



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.



Blessed

A few years ago I was having trouble getting into the rhythm of reading my Bible every day. Around the same time I got an iPad and I thought I'd check out one of the Bible in a Year apps. I just finished my third time through and was looking for something a little different. I scrolled through some devotional readings and came across a 7-day devotional by the founder of Hillsong Church - Brian Houston. It's called Blessed. I've found it to be a great companion to the current preaching series at CAP. If you're looking for a way to get into regular devotions or looking for something new, give this a try. It's the YouVersion Bible App and the Blessed devotional is one of many offered. (Andrea Smith)



HubCap ReCap

Last Sunday evening, nearly 40 Cappers from different generations gathered at the Thomsons' to share a meal, and to pay attention to what the Holy Spirit might be saying and doing in our community. As we ate, talked, sang, read Scripture, prayed, listened, laughed, wept, shaped play dough, wrote things down, and listened some more, we experienced God for us, with us and in us. In response to the Spirit, we wondered together what it might look like for the Holy Spirit to fill up CapChurch the way a life raft becomes inflated with air, we asked for a deeper hunger and desire to seek God as a church, we sensed a holy restlessness and a growing courage for what comes next. Thanks to everyone who joined us, and a special thanks to Rhys, Rowan, Dan and Lindsie for their generous hospitality (Kim Pierrot).

Holy Spirit, Holy Ghost, or Fuzzy Feelings?

Sermon Titles for the next 2 weeks:
February 12- What if we prefer the Holy Spirit over the Bible?
February 19- How might the Holy Spirit impact CAP church?

Prayer for Ralph Bromley: Ralph is travelling with Hope For The Nations, in southeast Asia until February 12th and we're asking for prayer for him, the missions that he is visiting and those that he is offering advice and aid to. May God protect and inspire him.



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 area just off Dollarton Highway. 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)

Friendship List 2017

We are in the process of building our friendship list for 2017. If you consider CapChurch to be your church home, we would like you to be in our annual friendship list. Please email Lynda at life@capchurch.ca right away to request a form to complete so that you will not miss out on being in our 2017 book!!



Men's Coffee and Muffin Morning Saturday, Feb. 18 at 8:30am

Location: at Canyon Heights Church, North Vancouver. There will be a conversation around our CapChurch series about the Holy Spirit. RSVP or make inquiries to Roger at roger_Hardy@worldvision.ca

A Biblical Breastplate

By Dr. Bruce Milne

"I bind unto myself today, the strong Name of the Trinity. By invocation of the same; the Three in One, the One in Three.

Abba, 'my own dear Father.' Almighty, infinite, Without beginning or end; one with the Son and Spirit Creator, and sustainer, ground and goal of all that is. Self-revealing, mysterious, majestic, awesome. God of holy-love, abounding in goodness, mercy, Justice, wisdom and truth. Source of salvation; God of everlasting faithfulness

Lord Jesus Christ; 'God a second time.' Almighty, infinite, without beginning or end; One with the Father and the Spirit 'Word made flesh,' 'Immanuel;' assuming my full humanity, renewing, healing and perfection it. My Saviour, who bore all of my sins on the cross, Granting me his own perfect righteousness. My Redeemer, delivering me from sin and satan, death and hell. Risen and Reigning One, my Lord, my beloved Friend Returning King of the world, blessed and more adorable centre of everlasting glory.

Ever-blessed Holy Spirit; 'God a third time.' Almighty, infinite, without beginning or end; one with the Father and the Son; Wind of God, Fire of God; Heavenly dove. Lord and giver of life; Regenerating, indwelling, Sanctifying into Christ-likeness; Unifying, gifting and empowering. Fruit-bearer, mission-leader, encourager, guide and counselor. Heaven-bringing Friend."

"Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning; as it is now; and as it will be, forever and ever. Amen."



calendar **events**

- today THIS MORNING, Rod Wilson will be speaking on “Does the Holy Spirit Bring Fuzzy Feelings?”
- today Nashisa 2017 Information Meeting right after the Service
- Feb 6 The Spot for Sr Youth (15-19) from 7:30-8:45
- Feb 8 **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 8 **Refresh for Jr Youth (Gr 7-9) at Lonsdale Bubble Tea House from 7-8:30**
- Feb 10 **MomLife: a gathering of moms with young babies/toddlers & school-aged children.** Fridays at 9:15am at Hillside Baptist Church, NV Contact Karen Barre at kvbarre@gmail.com for more info
- Feb 10 **No Youth Event tonight** due to the Family Day Week-end
- Feb 14 Encourage someone in God’s love on Valentines Day
- Feb 17 **Grade 7-9 Outing** (details to be announced)
- Apr2 **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 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 Pierrot | 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?

Does the Holy Spirit Bring Fuzzy Feelings?
 Today, we continue our Holy Spirit series exploring the relationship between the Holy Spirit and emotions and the implications this has for us individually and communally. If you missed the previous sermons and handouts go to the website www.capchurch.ca/category/listen/.

this sunday at a glance

THIS SUNDAY MORNING, Rod Wilson will be speaking on “*Does the Holy Spirit bring fuzzy feelings?*” Andrew Chong & Team will be leading worship. Today is Communion Sunday.

CAPLITTLES: Sunday Care for our tiniest ones (age 0-3) with Katrina Nadworny

CAPKIDS: Our program for kids age 4 to grade 4 is led by our CapKids Team Leader Allison Grice and Assistant Joelle Coyle

CAPYOUTH:
Grade 5-9: Downstairs in the West Wing with John and Liz