



"Love the LORD your God with all your heart and with all your soul and with all your strength."  
Jesus replied, "Anyone who loves me will obey my teaching."

Deuteronomy 6:5

John 14:22

www.capchurch.ca

## considerations and announcements

### CAPCHURCH PEOPLE NEWS



**WELCOME ALIVIA!** We are very pleased to introduce you all to our new little girl, Alivia Caroline. After waiting 10 days past her due date and 48 hours of labour, she finally arrived on Friday, March 11<sup>th</sup>, at 2:54 pm weighing in at 7lbs 12 oz. Although she took her time in making her entrance into the world, she is perfect and doing great. We two new parents are also doing well and figuring out this whole new parenting business. We can't wait for you all to meet her!

[Ashleigh and Jay Young]

### OUR LARGER COMMUNITY

This morning we get to meet Renata and Ryan Hozova Hultman and their children Raquel and Cordelia. Raquel was born in July 2010 with a rare genetic skin disease called Recessive Dystrophic Epidermolysis Bullosa, a disease that causes the skin to blister and scar from even minor friction. Jenny Nelson decided to extend CapChurch's tradition of welcoming newborns by providing meals and she invited us to join with her in this offering. The Hozova Hultmans are here today to say "thank you".

### HAVE YOU VISITED BUFUKHULA?

If so, you are invited to please come and visit with Moses and Grace from Mbale, Uganda at a dessert reception held on Friday, April 1, at 7:30pm. Paul and Isabelle Milley welcome you to their home at 5308 Ranger Avenue. Please confirm your attendance by calling 604-988-8557.

[Paul and Isabelle Milley]

### GITSEGUCLA VISIT

Hector Hill, Jan Bryant and David Ducklow have been visiting Hector's home village, Gitsegukla. They arrived to a family meeting with Hector's family and another the next day. The people started to talk about what has happened and began to look toward healing and creating a better way for the young people. The three CapChurchers walked the village to see the churches and buildings where a lot of the abuse happened. They saw that the community centre would be a good place for the feast that is envisioned for the summer, with lots of room to barbeque, seats for 500 people and a big field for play and relaxation. Just before sending their message to us, Hector and Jan visited Linda's grave. We look forward to welcoming our three ambassadors when they return.

[Mike Nichols, Co-Pastor and Justice]

### 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 online at [www.capchurch.ca](http://www.capchurch.ca) or pick one up at the Welcome Table. Thank you to everyone who so generously gives to CapChurch, through the PAD system, the baskets or the brown box. Your support is vital and well appreciated. Contact [cathy@capchurch.ca](mailto:cathy@capchurch.ca) with any questions.

[Cathy Adams, Bookkeeper]

**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) or look for information sheets at the Welcome Table. There will be two baptism classes, an informational one on April 10 and then one on April 17 for those preparing for baptism. Come after church to the Nichols' home for guidance - and a pizza lunch!

### HAVE PRAYER WILL TRAVEL



On the evening of April tenth CapChurch Elders will be visiting the homes of folks from the church who would like to receive prayer for any reason. You don't need to clean up 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 to their next appointment. It would be our great privilege to pray for you. Please talk to an Elder or email [kim@capchurch.ca](mailto:kim@capchurch.ca) if you are interested.

[Kim Pierrot, Co-Pastor]

**COWBOY CAMP** is for the whole church and is a wonderful time to make new friends and to build unforgettable memories. Camps registration forms will be available after Spring break at the welcome table as well [www.capchurch.ca](http://www.capchurch.ca). The camp will take place on the May 20<sup>th</sup> weekend. Contact Sue Carabetta [sue@capchurch.ca](mailto:sue@capchurch.ca) 604-983-0182.



### A LENTEN PRAYER

Forty days alone, a wilderness of thoughts, tempting and inviting thoughts which could so easily have distracted you from your task, your mission, your vision. Yet you emerged, stronger and more attuned to all that had to be done despite a time constraint that to our eyes would have seemed hopeless. We too live in stressful times. Demands are made of our time that leave so little for the important things of life. We are easily distracted in the wilderness of our lives, by every call to go this way or that, to turn stone to bread, leap from mountains, and do all that would keep us from the truth. We listen to the voices of this world and ignore the One who endured all this and so much more and emerged triumphant that we might not have to suffer so. Forgive us, Father, when we get distracted from our task. Forgive us those times when we try to be all things to all men and fail to be anything to anyone. Read more at: <http://www.faithandworship.com/>

### TODAY'S WORSHIP

We welcome **Russ Rosen** as he leads us in worship today. Russ has not only led many of us in worship, but he has also taught some of our leaders to do what we do (do you agree, Tyler, Robbie, Matt?). From *Keats Camp*, to *Rise Up*, to *Upstream*, to *More Than Gold*, Russ has brought us to the foot of the cross. We are blessed to have him lead us today.



calendar

events

today's teaching

Today Lenten Series continues: **Living Well by Keeping God's Law [Deuteronomy 5 and 6]**

Spring calendar

- mar13-27 **Pursuing the Good Life--** Lenten Series with Kim Pierrot from Deuteronomy
- apr1 - 4 **Moses and Grace** from Food for the Hungry Uganda are with us
  - apr 3 Moses speaks at CapChurch - question time with Moses after the service in Room 101
  - 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**
  - 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

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

Paddy Ducklow | pastor emeritus, chair missions  
 Jake Penner | elder emeritus  
 Scott Campbell | elder  
 Gordon Chutter | elder on leave  
 Randene Hardy | elder  
 Cathy Adams | bookkeeper  
 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



**PURSUING THE GOOD LIFE**  
**Today: Living Well by Keeping**  
**God's Law (part 2)**  
**Deuteronomy 5 and 6**

If, as Mike preached several weeks ago, we follow Christ for more reasons than simply the promise of the afterlife, then how are we to live *this* life? How do we connect what we believe and how we live out our Christian faith that goes beyond “dos” and “don’ts”? This Lenten season we will turn to the book of Deuteronomy, what some call the “heartbeat of the Old Testament”, to begin to answer this practical question as to what it means to live the “good life” that God intends for us.

*Kim Pierrot, Co-Pastor*

cap at a glance

TODAY

Kim Pierrot presents the Sermon  
 Terry Carabetta leads the Service  
 Matt Pierrot and Russ Rosen lead Worship

CAPKIDS

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

K- Shepherd: Colin Sinclair/ Teacher: Liz Bopart- Great Feast/ Room 201

1- Shepherd: Amy Erb/ Teacher: Tamrah Corben/ Lesson: Sower/ Room 101

2- Shepherd: Jenn Ohlhauser/ Teacher: Lindsay Wilson- Talents/ Room 204

3/4 boys -Shepherd: Kourosh Bagheri / Teacher: Trevlyn Baerg - Good Samaritan/ Cafeteria

3/4 girls - Shepherd: Tehra Dougall/ Teacher: Colby Timm- Lost/ Room: 202

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