



"This is my body, which is for you; do this in remembrance of me." ²⁵In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." ²⁶For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." I Cor. 11 24-26

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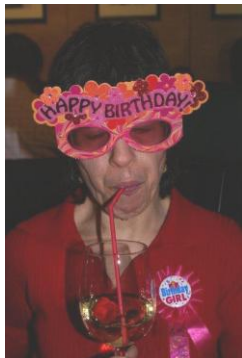
announcements

JASPER PATRICK MCLAREN



Jasper, first child to Christine and Brent McLaren and first grandchild to Paddy and Carole Ducklow and Andy and Bonnie McLaren was born into our world on Tuesday morning, February 2, 2010 at 0:46 am weighing 9 lbs / 4 ozs and stretching 56 cm tall (1', 10"). Christine and Brent went into Lions Gate

Hospital about noon on February 1st and Christine's labour was most intense for the last 2 hours. Following Jasper's birth, Christine was bright and thankful and wondering what a Mom does next. Brent is in a bit of a wondrous daze, smiling and snapping pictures. The baby is feeding well, bellows beautifully and tolerates the camera flashes. And... 4 grateful grandparents have started to dote already! "The glory of God made the city bright. It was dazzling and crystal clear like a precious jasper stone" (Revelation 21:11). Congratulations McLaren & Ducklow families!



HAPPY BIRTHDAY LUCY GONCALVES!

Today is a special day for Cap's amazing Lucy Goncalves - she turns 40! Lucy was not supposed to live long after being born with cerebral palsy...so 40 years is truly a miracle. She is such a huge blessing to so many of us in the community. She is away

this weekend on one of her 'adventures' in Gibsons. If you would like to send her birthday wishes, her email is lucygo@shaw.ca.

FAREWELL TO STUART



One of Cap's favorite Hawaiian imports is heading back to the States. Stuart Lock is relocating to LA to pursue work there in the film industry. Stuart has been a key member of the young adult community here at Cap since coming to Canada to attend Vancouver Film School. He has contributed a great deal to our church in a short time, most recently assisting on the filming of our *By Faith* music video. He also endeared himself to the boys from Buff Stuff, who got excited whenever he helped out. Stuart has always been intentional about taking time to spend quality moments with people, and is saying goodbye to many who will miss his life-giving presence and friendship. Blessings on your new adventure, Stuart. We will miss you.

LENT This year, the 40 days of Lent begin on February 17. It is a season widely associated with fasting and self-denial in preparation for celebrating the great feast of Easter. Instead of 'giving something up for Lent' at Cap, we try to think of Lent in terms of creating some space in our lives in which God can act. Henri Nouwen says: "In the spiritual life, the word discipline means... to prevent everything in your life from being filled up.... to create that space in which something can happen that you hadn't planned or counted on." So, as Lent approaches, you and your family might consider ways in which you want to make space for God, and what day-to-day practices will help you to do that. In the coming weeks, we will offer some suggestions as to how we might do this as a community as well. (Kim Pierrot)

considerations

BY FAITH By faith Jake and Justina Penner, Bert and Jean Voth, Ray and Irene Penner, and a few others first gathered as Capilano Christian Community in 1974. They did not know what it would become, or how it would be sustained.

By faith CapChurch has been a pilgrim people moving from Cap College to the Lonsdale Recreation Centre to Boundary School to the International Plaza to St. Richard's Anglican for a summer and then to the Lucas Centre trusting God would provide a resting place. I could go on and on

Therefore, brothers and sisters at CapChurch, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles... let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith.

Our 'By Faith' video is on our website www.capchurch.ca and available at the welcome table are a limited number of CD's (for free) and a written copy of the 'By Faith' statement for CapChurch.

LOVE TAP 1 Corinthians 13:7 says that: Love "always protects, always trusts, always hopes, always perseveres." Love is always active and never stops. If it did, God would also stop working. Jesus said that "My Father is always at his work to this very day, and I, too, am working." (John 5:17) May you be encouraged that though you don't work 24/7, as Jesus also didn't, the love you show your kids, classmates, staff-members and families always will. From David Duckow's blog www.davidducklow.blogspot.com David also has an article published in the North Shore News from Friday Feb 5th entitled 'Forgiveness, Something that Everyone Needs' check it out at the welcome table.

news | thoughts | ideas

NICENE CREED "We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. "We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. "We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen."

