



announcements

ASHES & SOAP? To mark the beginning of Lent, come to Kim and Matt's house at 8 pm on Ash Wednesday (Feb 17). Together, we will reflect, repent and make soap. Yes, you read correctly! We'll make soap with ashes, giving us an opportunity to reflect on what it means to be cleansed from our sin. Everyone welcome. An RSVP emailed to kim@capchurch.ca will help us ensure we have enough soap molds for everyone. (Kim Pierrot)

A PRAYER FOR LENT by Henri Nouwen
How often have I lived through these weeks without paying much attention to penance, fasting, and prayer? How often have I missed the spiritual fruits of the season without even being aware of it? But how can I ever really celebrate Easter without observing Lent? How can I rejoice fully in your Resurrection when I have avoided participating in your death?
Yes, Lord, I have to die—with you, through you, and in you—and thus become ready to recognize you when you appear to me in your Resurrection. There is so much in me that needs to die: false attachments, greed and anger, impatience and stinginess.... I see clearly now how little I have died with you, really gone your way and been faithful to it. O Lord, make this Lenten season different from the other ones. Let me find you again. Amen. (*A Cry for Mercy: Prayers from the Genesee*; Image Books, 2002)

TAX RECEIPTS 2009 Tax Receipts will be ready for pick up at the back of the church the next two Sundays, Feb 21st and Feb 28th. Receipts will be mailed after the 28th if they are not picked up. (Jenn Ohlhauser)

2010 FRIENDSHIP LIST We are in the process of finalizing our new 2010 Cap Friendship List for printing. If you are not in the 2009 Friendship List (and you would like to be in this one), you have moved or your information (i.e. email, phone number) as changed, please email life@capchurch.ca or phone 604-980-8997 and give us the new info. Also, if you would like to help us subsidize the cost of the printing by advertising your business in the back, please send us a pdf of your business card or information so we can put an ad together for you. Cost is \$50.

LINWOOD HOUSE MINISTRIES will be on hand 24/7 from Feb 12-28 in the downtown eastside (108 W. Hastings St) to help those marginalized by the Olympics. Their desire is to be a place of refuge and a place to hang out and enjoy the spirit of the Olympics during the Games. They are looking for helpers to: host the Great Room, provide food & snacks, donate money for operations, provide activity such as music, crafts, art, pray, participate in the Women's Memorial March (prayer at noon, march at 1pm) on Feb 14th and more...Contact Gwen McVicker for more info gwen.mcvicker@gmail.com 604-885-0214

CAP'S ANNUAL AGM Our Annual General Meeting is being held at Café Crema (1495 Bellevue W. Van) again this year. Join us at 7:00 pm for live music, desserts and fellowship, meeting portion of the evening to begin at 7:30. Come hear from the pastors and staff about the vision they have for CapChurch this coming year. The Societies Act in BC requires Cap to have an **annual** list of "members" for our AGM. Signing up to be a member in the Capilano Christian Community Society is simple. It also allows you to vote in the societal business at the AGM. See the welcome table to sign on.

considerations



infected with HIV. While policy makers say that prostitution is voluntary and sex trafficking is forced, the reality is that prostitution and sex trafficking are co-dependent. The RCMP estimates that 600 women and children are trafficked into Canada each year for the purpose of sexual exploitation. Is there anything you can do as an individual to stand for the dignity of persons and against exploitation? The Justice Hub @ Cap invites you to write a letter/email to the Westender, the Georgia Straight or Xtra West protesting their complicity in the violation of human rights by running ads promoting sexual services. A Sample letter is on the back table that you can take and sign. If you prefer to email a letter, go to www.capchurch.ca/topics/resource-downloads/newsletters-publications

The Justice Hub @ Cap offers updates on local issues of injustice and ways to respond. A letter/email from an individual = 50 people to the organization, so your letter can make a difference! (Mike Nichols)

Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest in themselves.
- Pierre Teilhard de Chardin

news | thoughts | ideas

SEXUAL EXPLOITATION AND JUSTICE IN VANCOUVER Flip through the back pages of the Westender, the Georgia Straight or Xtra West, and you will see several solid pages of ads that offer sexual services in Vancouver. A study estimated that 26% of Vancouver's female sex workers are

A FEW THOUGHTS ON SINGLENES ON VALENTINE'S DAY Western culture as well as much Christian tradition has generally assumed that singleness is only a prelude to a sexualized relationship or marriage. Being in a sexualized relationship is seen as a primary goal in life. This view of singleness as incomplete or disadvantaged or in some way unfulfilled is not a biblical Christian teaching. When the church focuses almost exclusively on marriage and the nuclear family as the norm and as the primary context for intimacy it fails to present the whole spectrum of truth represented in the Old Testament and New Testament Scriptures. The Bible teaches that all human beings are created with a capacity for relational intimacy. But it also teaches and gives countless examples of how the primary context for this intimacy is with God, and only secondarily to be found in the context of a community of relationships in which marriage and family are one part.

