

Small Groups @ CapChurch 2011-2012

Small groups are the heart of CapChurch. In this listing, you will find a rich variety of gatherings where people are growing together in the skills of life and faith. Some study Scripture and pray, others want to knit, and still others work out together! This is not an exhaustive list of all the groups that exist, but are the ones that have some space for newcomers.

Please consider joining one of these groups to experience life together with God and in community. Talk to Kim Pierrot (kim@capchurch.ca) or any staff person to see which group might be a good fit for you, or talk to a group's contact person prior to joining in.

1. Bible and Borscht

Andrea says: "My spiritual formation happened largely around the dinner table. Every night as I was growing up my father would pull out a Bible and we would read aloud - taking turns to read a few verses and passing the Bible on to the next person. Our small but lively group shares a meal, a passage of Scripture and our lives every two weeks.

When: Every other Wednesday from 6:30-8:30 pm starting in November
Where: Alternating between Andrea Smith's in Edgemont and Jake and Anne Penner's in Horseshoe Bay.
Contact: Andrea Smith 604-987-3973 asmith3973@shaw.ca

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2. Cap in the Cove

We gather for prayer and discussion every other Wednesday evening. All ages welcome-- some of us have kids, others have grand kids. We all love Deep Cove, though not all of us live there anymore.

When: Alternate Wednesdays
Where: TBA
Contact: Barb Atkins 604-984-4077 barbaraatkins@shaw.ca

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3. Great Dinner and Discussion

We gather each week for food, a lively study & discussion of Scripture.

When: Every Wednesday from 7:30-9:30 pm
Where: Hosted by Julien and Hilary Henley at 242 Tamarack Road
Contact: Lydia Forssander 604-988-3727 lydiaforssandersong@me.com

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4. Milleys/Thomsons Home Group

We aim to be a diverse group that explores God's word in new ways. We also eat yummy desserts. New friends welcome!

When: Every Tuesday evening at 7:30 pm
Where: Various members' homes in North Van
Contact: Lindsie Thomson 604-987-7108 lthomson@harrisco.com
Isabelle Milley 604-988-8557 ipmilley@shaw.ca

Special Interest Groups:

5. Project Linus (North Vancouver chapter)

Do you like to knit/crochet or would you like to learn how? Do you want to help children in need? Project Linus is a volunteer organization that seeks to provide love and a sense of security to children who are seriously ill, traumatized or otherwise in need through the gifts of new, homemade, washable blankets and afghans, lovingly crafted by volunteers. Cappers are invited to gather for an hour Saturdays mornings to knit/crochet for a worthy cause.

When: Saturday mornings, 10-11 am

Where: TBA

Contact: Kristee Watson 604-992-0660 kristee.ann@gmail.com

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6. Walking Prayer (coordinated by Lucy Goncalves)

A prayer walking group one Saturday morning or afternoon a month. We will be travelling through neighbourhoods across the North Shore, inviting the Holy Spirit to use all of our senses in seeking to understand the community through God's eyes. Contact Lucy if you are interested in joining this group.

When: TBD

Where: various locations in North Vancouver

Contact: Lucy Goncalves 604-904-9644 lucygo@shaw.ca

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7. Mentoring Group

Do you have a passion for God? Do you have some life and faith skills? Some bits of God-formed character? Maybe God is calling you to be involved in mentoring at CapChurch this year. Check out the *Mentoring Maturity in Christ* manual on our website <http://capchurch.ca/topics/resource-downloads/mentoring-capchurch/> Beginning in 2012 there will be a series of evenings to train new mentors with the expectation that you will soon start meeting one on one to practice your newly acquired skills. Also there will be occasional evenings to supervise existing mentors. In 2012 the mentor's training/supervision will be on a mixture of Monday or Thursday nights

When: Oct 24 7:15 pm

Where: 3-348 Bewicke Ave North Vancouver

Contact: Mike Nichols 604-986-8256 mike@capchurch.ca

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8. Young Adults Group for 18-24 year olds

This group offers a place of friendship, belonging, support, and inspiration for student-aged young adults. This year we will meet in a rotation of separate guys/girls groups and mixed group gatherings. We will walk alongside one another in faith and life, listen to God for one another, and hear from inspiring people from within our church community.

