



The Signal

A publication to share information of interest to the people of the
Conception Bay South Corps and Community.

Volume 13 Issue 1

March 2017



331 CBS Highway

Perspective

Jesus fasted for forty days in the wilderness. The Church traditionally commemorates this experience, with an emphasis on fasting and penitence, during the forty days preceding Passion Week, leading up to Easter.

In public worship and private devotions, lovers of Christ experience a whole range of emotions as during this time they think on Him and their redemption.

Recalling that our great Hope is rooted in divine sacrifice and springs forth into a glorious resurrection, His and ultimately ours, that kind of joy knows no bounds. Hallelujah! What a Saviour! I, for one, cannot wait to sing the great Easter Songs.

Lt. Colonel Stanley Anthony (R)

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Downsizing with a Difference

For most of their adult lives, Kim and Rod Howlett struggled to maintain a healthy weight. Over the years, they had often lost weight on occasion but unfortunately gained it back. At their most challenging time, their combined weight was 900 pounds.

For years, Kim had suffered with a number of serious stomach and bowel issues. In the latter part of 2014, Kim knew something needed to be done. She explained “I was sick and tired of being sick and tired”. She was enduring much pain and discomfort and was needing 3800 units of insulin daily to control her diabetes. Kim desperately needed help.

Through her family doctor, arrangements were made to visit an endocrinologist, who then referred her to a surgeon. It was discovered that there had been major damage done to the liver and kidneys when she was first diagnosed with diabetes. Suspecting that the doctor might decide to perform an operation, Kim thought “I’d better do something about my weight to make it easier on me and the doctor”. And so her journey began.

Sure enough, exploratory surgery was the option. It was discovered that her stomach was blocked with cancerous polyps and upon further examination, they discovered that the colon was also affected. With great skill and care, the polyps were removed and the doctor successfully repaired the severe damage to the stomach and avoided the necessity of inserting a feeding tube.

In a little over a year, Kim had lost 125 pounds and continued to lose weight. At the same time, Kim’s husband Rod, who at his heaviest, weighed over 500 pounds, was also challenged to do something life changing. Together, they kept a daily journal of everything they ate. They drank lots of water. They limited their calorie intake and cut out all junk food. When dining out, they chose healthier food items, and to the amusement of other patrons, Kim often weighed her food choices when needed.



Since then, Kim has decreased her daily insulin dosage to 75-80 units a day and both of them have been able to eliminate a number of their daily medications.

“Willpower is the key to keep it up”, says Kim, “and strength to keep up the willpower”. However, she testifies to the reality and truth that “God is our strength and He keeps us going.” So far, between them, they have lost a total of 450 pounds. Congratulations Kim and Rod. That is a great accomplishment. Keep up the good work.

God has equipped you to handle difficult things. In fact, He has already planted the seeds of discipline and self-control inside you. You just have to water those seeds with His Word to make them grow! Joyce Meyer

No Detour!



Just recently, the Billy Graham Association flew a few pastors out to Vancouver to observe a Franklin Graham crusade. Though the rumor is that crusade style evangelism is dead, there was no evidence of it there. Over the three nights the average attendance was 10,000. When the appeal was given, each night averaged some 600 people who streamed forward to make a commitment. It was very heartening to know that the Billy Graham team stay on for 8 weeks to make sure that every person who responded is followed up and every attempt is made to link them with a local church.

As I reflected on the immense commitment of time and money that went into this crusade, it all boiled down to creating the opportunity to ask one simple question, 'Have you invited Jesus Christ to become your Savior?' And it was worth every effort and every penny because the answer is the most important answer you can give to the most important question anyone can ask. How would you answer it?

Recently I was driving and came to a roadblock, but fortunately, there was a detour, which I happily took to arrive at my destination. Jesus said, *"I am the way and the truth and the life. No one comes to the Father except through me."* (Jn. 14:6) There is no detour. So the question can't change because the options won't change. There is no other way; no detour to God but through Jesus Christ.

So, if you attend every Sunday, or if you watch through our live stream, you will hear us asking that question one way or another every Sunday. If you should ever want to talk about this, please call and we will make sure we send someone to you.

God bless you my friends. Barb and I and all of our team are committed to serving you in any way we can. And remember, God loves you. He really does.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." John 3:16

Majors Lorne & Barb Pritchett, your day to day Pastor.

Welcome to Jeff and Sylviane Andrews



Jeff was born and raised in Francois, NL, with his ten siblings, but later lived with his grandparents in nearby Gaultois to finish high school. He then moved to St. John's to train as a cook and since then has been employed with Eastern Health at different locations. He is presently working at the Miller Centre in the house-keeping department.

His wife, Sylviane was born in Geneva, Switzerland, and lived on three continents, moving about 14 times. The immigrant family of four moved to Canada when Sylviane was seven years old. In 1987, she was led by God to move to NL. In 1988, she met Jeff at a church and they were married in 1990.

Jeff became a Christian in 1985 while living in Gaultois, and Sylviane gave her heart to the Lord in 1979, in Montreal.

Sylviane, an accomplished seamstress, works as an Occupational Therapist at the Miller Centre. They were blessed with a wonderful gifted son, Kyle, who recently completed his Masters Degree in music from McGill University.

