



Signs of the Spirit

September 2014

Issue 32

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Ready, Step, Grow!!



“Growing in every way, more and more like Christ!” ~Ephesians 4:15

A group of enthusiastic ladies met for the 35th Protestant Chapel Guild Conference. These ladies were ready to “ready, step, grow” in the Lord. Arnprior Ontario was the perfect setting for this year’s conference. There is something about Galilee Centre that makes connecting with God so easy.

Our keynote speaker was Tammy Arseneau, of the Cold Lake Guild. Over the conference she shared her testimony, fabulous videos and hands on activities. Tammy’s sessions left us inspired to continue on our own personal journeys with God.

The service project had us hand sewing bandages for the Lutheran World Relief. The bandages will be sent to Lutheran hospitals in the Philippines, Papua New Guinea, Malappuram Welfare Centre in Kerala, India and to many Bible translators in New

Guinea and Africa. This service project was a great opportunity for fellowship and the number of bandages complete was more than expected.



The conference was not all work and lectures. There was a rowdy game of Bunco Thursday night, hilarious skits and our annual auction on Friday night and we finished the conference with a very talented young comedian, Jamie Rallison. Jamie was absolutely amazing and I

would love to see him perform again.

Other highlights of the conference included a delegate from the newly formed Borden Guild, the ever popular sharing session, awesome music, a dedicated time for prayer, fabulous workshop speakers and a competitive scavenger hunt.



As with all conferences new friendships were forged and old friendships were rekindled. Laughter and tears were shared. Prayers were started and will be continued over the following year. We celebrated new babies born and remembered Guild sisters that are no longer with us. We sang. We ate (and ate and ate). We challenged our brains with puzzles and enjoyed the “silence” of nature. We reflected and were thankful for all the gifts God has given us.



Guild Flower

It was decided at the conference that the Guild needs a flower. The flower needs to be easily accessible and represent the essence of the Protestant Chapel Guild. National is asking all local Guilds to brainstorm and suggest a flower that your group thinks is deserving. Each entry will be published in an upcoming issue of the Signs of the Spirits. Before the 2015 Conference the National Executive will narrow the choice to three and the delegates will have the opportunity to vote next Spring.



Bagotville Guild Flower Entry

Bagotville's entry is the Lotus Flower. Their entry can best be summed up by this quote from Goldie Hawn :

“The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud — the obstacles of life and its suffering. ... The mud speaks of the common ground that humans share, no matter what our stations in life. ... Whether we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one. ”



Ottawa Guild Flower Entry "Forget-Me-Not"

We like it because it's blue our Guild colour. It's meaningful for us for the name, because we want our Guild Sisters to not forget us! Also we say "Forget me not" Lord!!





Spiritual Advisor's Corner

The Revd. Shaun D. Yaskiw

I am delighted to be appointed as your spiritual advisor, and for the opportunity to work with you in the ministry that you offer to the Protestant chapels of the Canadian Armed Forces.

While I will be able to meet with a number of you in person at next spring's conference, here is a short list of things that might help you get to know me a little bit better:

Where are you from?

Like most military people, this is a complicated question. I was born and grew up in Winnipeg. I've lived in Calgary, Toronto, Nestor Falls, Belleville, Montreal and Ottawa, and spent wonderful four summers in Fort San, Saskatchewan.

When did you decide to go into ministry?

I was brought up in a United Church household. My grandmother was the wife of a United Church minister, and she lived with us. I was immersed in "all things church" from the get-go. I went into teaching, and taught music and French in Calgary. It was there that I discerned God's call. Or perhaps it was teaching Grade Eight English.

When did you join the CAF?

I joined the CAF in 2000 as a member of the Reserve Force. I was ordained in 1999 and settled in the Kenora district of Ontario. Until this summer, all of my service was as a Reserve member, both full and part-time. Much of my military life has been spent balancing the demands, joys and challenges of full-time pastoral ministry with my responsibilities as a Reserve chaplain. For the past five years, I have been serving in the Office of the Chaplain General, most recently as the advisor on chaplaincy in the Reserve.

Are you married? Do you have any children?

I am married to Stephanie, who is a dual British-Canadian citizen. She is a mediator by profession, and has a passion for justice. She is blessed with many musical gifts, which she has shared wherever we have served in ministry, both as a musician and director. We have a ten year-old son, Luka, who keeps us on our toes, loves baseball, and who is a budding meteorologist. Or an aviator. We're not sure which, yet.

