fran worked in hospitals in various centres across the country. After moving to Edmonton she worked in Home Care for 18 years until she retired 6 years ago. Though not all her career goals were met, she loved nursing and the contact and caring for others. Music, gardening, walking and reading are a few favourite pastimes. As well as playing the organ and piano at the chapel, she plays piano at a few extended care centres 1-2 times a week. Guild and chapel activities are a big part of her life. She has been involved in Guild for 29 years and been treasurer in several locations and on too many committees to count. She would love to see growth in our guilds, but that would mean growth in our chapels too, and that has not been happening. She knows even civilian churches are not growing as much. It is a sign of our times. So Fran thinks all guilds must also grow in other ways, from the inside out, not so much in quantity but in quality, smaller lights, but shining ever brighter in our community. Anywhere, anytime, anything, God is her rock, guiding her in all she does.

Ute Lamb has now stepped down as President and moved in the Past-President role. I have appreciated working with Ute more than I can explain. She and I are very different and we have been so good for each other. Ute is a retired military spouse, has been married for 25 years to Mark, who is now a paramedic. She loves her chapel and has been a faithful member of the chapel and the guild for the entire time she has been in Canada. She has been in the Guild since 1989 so will be getting her lifetime member pin next year!! She has held all the positions but most often, president. She has a Business diploma in wholesale and Foreign Trade (I didn't know that!) and has been working full-time for a dentist since 1999. She loves to sew and cook and teach cooking at the MFRC. She has three children and most of you will know Sonja, her youngest daughter. Her oldest son Michael is an Air Force Pilot in Trenton and her middle son Christian was just married this spring in Ontario. Her belief in God gives her balance and she says, for the Guilds, "I want them to grow again so we can nourish our souls and Spirit. I want them to be a place where women can meet and talk about their beliefs... and learn about the Bible."

Have you heard the good news???

The Guild Manual has been updated and can be viewed and downloaded at <http://chapelguild.com>

You can also read back issues of Signs of the Spirit.

“Oh..... My God”

By Christine Maltais

May 14, 2013

Hi Everyone,

I just want to tell you what an inspiring Conference we had in Edmonton!

Estella.....what a woman! (Sent by God I'm sure) She inspired me so much, when I got home I completed a square for the quilt, which I didn't think I could do! WOW!!

Some of you know that, Martin, my husband met me in Edmonton and then we travelled to Comox and visited our son Jeremy, who got posted there last September.



Well let me tell you, I don't know if it was Conference, and being in God's presence so much or what! But when I saw the beauty of the Mountains I said "Oh My God"!! You know how we say that when we are Happy, sad or in awe!! Well I was in awe! Then I thought Oh (pause)....."My God"!!

"My God", His creation, before my eyes for me to enjoy! How humbling!!

We then visited Cathedral Grove, where there are trees up to and over 800 years old! We were there early morning, just the two of us walking through this beautiful grove and we felt surrounded by God and His magnificence!

We also went up to Mount Washington, where the birds ate out our hands, what an amazing feeling!

I guess Conference theme was right, Anytime, Anywhere, Anything! My new trigger for sure is nature and “The Beauty of The Earth” that God has given us!

I am enclosing pictures, hoping you see some of what I saw! You know how they say a picture is worth a 1000 words, How about a 1000 Amens!!!!

Blessings,
Christine Maltais
Elizabeth Park Guild, Ottawa



PRAISE GOD, FROM WHOM ALL BLESSINGS FLOW – 1674

Before Charles Wesley or Isaac Watts, there was Thomas Ken who has been called “England’s first hymnist”. He was born in 1637 in Little Berk Hampstead on the fringes of greater London. When his parents died, he was raised by his half-sister and her husband who enrolled him in Winchester College, an historic boy’s school. Thomas was later ordained to the ministry and returned to Winchester as a chaplain.