Jeff is a talented creator in stain glass and they both share their talents in decorating for special events, and give leadership to the youth of the Corps. Jeff and his friend Tom Tibbo often entertain with their original comic routines, and share in many ministries. CBS Corps is blessed to welcome Jeff and Sylviane.

Since coming to the Corps in CBS, Jeff and Sylviane have endeared themselves to young and old alike and show their love for God by their warm and loving ways and by their friendliness and willingness to help in any way.



Members of the newly formed **CBS Corps Leadership Team** confirmed their commitment to serve God, as Corps Officer Major Lorne Pritchett (right), reminded them of their responsibility. He then dedicated them and their ministry to God. Seen (l-r) are Dave Ivany, Lee Noel, Major Lloyd George, Claudette Hillier, Major Wilson Perrin and Roma Whittle. Ambrose Payne held the flag.



“INFUSED” was the theme chosen for a special youth weekend. Guests leaders were Lieutenants Keith and Charlene Barrett (right) from Lower Island Cove. They are seen with some of the young people and their leaders. The young people enjoyed fun, fellowship and a challenge from God’s Word.

WELCOME TO TOM AND CLARIS TIBBO



Tom and Claris Tibbo first attended The Salvation Army in CBS in June, 2015. Tom was born in Picton, ON, but moved to Harbour Breton, NL when he was seven months old. He grew up there with his eleven brothers and sisters and then attended Memorial University in St. John’s, where he received his Bachelor of Education degree. He began his teaching career at Belloram.

Claris was born in Seal Cove, Fortune Bay and grew up in The Salvation Army. After finishing school, she moved to Harbor Breton, to find work and met Tom. They were married in Grand Falls in 1975.

They have been blessed with four children and five grandchildren. After teaching school for thirty years on the south coast, Tom and Claris moved to Paradise. Tom is working now with Country Ribbon Inc. and Claris is a personal care attendant. Tom is a great entertainer and enjoys working with the young people and the Men’s Fellowship. He and some friends minister regularly at a number of Homes for Seniors and at The Wiseman Center.

Tom and Claris are fun-loving, caring people and genuine in their Christian faith. “We love the church and the people”, says Tom. CBS Corps is blessed to have them, and we look forward to their ministry.

Shoebox Response



One Christmas shoebox makes a difference. Coralie Dodge, coordinator for the Christmas Shoebox ministry recently received a letter and picture from Samuel Dieme from Senegal, who wrote to say how much he appreciated the box she had sent him. He just started school and will be able to use the supplies. Great news!

THE POWER OF ONE.



CBS Corps has just launched our **“Partners in Mission”** campaign. Our goal is to raise \$12,000, which will be used to provide education, health services, clean water and housing to those in need in countries where The Salvation Army is presently serving. The Corps theme is **“The power of one”**, based on the Biblical account of one little boy’s lunch which was used by Jesus to feed over 5000 people. **Let’s make it happen again!**

COME CELEBRATE EASTER

Good Friday, April 14th (10:30 am) “At That Moment”

Sunday, April 16th (11:00 am) “The Mess, The Messiah and The Message”



(6:30 pm) “Evidence of the Resurrection”

GIFT PRESENTATIONS TO CBS CORPS

CBS Men's Fellowship



Randy and Renee Butler and family donated the beautiful pulpit seen above. It was designed and installed by Randy and will be the focal point of worship. Major Pritchett prayed a prayer of dedication. CBS Corps appreciates this generous gift.

In memory of wife, Elaine, Fred Porter donated a brass instrument to the Senior Band. The baritone will be played by Carol Anne Reid-Oliver. Bandmaster Brian Hart is very pleased. Thank you Fred!

In memory of John Parady, dear friends Wayne and Myrna Oakley presented the family with a beautiful painting, a reminder of the early ministry of The Salvation Army. The Parady family have donated it to the Corps. A beautiful gesture!

The CBS Men's Fellowship held a lumberjack night. They had a sawing contest and a wood piling contest. A great number of men attended and had great fellowship. Lunch was served with beans, bologna, molasses bread, tea and coffee.



Appreciation Night

Ladies Night Out

A Warming Place

Following another successful Christmas Kettle Campaign, almost 100 people were recognized for their many hours of volunteer work. The CBS Corps expressed their gratitude during a reception in their honor. Included were many individuals and supporting groups (as above).

A capacity crowd of ladies enjoyed fun, food and fellowship as they shared "Canada 150 Celebrations". Elizabeth Murphy, a high school teacher shared some Canadian history. Vocalist was Kathy Stock and new Canadian, Mrs. Zawadi Bihumu from Africa shared the challenges of her life spent in a refugee camp.

Just recently, the Town of CBS partnered with The CBS Salvation Army to designate their building as a "Warming Place" in the event of an emergency situation. During the recent power outage, The Salvation Army provided a warm safe place, hot meals, cots and blankets and an opportunity to recharge electronic devices. Over 30 volunteers spent many hours ministering to about 80 people in need during the weekend.

THANK YOU ALL

The purpose of the Bible is simply to proclaim God's plan to save His children. It asserts that man is lost and needs to be saved. And it communicates the message that Jesus is the God in the flesh sent to save His children. Max Lucada

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