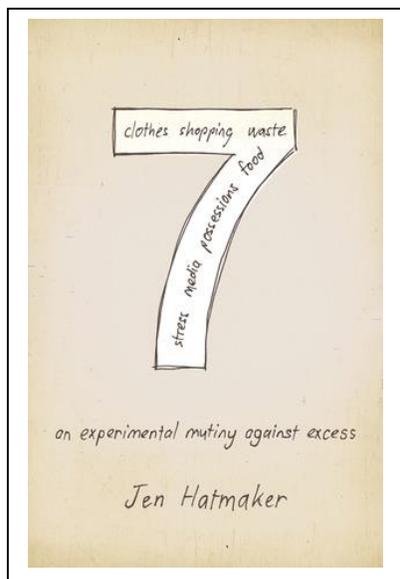
Wanted: Your Cookie Stories

The next issue of Signs of the Spirit is going to feature your cookie stories. If your Guild is using cookies to fundraise, please send me your story and recipes. Pictures would also be welcome.

The Book Shelf

Seven: an experimental munity against excess

by **Jen Hatmaker**



“American life can be excessive, to say the least. That’s what Jen Hatmaker had to admit after taking in hurricane victims who commented on the extravagance of her family’s upper middle class home. She once considered herself unmotivated by the lure of prosperity, but upon being called “rich” by an undeniably poor child, evidence to the contrary mounted, and a social experiment turned spiritual was born.

7 is the true story of how Jen (along with her husband and her children to varying degrees) took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence.

Food. Clothes. Spending. Media. Possessions. Waste. Stress. They would spend thirty days on each topic, boiling it down to the number seven. Only eat seven foods, wear seven articles of clothing, and spend money in seven places. Eliminate use of seven media types, give away seven things each day for one month, adopt seven green habits, and observe “seven sacred pauses.” So, what’s the payoff from living a deeply reduced life? It’s the discovery of a greatly increased God—a call toward Christ-like simplicity and generosity that transcends social experiment to become a radically better existence.”

I found this book to be funny, insightful and honest. Jen writes this book more as a blog so the writing style is a little unconventional. This book really is a wonderfully practical and personal introduction to how the true Christian lifestyle should respond to the excess of the modern North American life. I would love to hear your thoughts on “Seven”.

Don't forget that Guild Dues are due!!!

Dues can be forwarded to
FRAN MACCOLLUM
63 Dufferin St
St. Albert AB T8N 5R5



Local Guild News

Petewawa:



St. George's Chapel Guild, represented by President Hilda Young, donated \$100 to the local women's sexual assault centre towards their new phone system. Nancy Brown, Communications coordinator received the money at the March Guild meeting. Ms. Brown told the Guild members that The Women's Sexual Assault Centre has been supporting sexual assault survivors in

Renfrew County for over 20 years. The assaults may be current or historical. WSAC also supports family members and friends of assault survivors.

WSAC offers many supports to women including peer crisis support, 24 hour support and crisis line, lending library on a variety of topics pertaining to sexual violence and healing, drop in, referrals, and advocacy.

Saying Goodbye



Betty Peddie passed away June 15, 2014. I was lucky enough to have met Betty at a Guild conferences (or two) a few years ago. She was born in Winnipeg in 1916. She served in the Canadian Woman's Army Corps during WWII, where she was a member of the First Echelon Intelligence Branch. While stationed in Italy she met her husband. She was married to Red Peddie in 1949 after they returned to Winnipeg. What Betty is probably most know for is her love of music and her love of sharing music with others. She played the organ at CFB 17 Wing Chapel and many Guild

conferences. She will be sorely missed by all who knew her but her spirit and passion for life will live on through all who knew her.

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.

Editor's Note

Another autumn is upon us. The kids are back to school and the leaves are changing colour. I will leave you with the wonderful poem.

Autumn Blessings

Autumn brings to the soul relief,
as hot Summer days slip to an end
God sent the season for weary hearts
to restore, repair, and mend.

Unlike the Autumn trees,
that shed their changing leaves
God sent the season for failing hearts
to adhere, embrace, and cleave.

Just as with the Autumn winds,
there comes a new refreshing rain
God sent the season for fraying hearts
to increase, grow, and gain.

The Autumn sun is slow to climb
and dips much earlier into the night
God sent the season for sleepy hearts
to rise, shine, and unwind in His light.

God gave to us the Autumn season,
so we could have a respite and rest
for it is the season for our beset souls
to see how much we are blessed!

Deborah Ann Belka
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Submissions are always welcome!! If I missed your submission I am so sorry. Please send me an email and remind me. We would love to see Guild Sunday and your fall activity pictures.

Deadline for the next issue is November 1st.

You can submit by email: dee.hearts.books@live.ca

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

If you would like the next copy of "Sings of the Spirit" delivered directly to your inbox, please send me a quick email with "subscribe" in the subject block and you'll be added to our list. To be removed from our email list, please send me an email with "unsubscribe" in the subject block.