To encourage the devotional habits of the boys, Thomas wrote three hymns in 1674. This was revolutionary because English hymns had not yet appeared. Only the Psalms were sung in public worship. Ken suggested the boys use the hymns privately in their rooms.

One hymn was to be sung upon waking, another at bedtime, and a third at midnight if sleep didn’t come. His morning hymn had thirteen stanzas, beginning with:

Awake, my soul, a with the sun thy daily
stage of duty run;
Shake off dull sloth and joyful rise, to pay
thy morning sacrifice.

His evening hymn, equally meaningful, included this verse:

All praise to Thee, my God, this night
for all the blessings of the light!
Keep me, O keep me, King of kings,
beneath Thine own almighty wings.

All three hymns ended with a common stanza, which has since become the most widely sung verse in the world.

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.

In 1680, Thomas was appointed chaplain to England’s King Charles II. It was a thankless job, as Charles kept a variety of mistresses. Once, the King asked to lodge a mistress in the chaplain’s residence. Thomas rebuked him, saying “Not for the Kings Kingdom!” Afterward the King referred to him as “that little man who refused lodging to poor Nellie”.

During the reign of the next King, James II, Thomas, by now a bishop, was sent to the tower of London for his Protestant convictions. After his release, Thomas retired to the home of a wealthy friend where he died on March 11, 1711. He was buried at sunrise, and the Doxology was sung at this funeral.

Extract of “Then Sing My Soul” by Robert J. Morgan

Who knew that the shortest hymn in our hymnal had so much behind it?

Submitted by Joyce Wilmot
St. Luke’s Chapel Guild
Gagetown

Karen Elizabeth Kettle

Loving Wife Caring Mother Trusted Friend



25 June 1954 to 05 January 2013

Karen Elizabeth Kettle

Loving Wife Caring Mother Trusted Friend

Karen was a remarkable human being who will be sorely missed by family, friends, the Canadian Forces and the Chapel Guild. Karen's superior leadership skills were instrumental in her advocacy concerning the improvements made for people with mental health challenges.

Karen will be remembered as a wonderful mother, the quintessential spouse, and as a loyal, kind hearted friend. She was a true and devoted servant leader, her tireless spirit relentlessly supporting the Canadian Forces Chapels; no endeavour being too big or too small. Karen had the uncanny ability to evaluate situations and to find practical solutions that made sense. Developmental and mental health issues were particularly near and dear to her heart. Karen fought the good fight until the very end.

Those who touch our lives

Stay in our hearts forever

Over the course of just a few years, Karen Kettle had a huge influence on the Guilds as a national organization. She was fighting cancer for almost the entire time she worked for us but did not allow her personal suffering to stop her from making a permanent impact on the Canadian Forces Protestant Chapel Guilds. She had a vision of bringing this organization from a loosely associated number of small groups to a large national organization with cohesion and substance. Her ideas and vision were passed on to all of us and have been a part of our determination to make our Guilds relevant in this time and better equipped to serve the forces with the resources we have available to us. We want to honor her memory and her efforts for all of us, across Canada.

Editor's Note

As I was compiling this edition of the "Signs of the Spirit" my youngest was at his first day of Kindergarten. Although I was sad that my son didn't look back as he entered the classroom, I was looking forward to a few quiet moments to myself. Keep in mind; we are still in hotel, waiting for our house, after being posted from Ontario to Alberta. How many peaceful moments do you think I have had in the last month? As I reread my article about the Conference and was reminded to take time in the *busyness* and *quietness* of our day to connect with God. Today was the perfect day to thank God for the quiet moments. Don't forget to take time to connect with God, either in the midst of chaos or the quiet of a fall afternoon.

Happy moments, praise God.
Difficult moments, seek God.
Quiet moments, worship God.
Painful moments, trust God
Every moment, thank God.
~ Author Unknown

Submissions are always welcome!!

Deadline for the next issue is November 1st.

You can submit by email: signsofthespirit.editor@gmail.com

snail mail: Dee McCabe Box 218, Denwood AB T0B 1B0

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