



The tempter came to [Jesus] and said, "If you are the Son of God, tell these stones to become bread." <sup>4</sup> Jesus answered, "It is written: 'People do not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:3-4

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. Deuteronomy 7:9

www.capchurch.ca

## considerations and announcements

### CAPCHURCH PEOPLE NEWS

#### PRAYER WALK WITH LUCY

Over the past months, Lucy Goncalves has been leading prayer walks throughout North Vancouver. She invites you to join her on April 9<sup>th</sup> at 11:00am at Delaney's in the Edgemont Village. All are welcome - bring your praying hearts.

[Lucy Goncalves]

#### LUNCHEON INVITATION

Everyone is invited to break bread together on Sunday April 17th directly after the Church Service. CapChurch people are opening their homes for luncheon guests - and they would like others to come and join them at their tables. Sign up to be a guest for lunch by emailing [sue@capchurch.ca](mailto:sue@capchurch.ca) or signing up on Welcome Table list. This is a great way to get to know people at Cap and a great way for Cappers who have been here for a while to extend friendship and hospitality. Just sign up and your host will contact you to let you know all the details. Join in the fun!

[Sue Carabetta]

#### OUR LARGER COMMUNITY

Deborah Harden has let us know that an invitation has been extended to CapChurch to enter into relationship with families, many of whom are First Nations, who attend New Beginnings Baptist Church 1587 Frances Street [www.newbeginningsbaptistchurch.ca](http://www.newbeginningsbaptistchurch.ca) from 6:00 - 7:30pm on Sunday evenings. Assistance with Sunday school would allow single moms the peace to worship and would assist children to learn God's word. New Beginnings Church is an opportunity to do missions by only crossing the bridge. There is a pastor, Pastor Joe, and two North American First Nations Missionary staff who do a wonderful job of bringing the gospel to the hurting community around them.

**KEATS CAMPS** is a place where kids experience the love of God and are disciplined in their faith. We have been blessed in our connections to many in CapChurch. We are holding an informational, fundraising event on Friday April 8<sup>th</sup> at 7:00pm, Hillside Church, 870 Lynn Valley Road, North Vancouver. There will be tasty food treats and updates from camp staff and the Executive Director, Greg Duskin. An offering will be taken.

[Pauline Sanderson and Brian Dean]

**EASTER BAPTISMS!** If you would like to be baptized this Easter at Ambleside Beach or would like to know more about baptism, please speak with Mike or Kim. You may contact them at [mike@capchurch.ca](mailto:mike@capchurch.ca) or [kim@capchurch.ca](mailto:kim@capchurch.ca) and look for information sheets at the Welcome Table. There will be an informational baptism class on April 10 and a preparation for baptism on April 17. Come after church to the Nichols' home for guidance - and a pizza lunch!

#### CAPCHURCH GIVING

CapChurch's new process for pre-authorized donations (PAD) goes into effect **April 1<sup>st</sup>**. Thank you to the many people who filled out the new forms! The first debit from your bank account will take place on either April 1st or April 15th, in accordance with your selection. If you have been enrolled in our previous system, your last debit for those donations will be for March. For those not yet donating via PAD or if you haven't filled out the new form, you can obtain a form at [www.capchurch.ca](http://www.capchurch.ca) or at the Welcome Table. Thank you to everyone who so generously gives to CapChurch. Your support is vital and well appreciated. Email your questions to [cathy@capchurch.ca](mailto:cathy@capchurch.ca).

[Cathy Adams, Bookkeeper]

### AVALON WOMEN'S CENTRE



The Avalon Women's Centre is presenting a fund-raising evening on April 10<sup>th</sup>, 7:30pm, at St. James Community Hall, 3214 West 10<sup>th</sup> Avenue, Vancouver. Tickets are \$15 from Avalon North Shore (604-263-7177). This benefit concert for Avalon features inspirational and uplifting music from Catherine Bowers with some of the top R & B, pop and gospel singers in Vancouver. It will be a great evening with lots of heart, soul and humour. Avalon Women's Centres provide a supportive environment and resources for women seeking recovery from addiction.

### COWBOY CAMP



Cap church's annual camp for the whole church family is coming up the weekend of May 20-22. Brochures are available on the welcome table and will also be posted on the CapChurch website. Sign up now for the early-bird special which runs until April 17<sup>th</sup>. Get all your paperwork in by then to take advantage of this great deal. Timberline Ranch is an exquisite setting only an hour from the city. You will find this weekend a great chance to relax enjoy friendships new and old, laugh lots, let your kids have lots of freedom to bike and run and enjoy some good meals that you don't have to prepare. Don't miss out on our hilarious annual talent show; the horseback riding, swimming, races, games and chats over coffee . . . just come. Email [sue@capchurch.ca](mailto:sue@capchurch.ca) for more details.

