



Scripture: (II Corinthians 13:14) *May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.*

announcements



Welcome! CapChurch is a community of real, diverse people who are unified by their hope in a real Jesus. We exist to follow Christ with passion and to embrace our neighbour with compassion.



Prayers for Nashisa

Our brothers and sisters in Nashisa continue to celebrate great progress in education, faith and community but currently are challenged by a devastating drought. Please pray for God's hand in nourishing their crops and their families. Wele umalayi. (Lynn Perez)



CapChurch's Lenten Series: "God's Dream for the World."

What is God's audacious dream for the world He created? How is God calling us to participate? Where do we begin? As we take a Lenten journey together through the cross of Good Friday to the new life of Easter Sunday, we will also seek to answer some of these big questions. Beginning Sunday February 26, Kim Pierrot and a few special guests will explore the why, where, and how of CapChurch, with a hope for us all to get a glimpse into how we embody God's dream in the places we live, work and learn. (Kim Pierrot)



CapChurch Annual General Meeting Sunday April 2

Please note that Cap's AGM will be a little later this year but will still be a rich time of giving thanks, dreaming about the future and committing ourselves to God and to each other anew. Mark your calendars! Our venue will be the Corrigan Nature House located on the Bird Conservation/Maplewood Mud Flats, North Van. Those who feel like a walk by the water will gather in the parking lot at 3 pm Sunday afternoon. We will be back by 3:45 for the meeting which will begin at 4 pm and last until 6. All are welcome. (Kim Pierrot)

considerations

A Journey through Lent:



March 1 is Ash Wednesday, the beginning of Lent. These forty days leading up to Easter (not counting Sundays), recall Jesus' forty days in the desert and are intended to be a time of reflection and repentance. Traditionally, the

Christian church focuses on three spiritual practices during this season: prayer, fasting and almsgiving. This is why many give up a vice such as chocolate, or commit themselves to praying or tithing more. At the heart of these disciplines is not penance or self-help, but a way of creating space for God to do something new in us, and also to deepen our awareness of the needs of others. Next week, we will offer some ideas and practices for us to be renewed by God as a community during Lent. For now, consider having a few neighbours or Cappers over for a pancake dinner on February 28 aka "Shrove Tuesday" aka "Mardi Gras". This is the last day of "fat eating" before the Lenten fast begins. Invite the Pierrots over and we'll bring the bacon! (Kim Pierrot)

Friendship List 2017 is going to the printers on **Monday, Feb 20th**. Final call for info life@capchurch.ca (Lynda Shaw)



Muffin Sunday: Today after the service

To give us time with each other after the service and to share how we have been impacted by our "Holy Spirit series," we will enjoy muffins together.

2016 Charitable Receipts

Your personal 2016 CapChurch tax receipts are available today. Thank you again to you all for your faithful support through the past year. At this time we would like to remind everyone



Tax Receipts are ready and available for pickup

about the ability to give to CapChurch via monthly Pre-Authorized Debit (PAD). A significant amount of our budget is paid on a monthly basis (ie. staff salaries, and rent), thus, the consistency of PAD giving is a

great help. If you feel led to start a new PAD, or increase your current amount, please connect with Cathy or Bryson.

In the meantime, we gratefully thank you for your financial support, and we thank God for His continued faithfulness to our congregation. (Cathy Adams and Bryson Milley, Finance Committee)

Thank you to David Strilchuk who has been an incredibly committed and skilled Sunday morning sound coordinator in the midst of various challenges. He is often the person who hears nothing when everything goes well, and gets the complaints when we have problems in terms of sound. So—many thanks to you, Dave! You are an unsung Cap hero.



