



## 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 Marriage?

Sunday, Dec. 3, 12:15 -2:15pm

(bring a bag lunch; Cap supplies the drinks) If you are interested in attending this workshop facilitated by Rod & Bev, please sign up by Nov. 28th at the latest by e-mailing Rod ([rjkwilson@shaw.ca](mailto:rjkwilson@shaw.ca)). If you require child-care please e-mail Kim ([kim@capchurch.ca](mailto:kim@capchurch.ca)). We are requesting sign up to help with space, chairs, tables, child-care, and handouts. Whether you want to come as a couple, want to come on your own without your spouse, or are caring for someone else in their marriage (and you are single or married), you will be welcomed and helped.

### CapChurch Finance Update

As we enter the final weeks of 2017, I want to give you a quick update on the state of our church finances. Our annual budget for 2017 is about \$480,000, and at the current time Cathy Adams and I feel comfortable counting on our 'regular giving' to get us to just over \$400,000. This is a pretty normal situation for us by this time of the year, but with that said, I would ask that as the year nears its end we all work together, as each of us are able, to help cover the final gap. Should you have any questions about our finances, and/or would like more information of how best to give, please feel free to connect with Cathy ([cathy@capchurch.ca](mailto:cathy@capchurch.ca) or 604.987.8695) or myself ([bmilley@shaw.ca](mailto:bmilley@shaw.ca) or 604.644.5616). All the best, Bryson Milley, Chair - Finance

### Housing on the North Shore



**TONIGHT Nov 19, 6:30 -9:30pm**

Location: Hillside Baptist Church, NV Lounge  
This topic and the talk of affordability, livability,

and sustainability on the North Shore is a conversation going on not just among us but also with our neighbours. Is there a creative God perspective we can learn from? Come listen, ask questions, pray, and perhaps dream together. If you are interested, please speak with Kenton MacDonald-Lin today.

### Gitsegukla Christmas Giving:

Please see Jan Bryant for details. All gifts (particularly new socks, gloves, hats, mitts) and financial donations to be collected by Nov. 30, 2017

## considerations



### Sunday, Dec 10 right after the service:

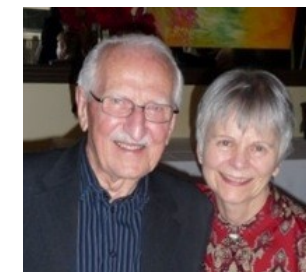
CapChurch Celebrates the Christmas Season together with Ham luncheons at various Cappers homes. This is a tradition for CapChurch where we gather around good food, great fellowship and anticipate the birth of Jesus again coming to our world and ourselves. Please hold the date. Separate email invite will be out next week. If you have any questions, contact Lynda at [life@capchurch.ca](mailto:life@capchurch.ca)



Saturday, Dec 9th, 3:00pm at Queen Elizabeth Theatre. See Andrea Smith for more info.

### Thank you Jake!

After over 30 years of coordinating CapChurch's Sunday morning communion servers, Jake Penner has decided it's time to give someone younger a chance to have this privilege. Jake



says he agreed to arrange servers after another Cap elder expressed how much they disliked doing the job! For the last several decades, Jake has carried on this task faithfully and prayerfully. His contribution

to our celebration of the Lord's Supper has gone beyond making phone calls to servers. Jake also carries with him a contagious reverence regarding the Lord's Table that has been a touchstone for the pastoral leadership of this church. Well done, good and faithful servant and our deepest thanks to you, Jake. (Kim Pierrot)

### Christmas Giving Project:

This year CapChurch will be participating in a number of Christmas Giving Projects that are tied closely with caring initiatives that cappers participate in either officially as a mission or personally as God leads

**Hygiene Bags:** If you are interested in filling these bags, please pick one up after the service in the foyer and return filled by DEC 3rd.

Items to purchase are (NEW items, in original packaging and no other items are required/requested)

- 1 adult-size toothbrush
- 1 large bar bath soap
- 1 fingernail clipper (good quality)
- 1 hand towel (dark colour, approximately 38 cm x 64 cm/ 15 in x 25 in)

Any questions, please ask Lynda on Sunday



calendar

events

- Today **This Sunday Kim Pierrot will be speaking from Philippians 4: 10-23**
- Today Please Pick up Empty Hygiene Bags after the service for filling and returning!
- Tonight **Housing on the North Shore: 6:30–9:30pm** see inside for more details
- Nov 20 **"The Spot" for Sr Youth** from 7:30-8:45 at the Lonsdale White Spot.
- Nov 22 **Coffee Break for CapWomen:** Wednesday mornings at 9:15. Contact [Julie](#) Evans or [Cindy](#) Gleeson.
- Nov 23 Mountainside Secondary School hosts Craft Fair: 3:30–7:30. Ask Brian Dean for more info
- Nov 24 **MomLife:** Fridays at 9:15am. Contact Shelley MacDonald-Lin at [shelley@capchurch.ca](mailto:shelley@capchurch.ca) for more info
- Nov 25 **Men's Coffee Time:** see inside for details
- Nov 25 Jr & Sr Youth Event @ the Colpitts' from 7-10pm.
- Nov 27 **Taco Dinner for Sr Highs & Young Adults.** 7-9:30pm @ Brenon & Michelle Parry's.
- Nov 30 **REFRESH for Grades 7-9 at the Lonsdale Bubble Tea House from 7-8:30pm.**
- Dec 3 **Thriving or Surviving in Marriage:** see inside for details
- Dec 10 **Ham on the Run**—CapChurch Christmas Luncheon in Cappers home—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/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!

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**  
 Allison Grice | 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

**"Contentment"** (Phil. 4:10-23)  
 What is Paul's "secret"? His evocative words about finding contentment in the midst of life's ups and downs were written thousands of years ago and yet speak to to a deep need in our anxious, striving, present-day world.  
 In the midst of saying "thank you" to his friends, Paul models for us the transformative power of a grateful awareness of our dependence on Jesus.

This Sunday at a glance

**THIS SUNDAY MORNING,** Kim Pierrot will be speaking on "Peace." Julie Zimmerman & Team will lead us in worship.  
**YOUNG PEOPLE** are released part way through the service to their classrooms upstairs. We look forward to welcoming you 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  
 SR YOUTH [Grades 10-12] are invited to participate in the main service, or to speak to Allison or John about helping with one of the younger age groups.  
 For more info, or to be added to our young people's distribution lists, please contact:  
[allison@capchurch.ca](mailto:allison@capchurch.ca) (CapKids)  
[john@capchurch.ca](mailto:john@capchurch.ca) (CapYouth)