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



calendar

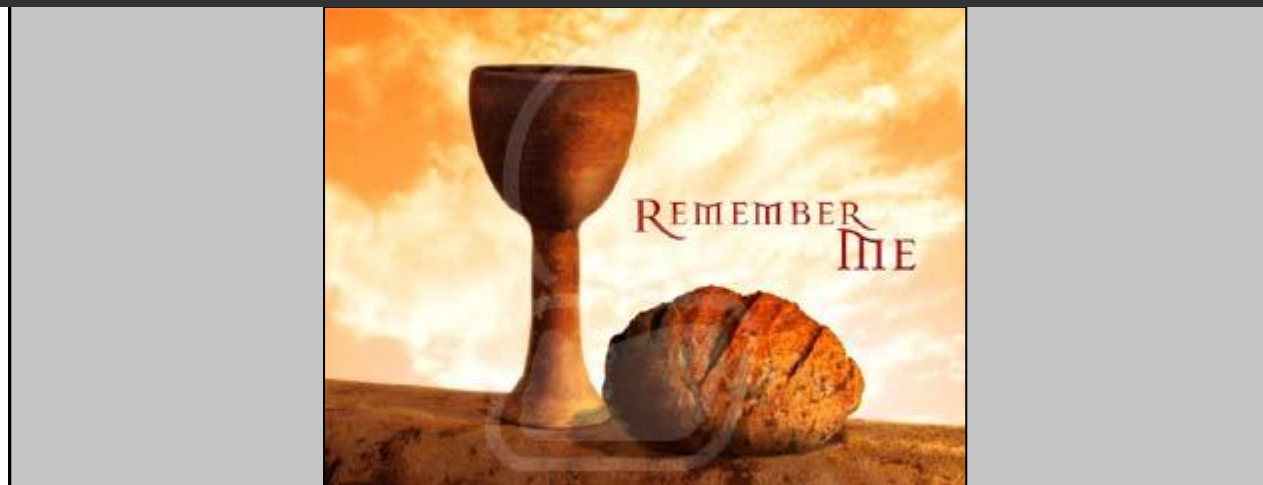
events

- Today **Cap Worship Fest Morning # 3** we continue to bring together all we've learned in the past month to worship God with heart, soul, mind and strength.
- tue feb 9 **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.
- we. feb 10 **Mom's Group** does not meet this week due to the Olympic Torch Relay. See you next Friday Feb 19th.
- thu feb 11 **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.
- sun feb 14 **Kim Pierrot** begins our Lenten Series from Luke 4.
Valentine's Day Love is a choice you make from moment to moment. Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. - Barbara De Angelis
- wed feb 17 **Lent begins** See inside for more details from Kim Pierrot.
- 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 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
 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

COME LET US WORSHIP AND BOW DOWN

During January we explored worship of our awesome God (Isaiah 40). Iain Provan taught us two major concepts when it comes to worship—that we gather to **remember** God's goodness through participative reading, confessing, singing, praying, and communion and one of the purposes of gathered worship is to equip you to live your life to the glory of God Monday through Saturday. Today on our final Sunday in this series we "bring it all together" through celebrating communion and hearing your lifestyle worship stories.

As we gather for worship today consider these scriptures: Eph. 2:12: **remember** that at that time you were separate from Christ ... without hope and without God in the world." I Cor. 11 24-26: "This is my body, which is for you; do this in **remembrance** of me." ²⁵In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in **remembrance** of me." ²⁶For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." Gal. 2:10 "All they asked was that we should continue to **remember** the poor, the very thing I was eager to do." 2 Cor. 9:6 "**Remember** this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously." (Mike Nichols)

cap at a glance

THIS MORNING Tyler Milley and team lead us in a morning of worship.

CapKids (K -4) This is the first lesson in the month-long series of the book of Ruth. CapKids will become familiar with a favourite Old Testament story of friendship, love and loyalty. They will see God working for good through the kindness of Ruth and Boaz.

Love calls us beyond the bonds of kin. And God chooses US as the ones he will love, heirs by adoption.

Our Teachers are **Anne Penner, Heather Chase & Annalise Luong**
 Our Shepherds are **Margo Dennis (K), Jenn Towers (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 Brian Dean in Room 101.
Sr. High Youth remain in the service.