calendar

events

- today **THIS MORNING**, Rod Wilson will be speaking on “How Might the Holy Spirit Impact CAP Church?”
- today **Muffin Morning** after the service. See inside for details
- Feb 20 **The Spot for Sr Youth (Gr 10+)** at Lonsdale White Spot from 7:30-8:45
- Feb 22 **Coffee Break** An intergenerational study, share and prayer time for women meets Wednesday mornings at 9:15. Contact [Julie](#) Evans or [Cindy](#) Gleeson (contact info in Friendship List)
- Feb 22 **Refresh for Jr Youth (Gr 7-9)** at the Lonsdale Bubble Tea House from 7-8:30
- Feb 24 **MomLife:** Fridays at 9:15am at Hillside Baptist Church, NV Contact Karen Barre at kvbarre@gmail.com for more info
- Feb 24 **Grade 5-9 Family Snow Tubing Event @ Cypress**
- Mar 1 **Young Adults Life Group** at John & Erica's from 8-10pm
- Apr 2 **CapChurch AGM—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>

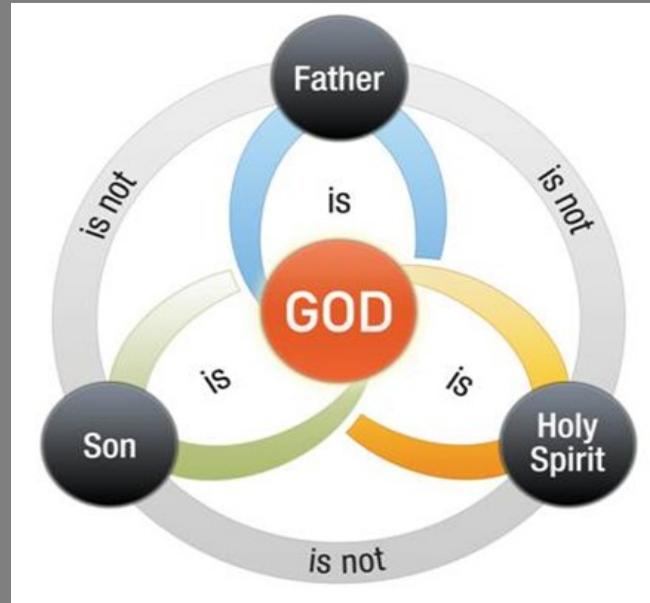
~ **FIRST-TIMERS/NEWCOMERS** - If you are new to CapChurch or visiting, would you take a minute to fill out a blue visitors card from the Welcome Table and leave it with us. You'll will receive a welcome letter and a coupon for a specialty coffee of your choice!

~ **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 circle

Kim Pierrrot | pastor & elder
 Shelley MacDonald-Lin | associate minister
 Rod Wilson | teaching associate
 John Colpitts | youth minister
 Liz Baerg | youth ministry associate
 Charlotte Clark | sr. youth leader
 Allison Grice | capkids team director
 Joelle Coyle | capkids assistant
 Katrina Nadworny | caplittles sunday leader
 Andrew Chong | worship coordinator
 Becca Birkner | worship coordinator

Lynda Shaw | admin. assistant to the pastoral team
 Suzanne Paterson | sunday morning coordinator
 Cathy Adams | bookkeeper
 Jake Penner | elder emeritus
 Brian Dean | elder (apprentice)
 Lynne Smith | elder, (on sabbatical)
 Andrea Smith | elder
 Dan Thomson | elder (apprentice)
 David Zimmerman | elder, chair
 Bryson Milley | finance chair
 Archie Robertson, Lynn Perez, Andrea Smith | Nashisa team
 Lynn Perez | missions team chair



today's message

Holy Spirit, Holy Ghost, or Fuzzy Feelings?

How Might the Holy Spirit Impact CAP Church?

Today, we conclude our Holy Spirit series with a summary and with listening. If you missed the previous sermons and handouts go to the web-

site www.capchurch.ca/category/listen/.

this sunday at a glance

THIS SUNDAY MORNING, Rod Wilson will be speaking on “*How Might the Holy Spirit Impact CAP Church?*” Robbie Ohlhauser & Team will be leading worship.

LITTLES: Care for our babies & toddlers (0-2) is upstairs with Katrina Nadworny

PRE-K/K: Play-Based class for our 3-5 year olds is upstairs with Joelle

CAPKIDS: Today is SHAZAM! Sunday for our Grade 1-4's downstairs in the West Wing

CAPYOUTH: Today, our Grade 5-9's are together upstairs in the Staff Room with Liz & Team