



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.

Elder discernment for Brian Dean and Dan Thomson

It is our practice as elders to invite individuals to join our group as “apprentice” elders—for a year they participate fully as an elder, and then take some time to discern whether God is calling them to become a CapChurch elder. The year-long apprenticeship for Brian Dean and Dan Thomson concluded late last spring, and as elders we now submit to the community our desire for them to continue as full-fledged elders. For the next month, we welcome your input into this proposed course of action. Please pass on your thoughts and feedback before February 15 to Kim (kim@capchurch.ca) or David Zimmerman, elder chair.

2018 CapChurch Friendship List

We are building our friendship List Book for 2018. Please watch for an email from life@capchurch.ca asking for updated information and current photo (close up photos are best with no sunglasses). If you are new, and want to be included, please contact us so that we can send you a form to fill out. Thank you! (Lynda Shaw)

January Sermon Series—“Moving into the Neighbourhood: Living as a Sent People”

“The Word became flesh and blood and moved into the neighbourhood...” John 1:14 (The Message)

The incarnation is not only the “content” of the good news (God with Us) but it is also the model for sharing that news with the World. Theologian Darrell Guder says the incarnation is both the “what” and the “how-to” of the gospel. Jamie Munday, Cap’s Minister of Community Development will lead us in a 3-week sermon series focusing on the implications of “God-With-Us” for how we incarnate the shalom of the gospel both as individuals in our daily lives and as a church community. Some questions we hope to answer together in these three weeks: What are the various “neighbourhoods” we are called to? And what does it look like for us to move on in? (Jamie Munday)

Fear and Anxiety February @ CapChurch

In February 2018 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.

Feb. 4 - My Little Pink Pill: Reflections on Mental Health

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)

considerations



Thriving or Surviving In..... Continues Sunday, January 28, 2018

What do you think of when you think of work? Most of us assume that work is something we do in return for pay. That is true for many of us, but work is much more than that. Those of us who are retired still work. Those of us who work at home looking after family or children still work...without a salary. Our volunteer service is still work. How can we thrive and not just survive in work? That will be the topic of Rod and Bev’s fourth session in the Thriving or Surviving series. We will meet on January 28th from 12:15-2:15 at Mulgrave so bring a bag lunch (drinks supplied).

If you are interested in attending please sign up by January 23rd 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. (Rod Wilson)

Come to Nashisa!



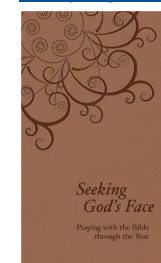
We are in the early days of forming a 2018 Nashisa team. Dates are not yet finalized, but if you have any interest in going to visit our friends in Nashisa, Uganda, with whom we have had a longstanding relationship through Food for the Hungry Canada,

contact

Lynn Perez (lynnbariperez@gmail.com) to let her know and to get more information. (Kim Pierrot)

Join us on the journey!

The Pastoral Team has decided to go through a simple daily devotional book called Seeking God’s Face <https://www.amazon.ca/Seeking-Gods-Face-Praying-Through/dp/1592557686>. It has a simple



format, with a psalm and short scripture to consider each day, along with a prayer to pray. Kim has been using this book on and off for the last year and it has been a rich experience for her personally. If you are looking to adopt a new spiritual practice this year, then consider joining us on the journey by purchasing this book and praying through it daily, as you are able. Let Kim know if you are planning to do this so we can mutually encourage each other! (Kim Pierrot)

CapChurch Finance Update:

With 2017 now officially behind us, and the dollars and cents counted, I am happy to report that financially as a church we finished the year with a small surplus of about \$10,000. We are blessed as a church with the ability to keep ourselves financially in the black. Thank you to all of you for your moral and financial support through the year. Over the coming weeks we will be working through our 2018 budget and we will report the plan to you when its ready. May the Lord bless and keep us through 2018. (Bryson Milley, Chair, Finance Committee)

Cap Men’s Retreat

April 7-8, 2018

Location: Barnabas Family Ministries located on Keats Island. This will be an opportunity to reconnect and continue to deepen connections with men from Cap and God. the cost for the retreat will be \$212.00 for double occupancy and \$257.00 for single. Please contact Roger at roger_hardy@worldvision.ca



calendar

events

- Today **This Sunday Jamie Munday will be speaking on “Becoming Flesh and Blood.”**
- Jan 15 **"The Spot"** for Sr Youth from 7:30-8:45 at the Lonsdale White Spot.
- Jan 16 **Young Adults Life Group** from 8-10pm at John & Erica's. Contact john@capchurch.ca for more info.
- Jan 17 **Coffee Break for CapWomen:** Wednesday mornings at 9:15. Contact [Julie](#) Evans or [Cindy](#) Gleeson.
- Jan 19 **MomLife:** Fridays at 9:15am. Contact Shelley MacDonald-Lin at shelley@capchurch.ca for more info
- Jan 20 **Family Snowtubing Event** for the Grade 4-6 group. 6-8pm @ Cypress Mountain
- Jan 22 **Taco Dinner for Sr Youth & Young Adults** at Brenon & Michelle Parry's from 7-9:30.
- Jan 25 **Jr Youth Group** at John & Erica Colpitts' from 7-8:30.
- Jan 26-28 **Missions Fest 2018** see www.missionsfestvancouver.ca/ for more info
- Feb **February Sermon Series:** Fear and Anxiety February at CapChurch. More info inside
- Mar 13 **CapChurch AGM**—(Tuesday evening). More details to follow. Please hold the date
- Apr. 7-8 **Men's Cap Retreat at Barnabas MEN — SAVE 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!

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
 Archie Robertson, Lynn Perez, Andrea Smith| Nashisa team
 Lynn Perez | missions team chair
 Andrew Chong | worship music coordinator
 Becca Birkner | worship music coordinator



Today's message

In John 1:14 God's spoken Word appears in a Bethlehem cowshed in the form of a mortal body. "The Word made flesh." As we consider our own mission, what must we learn from this altogether extraordinary manner of communication? How is the good news made relevant - fleshed out - in the down-to-Earth, day-to-day of our lives? While the philosophers of John's time sought to know truth through the intellect, the truth had come in bodily form and was knowable only in Jesus. The Church's witness of this truth is not just to tell the story, but to live as salt and light - a visible expression of the good news. (Jamie Munday)

This Sunday at a glance

THIS SUNDAY MORNING, Jamie Munday will be speaking on **"Becoming Flesh and Blood."** Julie Zimmerman & Team will lead us in worship.

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

We are in need of some more caring adults to help fill out our volunteer rosters. If you are interested in exploring a role that is well suited to you, please speak with John Colpitts, or email john@capchurch.ca