



John 6: 14-15; 53; 66 <sup>14</sup>After the people saw the miraculous sign that Jesus did, they began to say, "Surely this is the Prophet who is to come into the world." <sup>15</sup>Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself. <sup>53</sup>Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you...." <sup>66</sup>From this time many of his disciples turned back and no longer followed him.

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**ELLA PAYSON COLPITTS** John and Erica Colpitts are thrilled to announce the arrival of their baby girl Ella Payson. She

came into the world this past Wednesday, March 3<sup>rd</sup> weighing 7lb, 7oz, 21 inches long at 2:42pm. Erica is resting and recuperating after a cesarean section and 10 hours of labour. Both mom and dad are overjoyed with their beautiful new daughter. Blessings to the Colpitts family!

**WOMEN'S EVENING** Come for a night of friendship, fun and food for the Heart (oh and for the stomach!). Friday March 26th at 7:30 pm at the Carabetta's (952 Leovista Ave, North Vancouver- 604-983-0182). This invitation is for all women at Cap from all walks of life from teenagers up to 100!! We so value the diversity of women we have at Cap and want to share some more time together to connect. Our very own Amy Wilson will be sharing her story with us. Talk to one of the organizers today to find out more details: Wendy Timm, Paula Bagheri, Emma Milley, Lucy Goncalves, Judy Heyworth and Sue Carabetta.

**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](mailto: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](mailto: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) TODAY, 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. Speak with Mike Nichols or Bonita Dirk after the service for more info.



**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

**Please confirm your attendance with Jocelyn or Barry.**

**CAP'S ANNUAL REPORT AVAILABLE** If you missed our Annual General Meeting this past Monday night, there are copies of our Annual Report and the 2010 Budget available at the Welcome Table. The Annual Report is also available at [www.capchurch.ca](http://www.capchurch.ca) under 'Church Info'.



### CLIENT CARE VOLUNTEERS NEEDED

Harvest Project is a non-profit organization on the North Shore which works to "extend a hand up, not a hand out" to individuals experiencing challenging life circumstances.

Client Care Partners make up one of the front line volunteer teams within the organization, meeting one-on-one with clients who are experiencing various challenges. They play an integral role in developing goals with clients, connecting them to other services and ultimately helping empower them to take positive steps forward in their lives. An ideal candidate has good communication and listening skills, a compassionate heart, is assertive and can maintain boundaries. The ability to handle difficult and emotionally intense situations is a must. Volunteers for this position must be able to sign a non-denominational Christian statement of faith. All training will be provided on site. They ask for a minimum commitment of one year for this position. If you are interested in this exciting opportunity please contact John Day at 604-983-9488 ext.313 or [johnd@harvestproject.org](mailto:johnd@harvestproject.org).

**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 [jonreimer@yahoo.ca](mailto:jonreimer@yahoo.ca) for more info and details.

### PASTOR UPDATE FROM CAP ELDERS

We have been greatly blessed by the leadership of Mike and Kim and the rest of our pastoral staff team over the past year since Paddy's retirement. The year has allowed them to grow and blend their gifts in a unique way, teaching, mentoring, pastoring and caring for individuals and groups in our community. The elders were and are united in their confidence in Kim and Mike and in the conviction that it is important to define the values and the heart of our community before we can move ahead to make important decisions about pastoral staffing. It is our highest value to hear God's heart for our future and follow His call in a way that is appropriate to who we are as a community.

For some months we have been discussing, listening and praying about what the next step is for CapChurch. To help us do this we have asked Rod Wilson to facilitate our discussions and have had two spirited and extremely helpful sessions with him, exploring the past and present together and imagining the future. Rod's brief is to listen, question, challenge and finally recommend the path we should take for the next leg of our journey together as a church. As the process takes shape we will keep you informed and provide you with opportunities to participate. We covet your prayers and welcome your input and questions. (Andrea Smith, Elder)



**EATING LOCAL INITIATIVE** A group of people are inspired 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](http://www.eatinglocalinitiative.com)

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



calendar events

- Today **Mike Nichols** brings us the sermon and we celebrate communion together. **Cap Justice Hub** is meeting for lunch at the Dirks home, #203 - 309 West 3rd St N. Van. See inside for more details.
- mon mar 8 **International Women's Day** brings attention to some of the injustices that women face around the world. Women make up more than 51% of the global population and work two-thirds of the world's working hours, according to a U.S. Senate resolution establishing International Women's Day. But they only bring in 10% of the world's income and own just 1% of the world's property. The good news is, the more people know about this shocking disparity, the more it's possible for all of us to do something about it. [www.internationalwomensday.com](http://www.internationalwomensday.com)
- tue mar 9 **Slice** (Girls Gr. 10 -12) meet with Emma Milley at 7 - 9pm 5308 Ranger Avenue N. Van [emma@capchurch.ca](mailto:emma@capchurch.ca) for more info.  
**Mike Nichols** will be away from March 9<sup>th</sup> to 16<sup>th</sup> visiting his brother in El Paso.
- wed mar 10 **Mom's Group** does not meet due to Spring Break meet again Fri March 19
- sat mar 13 **A Rocha Volunteer Day** Rain or shine help with projects at the Field Study Centre. 512 172nd Street Surrey. 10am free lunch for volunteers **RSVP** or to arrange for large groups phone 604.542.9006 or [british.columbia@arocha.org](mailto:british.columbia@arocha.org) Visit A Rocha's River Tree store. You'll find a great selection of gifts including handcrafted pottery, jewellery and artwork. Locally made jams and organic soaps as well as native plants ready for your garden!
- sun mar 14 **Kim Pierrot** continues our Lent series.
- 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](mailto:life@capchurch.ca) or 604-980-8997
- fri mar 26 **Women's Evening** at the Carabetta's home 7:30pm. See inside for more details.

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  
 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

**WHEN SAYING 'NO' TO THE GOOD ALLOWS 'YES' TO THE BEST** One of the most popular visual representations of Jesus in the early years of the Christian movement was the feeding of the multitude. Long before Christians portrayed Christ crucified they showed him breaking bread. Some suggest that this reflects the context of the first Christians as urban poor people for whom bread was a daily concern. Perhaps it is also a reflection of a fundamental reality for early Christians: Jesus and bread, eating and feeding, table fellowship and faith, food and life -- these things go together.

Because of these words many permanently turned away from Jesus after initially being drawn to Him "for bread". Peter wondered if there was any real alternative when he asked, "to whom shall we go?" What would cause you to turn away from Jesus? Hard sayings? Disappointment? Can't see how faith works?

Today I ask you the question—where are you saying NO and where are you saying YES? Can you imagine saying NO to some good things to say YES to better things? And, to whom will you go, if not Jesus? Not the easiest of questions, but who wants to come to church to be bored (Mike Nichols)

cap at a glance

**THIS MORNING** Mike Nichols brings us the sermon; Tyler Milley and team lead us in worship.

**CapKids (K -4)** CapKids will begin a new lesson series on Judges. Each week the students will learn about a different Judge.

Our teachers are Amy Wilson, Candis Watson-Davies & Wendy Timm.

The Shepherds are Andrienne Mohr (K), Larsens (Gr.1). Susie Alexander & Lucy Goncalves (Gr. 2 -4)

**Grades 5 and 6** meet with Brian Dean (Luke Wilson is away) in Room 101.

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

**Sr. High Youth** remain in the service.