When: Every 2nd Wednesday, from 8-9:45 pm

Where: TBA (Usually Lonsdale, Lynn Valley Area)

Contact: John Colpitts 604-839-0911 john@capchurch.ca

9. Men's Circle Prayer (coordinated by Jake Penner and Paul Loewen)

This group of men meets to pray every Tuesday morning and then enjoy breakfast together. They welcome new people.

When: Tuesday mornings at 7 am for prayer, breakfast from 8-9 am
Where: 855 West 3rd St. (at Fell)
Contact: Paul Loewen 604-925-3894 loewenengineering@shaw.ca

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10. Lectio Divina for Men

Lectio Divina is a slow, contemplative reading and praying of the Bible which enables it to become a means of union with God. The first book we would read this way is the Apostle Paul's letter to the Philippians. Check out www.prayasyougo.org for a sneak peak at what this group might be like.

When: TBD
Where: David Ducklow's home #102 - 1650 Chesterfield Ave N. Van
Contact: David Ducklow 604-209-9543 david@theducklows.ca

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11. 40ish

Are you female and 40ish, available in the daytime and desiring to connect with other women for prayer and community? If so, this may be for you.

When: Wednesday mornings 9-11 am
Where: Rotating houses
Contact: Sue Carabetta 604-983-0182 sue@capchurch.ca

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12. Alpha

We plan to run Cap's 25th annual Alpha course in January 2012. If you might be interested in attending, watch for more information and a possible lunch gathering this November.

Contact: Barry Soper 604-985-9897 bsoper@shaw.ca

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13. Running Fools

A group of guys who bond while they sweat. Join to get in shape and make a friend.

When: Mon, Wed and Fri mornings at 6 am
Where: 870 Lynn Valley Road (Hillside Church)
Contact: Dave Strilchuk 604-987-9399 davidst@shaw.ca

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14. Glam Girls

Grunt Less! Achieve More! Join a great group of women to work out.

When: Tues and Thurs mornings at 6 am
Where: 870 Lynn Valley Road (Hillside Church)
Contact: Jenny Nelson 778-340-2499 jenny@nelsondesign.ca

15. Spiritual Spa

Contemplative listening prayer is the central focus and teaching. Not a bible study or book group, but an evening of spending time with God to listen and hear his voice. Wow!

When: Alternate Thursday evenings
Where: West Vancouver
Contact: Christine Farris 604-922-5774 christine@christinevancouver.com

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16. Littles' Group

We are a group of mothers with young children. Come for coffee, prayer, discussion and friendship. Childcare provided, newcomers always welcome.

When: Every Friday 9:15 - 11:15 am
Where: 870 Lynn Valley Road (Hillside Church)
Contact: Sue Carabetta 604-983-0182 sue@capchurch.ca

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17. Newcomer Nights

Cap 101 for Newcomers! Are you new to the church, and interested in a night of dessert and a chance to hear about CapChurch? Newcomer nights happen throughout the year to help familiarize those who are new and connect them with others.

When: Thursday, Oct 20 7:30 pm
Where: 952 Leovista Ave, N. Van
Contact: Sue Carabetta 604-983-0182 sue@capchurch.ca

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18. Babies & Bellies

This is a group for women. We talk about pregnancy, adoption, birth and baby. You are welcome if you have a love for babies and a love (or hate) for the transitions and experiences of early motherhood.

When: Once a month
Where: Ohlhauser home in Lynn Valley
Contact: Jenn Ohlhauser 604-984-1214 twonewlyweds@shaw.ca

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