Jesus was single. He lived a godly single life in close relationship to his family and a small community of friends. He experienced being loved by the Father and the ability to give and receive love from family and friends. He knew how to be alone and to be with others. He lived as a sexual being but did not sexualize his relationships. He lived a fulfilled life caring for many people and fulfilling his Messianic calling. In short, Jesus models for us healthy, intimate, fulfilling, interpersonal relationships as a single person. So to all you "singles", happy be-like-Jesus day. (Mike Nichols)

When you love someone, you love the whole person, just as he or she is, and not as you would like them to be.
- Leo Tolstoy



calendar

events

- Today **Kim Pierrot** begins our Lenten Series from Luke 4. Youth Group stay after the service in the gym to play games & go for lunch at Brian Dean's house.
Linwood House Women's Memorial March (prayer at noon, March at 1pm)
 108 W. Hastings St. See inside for more details about Linwood House Ministries
- tue feb 16 **Men's Theology Pub Night** 8pm at David Ducklow's house this week
 1160 Grand Boulevard N. Van. Info matt@getbold.com
- Slice** (Girls Gr. 10 -12) meet with Erica Colpitts at her house 7 - 9pm
 #303 - 1550 Duchess Ave West Van. erica@capchurch.ca for more info.
- wed feb 17 **Lent Begins** Ashes & Soap Evening at Matt & Kim Pierrot's 8pm. See inside for details.
- thu feb 18 **Mini Slice** (Girls Gr.5-7) meet at the Carabetta's 7-8:30pm 952 Leovista Ave North Vancouver. Email carabet@telus.net for questions or more info.
- fri feb 19 **Mom's Group** meets at Hillside Church 9:15- 11:15 am for a time of peace, quiet and contemplation as well as some lively time for community care and prayer together. For more info contact jenn@capchurch.ca (Sue Carabetta is away this week.)
- sun feb 21 **Mike Nichols** brings us the next sermon in our Lenten Series 'Nicodemus Cruciform Encounter with Jesus' from John 3. **Tax Receipts** available beginning this morning.
- wed feb 24 **Mom's Group** meets at Hillside Baptist 9:15 - 11:15 for a time of friendship and discussion. For more info sue@capchurch.ca or call Sue at 604.983.0182
- mon mar 1 **Cap's Annual AGM** Our Annual General Meeting to be held at Café Crema (1495 Bellevue W. Van) again this year. Join us at 7:00 pm for live music, desserts and fellowship, meeting portion of the evening to begin at 7:30.
- sun mar 21 **Baptism Class** Watch for more details soon. If you are interested in being baptized this Easter, contact the church office life@capchurch.ca or 604-980-8997

capchurch leadership circle

Mike Nichols | co- pastor & elder
 Kim Pierrot | co- pastor & elder
 Paula Schulz | administrative assistant to the pastors
 Sue Carabetta | families and newcomers
 Julie Evans | early childhood education
 Michaela Jamieson | capkids team leader
 Cheryl Lim | capkids assistant
 Suzanne Paterson | sunday morning coordinator
 Erica Colpitts | senior high gr 10 -12
 Brian Dean | junior high gr 7 - 9
 Luke Wilson | gr 5 -6
 John Colpitts | young adults
 Barry Soper | alpha

Paddy Ducklow | pastor emeritus, co-chair missions
 Jake Penner | elder emeritus
 Delma Campbell | elder on leave
 Scott Campbell | elder
 Gordon Chutter | elder
 Randene Hardy | elder, homegroup coordinator
 Jenn Ohlhauser | elder, bookkeeper
 Andrea Smith | elder
 Art Steinman | elder
 Candis Watson | compassionate assistance
 Lynne Moe | compassionate assistance
 Brent McLaren | finance chair
 Paul + Isabelle Milley, Angela Heino | Bufukhula team
 Christine McLaren | missions



today's teaching

cap at a glance

LENT Don't bother looking for the word Lent in your Bible concordance. You won't find it there. But Lent, which begins this Wednesday, has all kinds of Biblical precedents, not the least of which is the passage we're looking at today in Luke's gospel. Jesus, full of the Holy Spirit, is led into the desert for 40 days, where he is tested by the devil. During this 40-day vision quest in the wilderness, Jesus learns how to say "no" to taking care of himself, while saying "yes" to trusting God's care for Him. Jesus fasts from food, battles the enemy, and emerges with a clear sense of what it means for Him to be the Son of God. While our own lenten journey might look very different, we also have the opportunity, as the Spirit leads us, to say "no" to self-sufficiency, "yes" to God-sufficiency this season, and to emerge with a clearer sense of what it means to be a beloved son or daughter of the living God. (Kim Pierrot)

THIS MORNING Kim Pierrot brings us the sermon; Robbie Ohlhauser and team lead us in a morning of worship.

CapKids (K -4) This is week two of our series on Ruth. The students will become familiar with an Old Testament story of friendship, love and loyalty.

Our teachers are Heather Chase (K), Annalise Luong (1), Anne Penner (2-4) Shepherds are Margot Dennis (K), Lindsay Sadd (1) Pruners (2-4)

If you would like to teach or shepherd for our K-Gr 4's, please email or call Michaela at michaela@capchurch.ca or 778-240-3311

Grades 5 and 6 meet with Luke Wilson in the boardroom.

Grades 7 - 9 meet with Jeff Clarke in Room 101 and will be staying after the service to play sports in the gym until 1pm. Lunch to follow at Brian Dean's House 430 West 29th St. until 2pm. **Sr. High Youth** remain in the service.