



Scripture: Philippians 1:10(NLT) "I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return."

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)

Men's Retreat: There are 25 men attending the Men's Retreat at Barnabas this weekend. We pray that the retreat will meet each man in a unique way and God's shalom will be present and lasting and may their relationships strengthen.



'Thriving or Surviving in Parenting?'

Sunday, October 15

Sign Up For By October 9th

Rod and Bev Wilson's first session is coming soon! If you are interested in attending please sign up by October 9th at the latest by e-mailing Rod (rjkwilson@shaw.ca). If you require child-care please e-mail 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 a parent of younger or grown children, or are someone who helps parents, you will be helped. Future sessions will tackle surviving or thriving in aging, marriage, work, caring, self-care, conflict, and controversy. Feel the freedom to attend one session or more, or commit to all eight.



Welcome to Jamie Munday

Cap's new Minister of Community Development. Jamie will be using his skills and expertise in asset-based community development to help us to find ways to embody the wholeness and flourishing of

God to our North Shore neighbourhoods and beyond. Jamie and Leah have been longtime Capers, who recently spent the last two years serving with MB Mission in Thailand. We are so glad to have them as well as their children, Sam, Knox and Cate back with us. (Kim Pierrot)

considerations



Thanksgiving@CapChurch

Deck the Hall for Thanksgiving on Sunday, October 8, 2016:

It is our tradition to decorate the auditorium on Thanksgiving. Please bring fall flowers and/or decorations to celebrate this Canadian holiday (and, please, take them home or give them away after the service).

Supporting Harvest Project

CapChurch will be collecting non-perishable food items for Harvest Project (on the North Shore). Most needed items are canned beans, coffee and granola bars. Other suggestions: canned fish and meats; canned soups, pasta; pasta sauces and rice. Disposable diapers size 4,5 or 6 are also much needed. You may also donate directly to Harvest Project online. Please go to their website, www.harvestproject.org for this option. Cheques made payable to Harvest Project or cash (noted for HP) can be given at church on Thanksgiving Sunday.

Harvest Project North Shore: Extending a hand up not a hand out. Reaching out to individuals and families in need of support on the North Shore.



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 Huberts (parents, Leana & Shaun).

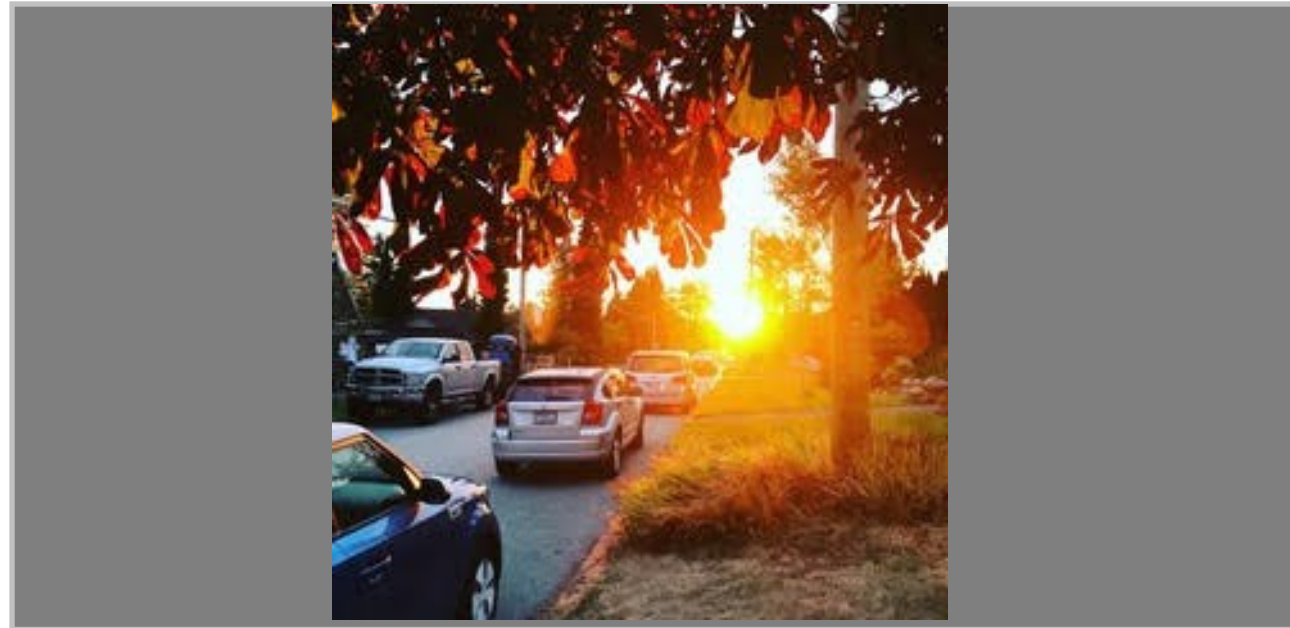
We will be celebrating these moms and babies with snuggles, games, encouragement, prayers and a small gift for each of the families. If you would like to join us in loving up these new tiny folks in our midst, please RSVP to Lynda at life@capchurch.ca. We would welcome contributions to the refreshments. A small plate of hand held appies or desserts would be great. If you have questions, please ask Shelley MacDonald-Lin or Allison Grice.



calendar

events

- Today **Kim Pierrot will be speaking on Philippians 1:1-11**
- Oct 4 **Coffee Break for CapWomen:** meets Wednesday mornings at 9:15. Contact [Julie Evans](#) or [Cindy Gleeson](#) . We are studying “Experiencing the Trinity” by Darrell W. Johnson this fall
- Oct 5 **"Refresh" for Grade 7-9's** from 7-8:30pm at the Bubble Tea House at 20th & Lonsdale.
- Oct 6 **MomLife:** Fridays at 9:15am at Hillside Baptist Church, NV Contact Karen Barre at kvbarre@gmail.com for more info
- Oct 8 **Thanksgiving Sunday—please bring fall flowers, etc and donations for Harvest Project**
- Oct 14 **Our next exciting Grade 4-6 event.** Details and times tba.
- Oct 15 **Thriving or Surviving in Parenting:** see inside for details
- Oct 21 **CapShower—Celebrate the new babies and moms in our midst.** See inside for details
- Nov 4 **Regent College: Mental Health Ministry Workshop** 9:30 -12:30pm. See www.regent-college.edu for more details



Today’s message

The opening section of Paul’s letter to the Philippians touches on all the big themes he will cover in the next four chapters: joy, grace, gratitude, suffering, gospel and the centrality of Christ, to name a few. He prays that his friends might have love that abounds in experiential knowledge and insight; love that understands what really matters. Is there a part of your life where you especially need this kind of love right now? Do you need someone to pray this prayer for you? Do you want to pray this prayer for someone else? (Kim Pierrot)

This Sunday at a glance

THIS SUNDAY MORNING, Kim Pierrot will be speaking on “What Really Matters.” **Julie Zimmerman & Team** will lead us in worship.

YOUNG PEOPLE are released part way through the service to their classrooms. We look forward to welcoming you into one of the following groups:

- Capkids - Upstairs
- LITTLES | 0-2 Year Olds
- ZOO | 3-5 Year Olds
- FRESH | Grades 1-3

- CapYouth - Downstairs
- T.B.A. | Grades 4-6
- JR YOUTH | Grades 7-9

For more info, or to be added to our young people’s distribution list, please contact allison@capchurch.ca for CapKids, or john@capchurch.ca for CapYouth.

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