[Sue Carabetta]

### A LENTEN INVITATION

Fast from judging others; feast on the Christ dwelling within them.  
 Fast from emphasis on differences; feast on the unity of all life.  
 Fast from apparent darkness; feast on the reality of light.  
 Fast from words that pollute; feast on phrases that purify.  
 Fast from discontent; feast on gratitude.  
 Fast from anger; feast on patience.  
 Fast from pessimism; feast on optimism.  
 Fast from worry; feast on trust.  
 Fast from complaining; feast on appreciation.  
 Fast from negatives; feast on affirmatives.  
 Fast from unrelenting pressures; feast on unceasing prayer.  
 Fast from hostility; feast on nonviolence.  
 Fast from bitterness; feast on forgiveness.  
 Fast from self-concern; feast on compassion for others.  
 Fast from personal anxiety; feast on eternal truth.  
 Fast from discouragement; feast on hope.  
 Fast from facts that depress; feast on truths that uplift.  
 Fast from lethargy; feast on enthusiasm.  
 Fast from suspicion; feast on truth.  
 Fast from thoughts that weaken; feast on promises that inspire.  
 Fast from idle gossip; feast on purposeful silence.

### HAVE PRAYER WILL TRAVEL

On the evening of April tenth CapChurch Elders will be visiting CapChurch folk who would like to receive prayer for any reason. You don't need to clean your house, make dessert or book the whole evening for our visit. A few Elders will simply come over, listen, pray, and then move on. It would be our great privilege to pray for you. Talk to an Elder or email [kim@capchurch.ca](mailto:kim@capchurch.ca)

[Kim Pierrot, Co-Pastor]



calendar

events

today's teaching

Today Communion Sunday

Spring calendar

- apr4 Alpha celebration supper
- apr 10 Baptism class - information and questions
- apr 17 **Palm Sunday** - the 6<sup>th</sup> and last Sunday of Lent
- apr 17 Baptism class - preparation for baptism on Easter morning
- apr 22 **Good Friday Service begins at 10:00am**
- apr 23 The last day of Lent
- apr24 **Baptisms at 7:30am**
- apr 24 **Easter service**
- may1 - 15 Highlights of **Grace in Church History** with Sarah Williams from Regent College
- may21-22 **Cowboy Camp Weekend**

REMEMBER - IF YOU MISS some or all of any of the sermons you can listen to them online at [www.capchurch.ca](http://www.capchurch.ca)  
 The Amazing Grace sermons presented by Rod Wilson over the last four weeks are posted now. You may also pick up extra copies of the sermon cards at the Welcome Table.

WELCOME TO NEWCOMERS - If you are new to CapChurch or visiting, we invite you to take a blue visitors card from the Welcome Table - you will receive a welcome letter and a coupon for a specialty coffee of your choice!

ARE YOU LOOKING FOR A CHURCH? VISIT CapChurch for four consecutive Sundays and if after that you have still not found what you are looking for, speak with one of our pastors - they will help you in your search.

OFFERING ENVELOPES - for those wishing to give their offering in an envelope, you will find offering envelopes next to the Offering Box on the table at the back of the room.

capchurch leadership circle

Mike Nichols | co-pastor & elder  
 Kim Pierrot | co-pastor & elder  
 John Colpitts | associate pastor  
 Brian Dean | minister to teens  
 Julie Evans | early childhood education  
 Michaela Jamieson | capkids team leader  
 Gabriela Neves | capkids assistant  
 Linda Byrnes | pro tem admin assistant to the pastors  
 Paula Schulz | admin assistant on leave  
 Suzanne Paterson | Sunday morning coordinator  
 Emma Milley | senior high grades 10 -12  
 Luke Wilson | grades 5 -7  
 Sue Carabetta | families and newcomers  
 Barry Soper | alpha  
 Cathy Adams | bookkeeper

Paddy Ducklow | pastor emeritus, chair missions  
 Jake Penner | elder emeritus  
 Scott Campbell | elder  
 Gordon Chutter | elder on leave  
 Randene Hardy | elder  
 Jenn Ohlhauser | elder  
 Andrea Smith | elder  
 Art Steinmann | elder  
 Carole Ducklow | apprentice elder  
 Lynne Smith | apprentice elder  
 Candis Watson | compassionate assistance  
 Lynne Moe | compassionate assistance  
 Brent McLaren | finance chair  
 Paul Milley, Kristee Watson | Bufukhula team



TURNING STONES INTO BREAD

This Sunday as we gather around the Communion table we will reflect on the way in which Jesus resists temptation by remembering God's words from - where else - the Book of Deuteronomy. We will do our own remembering by reading God's Word, reading some of the words we have written on our stones, and participating together in the ultimate act of remembrance - the Lord's Supper. Mike will also share with us from Deuteronomy 7:7-9 how we find out who we really are when God chooses us.

*Mike Nichols, Co-Pastor*

cap at a glance

TODAY IS COMMUNION SUNDAY

Mike Nichols gives the Sermon  
 Paddy Ducklow leads the Service  
 Tyler Milley leads Worship

CAPKIDS

CapKids (K-Grade4) participate in the third week of their five-week Lenten series on parables.

K- Shepherd: Chase/ Teacher:Colby Timm-Lost/ Room: 202

Grade 1- Shepherd: Pruners/Teacher:Liz Boppart-Carter - Great Feast/ Room 201

Grade 2- Shepherd: Roger Hardy/ Teacher: Tamrah Corben/ Lesson: Sower/ Room 101

3/4 Boys -Shepherd: McAllisters/ Teacher: Lindsay Wilson- Talents/ Room 204

3/4 Girls - Shepherd: Milleys/ Teacher: Trevlyn Baerg - Good Samaritan/ Cafeteria

If you would like to be involved with CapKids, please contact Michaela Jamieson.

YOUTH

Grades 5 - 7 meet in Room 205

Grades 8 - 10 meet in Room 206

Senior High remain in the Service