

announcements



Welcome to CapChurch!

We are a community faithfully seeking God's shalom (flourishing and wholeness) in every sphere of life with passion for Christ and compassion for neighbour. We hope you find a warm welcome today—both from our good God, and from us.

Thriving or Surviving In..... Continues Sunday, February 25, 2018

Care. Some of us care for children. Some for adults. Some for parents. Some for customers, clients, and buyers. Some for grandchildren. Some for employees and staff. In some ways we all care for someone at some time. How can we thrive and not just survive in our caring for others? That will be the topic of Rod and Bev's fifth session in the Thriving or Surviving series. We will meet on February 25 from 12:15-2:15 at Mulgrave so bring a bag lunch (drinks supplied). If you are interested in attending please sign up by February 20th at the latest by e-mailing Rod (rjkwilson@shaw.ca). If you require child-care please e-mail Kim (kim@capchurch.ca). We are requesting sign up to help with space, chairs, tables, child-care, and handouts.

2018 CapChurch Friendship List

On Sunday, February 25, 2018 after the service, there will be an opportunity to check your contact details in a draft paper copy of the 2018 Friendship List . (Lynda Shaw)



CapChurch Annual General Meeting

Tuesday March 13, 2018, 7 pm (gathering), 7:30-9:30 pm (meeting) Location: TBA
All are welcome to participate in our annual gathering to celebrate what God has done in our midst, and to anticipate what God might do next! Please consider joining us. (Kim Pierrot)

Fear and Anxiety February Topics

Feb. 18 - Disconnect Anxiety: Reflections on the Internet
Feb. 25 - Anxiety and Fear at Every Age: Reflections on Children and Youth
We will also be offering two online videos during the month of February to deal with the practical realities of fear and anxiety- stay tuned for more information. (Rod Wilson)

Wanted: Singers

We are looking for singers to join us in a celebration of theology in song, four part harmony and some oldies but goodies from the days when we held hymn books during worship. During Rod Wilson's sermon series (March 4,11,18 and April 15,22,29), provisionally called Sin, Salvation and Shalom, a group of singers will present 5 great hymns of the faith. Rehearsals will be on the Tuesday night before each sermon. Talk to Evan Jennings (edejennings@gmail.com) or Andrea Smith or (asmith3973@gmail.com) for more details.

considerations



Ray and Irene's Faithful Presence on the North Shore

This morning we give thanks for Ray and Irene Penner, as Ray retires after more than FIFTY years of being a family doctor. Founding members of our church and longtime residents of North Vancouver, the influence of this faithful and godly couple extends beyond this church, far beyond Ray's medical practice, and has brought the life and light of Jesus to their north shore neighbourhood. Irene and Ray are a beautiful embodiment of the "Passion for Christ, Compassion for Neighbour" we talk about so much here at CapChurch. Thank you, Ray and Irene for your faithfulness to God, for your warm generosity, for your godly example.



Celebrate Ray and Irene Penner

Please stay after the service TODAY to continue to celebrate Irene and Ray Penner and to enjoy a piece of cake and fellowship with other Cap-pers.



Valentine's Day Generosity Day!

To be honest, I have never liked Valentine's Day. It turns love into a romantic, commercialized, eroticized commodity that bears little resemblance to the af-

fectionate, unconditional and abundant love of our God. What if we celebrated the generosity of God's love on February 14 instead, using it as an excuse to be especially generous with those who might not expect it? That day, say "yes" every time you are asked for a donation, a handout. Give a \$5 tip for a \$2 cup of coffee, or bring in lunch for your co-workers. Or simply be generous in gratitude that day, finding ways to tangibly appreciate your mailman, or the crossing guard on the walk to school. Happy Generosity Day! (Kim Pierrot)

Men of Cap Church, Saturday, Feb 17, 2018 (NOTE DATE CHANGE)

Please join us at 8:30 AM at Canyon Heights Church, 4840 Capilano Rd. NV. Coffee & muffins will be served. A donation of \$5.00 would be appreciated. Please bring a friend. RSVP to Roger (contact info 604.925.0727 home or 604.612.4273 cell)



"What makes us happy?"

