

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.

Life Groups—It's Not Too Late!

Cap's Life Groups start this week, with at least one group meeting in every major area of the north shore, every night Monday-Thursday. Most of these groups will meet for 9-



10 weeks and follow along with our Philippians series. This is the best way to interact with the truths of the Bible, and to get to know others in our community.. All are welcome to participate, and it's not too late to join! Email kim@capchurch.ca or sharon.lisette@shaw.ca to find the group nearest you. (Kim Pierrot)

Christmas Giving Initiative: Please watch for upcoming details on donating & preparing Hygiene Kits (includes 1 toothbrush, 1bar bath soap 1 fingernail clipper, 1 hand towel) for people overcoming natural disasters and war-torn disruptions. If you would like to read more about it, check out Mennonite Centre Committee at https://mcccanada.ca/get-involved/kits/hygiene. (Lynda Shaw)



'Thriving or Surviving in Aging?'

Sunday, November 5, 12:15 -2:15pm

Rod and Bev Wilson's second session in the 'Thriving or Surviving' series is on Sunday, November 5th on the topic of aging. If you are interested in attending please sign up by October 31st at the latest by e-mailing Rod (rjkwilson@shaw.ca). If you require child-care please e-mail Kim (kim@capchurch.ca). We will meet from 12:15-2:15 at the front of Mulgrave so bring a bag lunch (drinks supplied). Whether you are aging yourself (who isn't?! ) or are helping someone who is aging, you will be helped. Future sessions will tackle surviving or thriving in marriage (Dec. 3), work, caring, self-care, conflict, and controversy. Feel the freedom to attend one session or more.

Gloria!

Friday, Nov 10, 2017 7:30PM - 9:00 PM at Kerrisdale Presbyterian Church, 2733 W. 41st Ave., Vancouver, BC Regent College presents the concert Gloria in commemoration of 500 years of Reformation. See Lynn Smith for more details

considerations

MomLife: Shelley MacDonald-Lin and Maureen Leboe are the co-leaders of MomLife, a weekly gathering of women for encouragement and growth. A guest speaker is scheduled the first Friday of every month, and the following Fridays they gather to share and pray together. Free child-care provided! Currently they meet in a North Vancouver home. For details email shelley@capchurch.ca.



Here is an excerpt from the MomLife Creed Karen Barre shared with the group last week:

- You come as you are - no sleep? can't form a sentence? worried you might cry the whole time? no problem.
Come as often or as little as you like - we don't take attendance.
Bring your kids - even when they're cranky, defiant, teething, not listening. In fact all the more reason to bring them.
Everyone is welcome and you will fit right in if you unexpectedly burst into tears.
Everyone is welcome - Please come if you are on fire about Jesus, Please come if you are pissed at God for making motherhood so hard, please come if you've never thought about God in your life but you could really use 2 hours of child-free time to drink hot coffee.
Please come if motherhood is everything you ever dreamed it would be, please come if motherhood has torn you to pieces leaving nothing but exhaustion, resentment and rage. No judgement.
Everyone is in. Everyone is welcome. Come as you are. See what God has in mind for you here this week. (Kim Pierrot)



CapBaby Shower

Saturday, October 21 at 2:00pm Capilano Estates Clubhouse, closest to 3399 Capilano Crescent (end of the first driveway on the right on Cap Cres.). Watch for signs to the clubhouse. All women in our church are welcome to join us in celebrating the 3 newest babies in our midst: Samuel Wright (parents, Becca & Jon), Llewyn Coxford (parents, Janine & Clayton) Lincoln Hurberts (parents, Leana & Shaun). We will be celebrating these moms and babies with snuggles, games, encouragement, prayers and a small gift for each of the families. If you would like to join us in loving up these new tiny folks in our midst, please RSVP to Lynda at life@capchurch.ca. We would welcome contributions to the refreshments. A small plate of hand held appies or desserts would be great. If you have questions, please ask Shelley MacDonald-Lin or Allison Grice.

Thank you to all who contributed to the Thanksgiving display at the front of the auditorium as well as the donations to Harvest Project of the North Shore.



calendar

events

- Today      **This Sunday Rod Wilson will be speaking from Philippians 2:1-11**
- Oct 18      **Coffee Break for CapWomen:** Wednesday mornings at 9:15. Contact [Julie Evans](#) or [Cindy Gleeson](#) . We are studying “Experiencing the Trinity” by Darrell W. Johnson this fall
- Oct 19      **"Reframe"** for Grade 7-9's from 7-8:30pm at Capilano Mall. Meet at the Food Court.
- Oct 21      **CapShower**—Celebrate the new babies and moms in our midst. See inside for details
- Oct 23      **"The Spot"** for Grade 10-12's from 7:30-8:45 at the Lonsdale Whites Spot.
- Oct 27      **MomLife:** Fridays at 9:15am. (NO MomLife oct 20th)Contact Shelley MacDonald-Lin at [shelley@capchurch.ca](mailto:shelley@capchurch.ca) for more info
- Nov 3      “Refresh” for Grade 7-9’s from 7-8:30pm at the Bubble Tea House on Lonsdale.
- Nov 4      **Regent College: Mental Health Ministry Workshop** 9:30 -12:30pm. See [www.regent-college.edu](http://www.regent-college.edu) for more details
- Nov 4      **“Way Past Curfew”** for High School Students at NSA from 7:30pm-12:30am.
- Nov 5      **Thriving or Surviving in Aging:** see inside for details

**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**

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

Relational harmony is important in the body of Christ and it is expressed through unity, tenderness, compassion, and humility. This posture toward others is best exemplified through the downward steps of Jesus from heaven to earth, to being human, to being obedient to death, and ultimately to the cross.

This Sunday at a glance

**THIS SUNDAY MORNING,** Rod Wilson will be speaking on “Unity.” Andrew Chong & 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) or [john@capchurch.ca](mailto:john@capchurch.ca) (CapYouth).