

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.

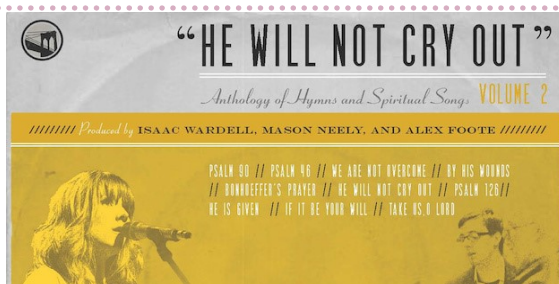
2018 CapChurch Friendship List

We are building our Friendship List Book for 2018. Please email life@capchurch.ca with your updated information and a current photo (close up photos are best with no sunglasses).

February Sermon Topics

Feb. 11- Fear and Anxiety in 2018: Reflections on Contemporary Living  
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)



What I'm Listening To From Alex Wyder: "He Will Not Cry Out" by Bifrost Arts Music.

Find it on Spotify or Apple Music or at the link below https://bifrostartsmusic.bandcamp.com/album/he-will-not-cry-out-2 Bifrost Arts are a collective linked to the Presbyterian Church of America. They are unique in their approach to religious music in that they generally employ musicians whose success exists outside of the traditional Christian Music Industry, with contributions from artists like Sufjan Stevens. Their music style could be described as traditional, with indie folk elements. I personally have enjoyed the simplicity of the music and focus they bring to traditional hymns and psalms. In particular, their version of Psalm 90, and their track "We Are Not Overcome" always make me think of our community and God's faithfulness to CapChurch.

considerations



ADVERTISING in the 2018 FRIENDSHIP LIST

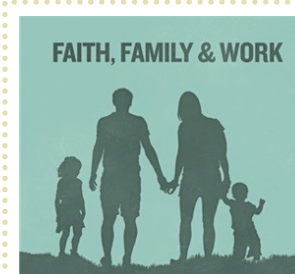
Are you interested in promoting your business/ organization in the CapChurch 2018 Friendship List. If you would like to be an advertiser in this year's booklet, please email your ad (in jpeg format) to life@capchurch.ca. Ads are \$50 for half a page and \$75 for a full page. Payment can be received by putting a cheque in the offering box and note 2018 Friendship List Ad in the memo line.

PLEASE NOTE: The CapChurch Friendship List is not to be used for solicitation of any kind. Please respect this request.



Capper, Jenn Ohlhauser and students present at Kay Meek Feb 14- 17, 2018. "What makes us happy?" -- a play that follows three young adults who wonder how career and identity will inform their happiness. As well, we meet over 40 other characters who find happiness

in simple things to the more complex struggles in daily life. Connect with Jenn at church for tickets or contact at twonewlyweds@shaw.ca. (Jenn Ohlhauser)



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. North Vancouver. Coffee & muffins will be served. A donation of \$5.00 would be appreciated. A few CapMen will share how they cope with the challenge of family, work and faith. Please bring a friend. God bless you. RSVP to Roger (contact info 604 925 0727 home or 604 612 4273 cell)

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. It is preferable but not mandatory that you be available for all weeks. If you can read music or can learn and hold a part and would like to join us, please let us know. Talk to Evan Jennings (edejennings@gmail.com) or Andrea Smith or (asmith3973@gmail.com).



**calendar** events

- Today **This Sunday Rod Wilson will be speaking on “My Little Pink Pill: Reflections on Mental Health.”**
- Feb 5 **Taco Dinner for Sr Youth & Young Adults** at Brenon & Michelle Parry's from 7-9:30.
- Feb 7 **Coffee Break for CapWomen:** Wednesday mornings at 9:15. Contact [Julie](#) Evans or [Cindy](#) Gleeson.
- Feb 8 **Jr Youth Group** at Shaun & Leana Huberts' from 7-8:30.
- Feb 9 **MomLife:** Fridays at 9:15am. Contact Shelley MacDonald-Lin at [shelley@capchurch.ca](mailto:shelley@capchurch.ca) for more info
- Feb 12 **"The Spot"** for Sr Youth from 7:30-8:45 at the Lonsdale White Spot.
- Feb 13 **Young Adults Life Group** from 8-10pm at John & Erica's. Contact [john@capchurch.ca](mailto:john@capchurch.ca) for more info.
- Feb 17 **CapMen's coffee and muffins beginning at 8:30am.** See inside for details
- Feb 17 **Our next exciting Grade 4-6 Event.** Details tba
- 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](http://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 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 encourage us all to recognize that struggles with mental health are part of the human condition. As we struggle we can experience the powerful message in Psalm 139 that we are known by God.

**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 *“My Little Pink Pill: Reflections on Mental Health.”* Robbie Ohlhauser & Team will lead us in worship. Today is Communion Sunday.

**YOUNG PEOPLE** are released part way through the service to their classrooms. Follow the crowd up the stairs to be welcomed into one of the following groups:  
 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](mailto:john@capchurch.ca)