



Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life." John 4:13

www.capchurch.ca

announcements

TAX RECEIPTS 2009 Tax Receipts are ready for pick up at the back of the church this Sunday. Receipts not picked up today will be mailed. Did you know that CapChurch finished the 2009 financial year in "the black" --- check out the AGM reports and (unaudited) financial statements available at the welcome table this week. (Jenn Ohlhauser)



CAP'S ANNUAL AGM Our Annual General Meeting is being held at Café Crema (1495 Bellevue W. Van) **TOMORROW NIGHT, MARCH 1ST**. 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 if you didn't do this last year. Annual Reports and an Extended Bufukhula Report are also available at the Welcome Table this morning.



EATING LOCAL INITIATIVE A group of people were inspired by last week's video to eat ethically and to eat local and they invite you to journey with them. They have set up a website/blog at

www.eatinglocalinitiative.com Please talk to Luke Wilson, John Colpitts, or Kim Pierrot for more information.

I SAY A LITTLE PRAYER FOR YOU Would you like a way to ask for prayer for yourself or someone else? If you email prayer requests to prayer@capchurch.ca, leaders at Cap (Pastors, Ministers, Elders, and a few select others) will pray in response. You could also speak with Lucy Goncalves (lucygo@shaw.ca), who will be coordinating this prayer ministry for us. If you specify, any requests you make will be kept confidential and not communicated to the larger community.

CAP JUSTICE HUB The Justice Hub is meeting for lunch at the Dirks home (#203 - 309 West 3rd St N. Van) next Sunday, March 7th, to continue defining their mandate to educate and equip Cap in doing Justice. They've had some transitions in leadership on the Justice Hub so looking for people interested in working with them on the oversight level vs. the grass roots level. Contact Mike Nichols at mike@capchurch.ca or Bonita Dirk at mikeandbonita@yahoo.com.



ALPHA 2010 The Alpha Ministry is pleased to announce the re-start of the previously postponed (due to Olympics) Alpha Course as follows:

Alpha

DATE: Tuesday, March 16, 2010
TIME: 6:30 p.m.

PLACE: Home of Irene & Larry McGuinness
1367 Cottonwood Cres North Van (Norgate area, south of Marine Drive)

CONTACT: Jocelyn Pedder Ph: 604-987-7144 (Registrar) or Barry Soper Ph: 604-985-9897

considerations

news | thoughts | ideas

FOLLOWUP ON SEXUAL EXPLOITATION AND JUSTICE IN VANCOUVER The last couple of weeks the Justice Hub @ Cap invited 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. Sample letters are on the back table (and on our website) that you can take and sign. This is the **LAST** week of this effort. 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)

DURING THE 2010 GAMES front line agencies in Vancouver had witnessed an increase in underage youth being bought and sold for sex on the streets of Vancouver. These young women ... should be loved and valued, not stripped of their dignity and forced into sexual servitude. Joy Smith MP has put forward Private Members' Bill C-268, which has successfully passed through the House of Commons and is currently being considered by the Senate. It would require a mandatory minimum sentence of 5 years for anyone convicted of trafficking a person under the age of 18. You can help Bill C-268 become law by writing to Senators to encourage them to pass the Bill as quickly as possible. Email: smithj8@parl.gc.ca Website: www.joysmith.ca

KRISTEE WATSON UPDATE Cap's Kristee Watson (who works with Canadian Food for the Hungry) recently left the DR Congo to help out in Haiti. Please continue to pray for her as she will be in Haiti until mid-March, hiring and training local staff for the Finance Dept. Her article 'Hitting the Ground Running' is available at the Welcome Table this morning, and on www.fhcanada.org under Community Updates.

CHURCH HISTORY PROJECT Former Capper Jon Reimer and Regent College history tutors are holding a series of talks at University Chapel in the month of March. The goal of this project is to introduce and make accessible the history of the Church. The writer Henry Chadwick said once that "a church which has lost its memory is in a sad state of senility". It is their goal to help foster the renewal of this memory. Contact Jonathan Reimer 778.990.3015 jonmreimer@yahoo.ca for more info and details.



WHY I LOVE LENT For me, Lent is a reminder that what I once thought was the worst news in the world -- that there is nothing in the material universe that was going to bring me the deep happiness I craved -- is actually the best news in the world. To give up worldly pleasures during

Lent, things that I once built my life around pursuing, is to put them in their proper place; to disentangle my hopes and dreams from things and fleeting accomplishments; to set my sights much higher.

Lent reminds me not that all the status and comforts and possessions I've pursued are necessarily bad, but that there is something infinitely better. To quote C.S. Lewis: "All that we call human history -- money, poverty, ambition, war, prostitution, classes, empires, slavery -- [is] the long terrible story of man trying to find something other than God which will make him happy." www.mliccione.blogspot.com/2008/02/loving-lent-two-stories_07.html (Mike Nichols)



calendar events

- today **Kim Pierrot** continues our Lenten Series with 'What Are You Thirsting For?'
- 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.
- tue mar 2 **Slice** (Girls Gr. 10 -12) meet with Emma Milley at 7 - 9pm 5308 Ranger Avenue N. Van emma@capchurch.ca for more info.
Men's Theology Pub Night A chance to discuss what we believe over a pint with a bunch of guys 8pm at Taylor's Crossing 1035 Marine Dr. N. Van. Info matt@getbold.com
- fri mar 5 **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 sue@capchurch.ca or call Sue at 604.983.0182
- sun mar 7 **Cap Justice Hub** is meeting for lunch at the Dirks home, #203 - 309 West 3rd St N. Van. See inside for more details.
- wed mar 10 **Mom's Group** does not meet due to Spring Break meet again Fri March 19
- tue mar 16 **Alpha 2010** begins 6:30pm See inside for more details.
- 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
 Emma Milley | 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

WHAT ARE YOU THIRSTING FOR? There could not be a greater contrast between Nicodemus' encounter with Jesus last week, and that of the Samaritan woman today. The first takes place in the dark of night, with Jesus and an educated Jewish man discussing the finer points of the Torah. Another takes place at high noon with Jesus asking a female outsider for a drink of water.

What strikes me about both these scenes is that we see the same Jesus in both: a God who engages us where we are at; a God who sees who we really are and loves us; a God who invites us to change in response to truth.

d (Kim Pierrot)

THE WAY TO WISDOM ~Abraham Joshua Heschel

There is only one way to wisdom: awe. Forfeit your sense of awe, let your conceit diminish your ability to revere, and the universe becomes a marketplace for you. The loss of awe is the great block to insight....The greatest insights happen to us in moments of awe.

THIS MORNING Kim Pierrot brings us the sermon; Jay Young and team lead us in worship.

CapKids (K -4) CapKids will be completing their lesson series on Ruth, Naomi and Boaz.

Teachers are Heather Chase, Anne Penner and Annalise Luong. Shepherds are Margo Dennis (K), Lindsay Sadd (1), Pruners (2-4).

Parents please note that children will be brought back to the gymnasium once their lessons are finished (around 11:20).

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 Room 101.

Grades 7 - 9 meet with Brian Dean in Room 101.

Sr. High Youth remain in the service.