Location: Kay Meek Feb 14- 17, This play follows three young adults who wonder how career & identity will inform their happiness. Connect with Jenn Ohlhauser at church for tickets or contact at twonewly-weds@shaw.ca. (Jenn Ohlhauser)



calendar events

- Today This Sunday Rod Wilson will be speaking on “Fear and Anxiety in 2018: Reflections on Contemporary Living.”
- Today Celebrate The Penners: Please join us after the service to enjoy cake and fellowship.
- Feb 14 Coffee Break for CapWomen: Wednesday mornings at 9:15. Contact [Julie](#) Evans or [Cindy](#) Gleeson.
- Feb 16 MomLife: Fridays at 9:15am. Contact Shelley MacDonald-Lin at shelley@capchurch.ca for more info
- Feb 17 CapMen’s coffee and muffins beginning at 8:30am. See inside for details
- Feb 17 CapWomen meet at 9:00am for Coffee at Edgemont Café Artigiano , NV
- Feb 17 Grade 4-6 Night at the Movies: “Early Man.” Approximately 6:30-8:30pm
- Feb 19 Taco Dinner for Sr Youth & Young Adults at Brenon & Michelle Parry’s from 7-9:30.
- Feb 22 Jr Youth Group at John & Erica Colpitts’ from 7-8:30.
- Feb 26 “The Spot” for Sr Youth from 7:30-8:45 at the Lonsdale White Spot.
- Feb 27 Young Adults Life Group from 8-10pm at John & Erica’s. Contact john@capchurch.ca for more info.
- Mar 13 CapChurch AGM—(Tuesday evening). More details to follow. Please hold the date

Connecting with Us:

- You can always find Cap online, listen to sermons, get contact info on our leaders and happenings at www.capchurch.ca, or check us out on Facebook at <http://facebook.com/capchurch>
- **FIRST-TIMERS/NEWMOMERS** - If you are new to CapChurch or visiting, would you take a minute to fill out a blue visitors card from the Welcome Table and leave it with us. You’ll will receive a welcome letter and a coupon for a specialty coffee of your choice!
- **OFFERING ENVELOPES**—For those wishing to give their offering in an envelope, you will find envelopes next to the Offering Box on the table at the back of the room by the main theatre entrance.

capchurch leadership team

Pastoral Team
 Kim Pierrot | lead pastor & elder
 Rod Wilson | teaching & preaching
 John Colpitts | young people
 Jamie Munday | community development
 Shelley MacDonald-Lin | worship, spiritual formation
 Lynda Shaw | administrative support
Support Staff
 Joelle Coyle | kids ministry director
 Katrina Nadworny | kids ministry assistant
 Isa Purcell | youth ministry intern
 Shaun Huberts | youth ministry associate
 Suzanne Paterson | sunday hospitality coordinator
 Cathy Adams | bookkeeper

Jake Penner | elder emeritus
 Brian Dean | elder (apprentice)
 Lynne Smith | elder
 Andrea Smith | elder
 Dan Thomson | elder (apprentice)
 David Zimmerman | elder , chair
 Bryson Milley | finance chair
 Lynn Perez, Andrea Smith | Nashisa team
 Lynn Perez | missions team chair
 Andrew Chong | worship music coordinator
 Becca Birkner | worship music coordinator



Today’s message

For February, we are starting a new venture at CAP that we are calling ‘Fear and Anxiety February @ CapChurch.’ Our intent is to spend the four Sundays on fear and anxiety so people are educated, encouraged, and equipped. Come yourself and invite friends and family.

This morning’s message will examine the pressures and speed of contemporary culture and its influence on our fear and anxiety, alongside the need for us to find refuge in the Lord in the spirit of Psalm 46.

Question & Answers: If you have questions about fear or anxiety, please write them out and put them in the box on the back table.

This Sunday at a glance

THIS SUNDAY MORNING, Rod Wilson will be speaking on “*Fear and Anxiety in 2018: Reflections on Contemporary Living.*” Julie Zimmerman & Team will lead us in worship.

YOUNG PEOPLE are released part way through the service to their classrooms. Today, the Grade 1-6’s will be meeting downstairs at the end of the hall. All other groups will be in their regular spaces upstairs.

LITTLES | 0-2 Year Olds
 ZOO | 3-5 Year Olds
 FRESH | Grades 1-3
 T.B.A. | Grades 4-6
 JR YOUTH | Grades 7-9

For more info, or to be added to our email lists, please contact john@capchurch.ca