

ACT OF REMEMBRANCE

Celebrant: Let your light so shine before others

People: *That they may see your good works and glorify your Father which is in Heaven.*

LEGION PRAYER:

O God, we remember before you those who laid down their lives for freedom and truth. We commend their souls into your gracious keeping and pray that we may be worthy of their sacrifice. Help us to be faithful and true to those ideals for which they fought and died. May we continue to perpetuate the memory of our departed comrades by our service to country, community, and comrades, and remembering our solemn obligation, may we ever pray - Lord God of hosts be with us yet.

CLB BRIGADE PRAYER

Grant O God, that we may never be ashamed to confess the faith of Christ crucified, and to faithfully fight under his banner against sin, the world, and the devil; to continue as his faithful soldiers and servants, unto our lives end, through the same Jesus Christ our Lord, Amen.

PEOPLE: Lord God of hosts, be with us as yet, lest we forget, lest we forget.

THE LAST POST:

(Sounded by the Guest Bugler, Terry Howlett)

THE SILENCE

THE REVEILLE

ACT OF REMEMBRANCE: "They shall grow not old, as we that are left grow old; age shall not weary them, nor the years condemn; at the going down of the sun and in the morning, we will remember them."

PEOPLE: We will remember them

Chief Warrant Officer John A.T. Heffernan, MMM, CD

Chief Warrant Officer (CWO) John Heffernan was appointed as Sergeant Major for 37 Canadian Brigade Group, responsible for Army Reservists in both New Brunswick and Newfoundland and Labrador in December 2021. The 37 CBG is headquartered in Moncton, New Brunswick, although CWO Heffernan lives in Conception Bay South, and travels between both locations. Just prior to this appointment, CWO Heffernan completed his term as Regimental Sergeant Major for First Battalion – The Royal Newfoundland Regiment - after returning to First Battalion where he had started his military career in 1988. Prior to this appointment, CWO Heffernan was the Regimental Sergeant Major for 37 Service Battalion where he spent most of his military career as a Logistician.

In his civilian career, John is the Fire Chief of the Conception Bay South Fire Department, the second largest municipality in Newfoundland and Labrador with a population of approximately 28,000 residents. John joined the fire service in 1990 as a Firefighter and was appointed as Fire Chief in 2015. As a par military organization, there are many parallels between the fire service and the Canadian Armed Forces (CAF), allowing them to complement each other very well. Ironically, over 20% of the Conception Bay South Fire Department are Veterans or still serving members of the CAF, something he is quite proud of.

In October 2013, John accepted a voluntary position with Wounded Warriors Canada as the Provincial Ambassador for Newfoundland and Labrador. Wounded Warriors Canada is an independent charity and mental health service provider. Through their guiding ethos "*Honour the Fallen, Help the Living*", it focuses on finding solutions through a wide range of programs and services where gaps have left Canada's ill and injured Veterans, First Responders, and their families in need. Although John is extremely busy in his civilian and military careers, this position brings him great satisfaction. John has witnessed firsthand the effects of operational stress injuries on both members of the CAF and First Responders. Wounded Warriors Canada provides leading-edge trauma-informed workplace training geared towards helping make trauma exposure management a new professional standard for uniformed service personnel.

In his free time, John spends time in Europe each summer cycling to raise funds and awareness for Wounded Warriors Canada through their Battlefield Bike Rides. When at home, John tries to spend as much time as he can at his cabin cutting wood, hunting, and fishing with his wife Gordina and one-year old border collie, Freeman.