

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.



Newcomers Evening, Nov 5, 2017

If you are new or "newish" to CapChurch you are invited to come for coffee and dessert on Sunday Nov 5 at 7:30pm at Dan and Lindsie's home. Come and learn some things you might not know about CapChurch. Affectionately known as Cap101 this will be a great chance to ask anything you've always wanted to know about this church. To RSVP or if you have questions please contact kim@capchurch.ca

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



Kids & Youth on Sundays

For the past number of weeks, many of our kids and youth have been engaged in unpacking shalom. In our attempt to make this important (but often abstract) concept come alive, we have been talking about different aspects of what Shalom is. In September we looked at 3 F's: Fullness, Family, and Freedom. In October, we are discussing 3 G's: Generosity, Gentleness, and Grace.

We have explored the dark sides of each of these words – the places in our lives and world where we see the opposite of fullness, generosity, gentleness, etc. Through personal stories, videos, and discussions of current events, we have engaged with these hard realities, had our hearts broken at times, and been moved to action. Each week we have shared at least one way that God is actively at work bringing flourishing and wholeness to our world in these areas (full bellies for hungry kids, family for the lonely and abandoned, freedom for those in bondage, etc). We have also provided our kids and youth with some concrete ways that they can join with God in this shalom mission. And we have been helped and guided by scripture, where we find hope, life, and encouragement to choose not to be overwhelmed by the problems, but to be people of passion and compassion. (John Colpitts)



Pumpkin Carving Together!

Saturday, Oct. 28 from 3:30-5:30pm

We will be having a CapKids (but everyone is invited) Pumpkin Carving get together on Saturday, October 28th from 3:30-5:30. Our friends Eric and Elise Girardin will be hosting for us at their home in Edgemont Village.

Please BYOP (Bring your own pumpkin) gutted so that we have more time to carve. We will provide carving kits unless you want to bring your own. Please come in costume! Email Allison@capchurch.ca for their address and any more information. Looking forward to being with you all. (Allison Grice)



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 at shelley@capchurch.ca



calendar

events

- Today **This Sunday Rod Wilson will be speaking from Philippians 2:12-30 on "Light"**
- Oct 23 **"The Spot"** for Grade 10-12's from 7:30-8:45 at the Lonsdale White Spot.
- Oct 25 **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 27 **MomLife:** Fridays at 9:15am. Contact Shelley MacDonald-Lin at shelley@capchurch.ca for more info
- Oct 30 **"Taco Night"** at Brenon & Michelle Parry's house from 7-9:30pm for Sr Youth/Young Adults
- Nov 2 **"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 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
- Nov 16 **"Reframe"** for Grade 7-9's from 7-8:30pm at Capilano Mall. Meet at the Food Court
- Nov 18 Next exciting Grade 4-6 Event. Mark your calendars.

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!

~ **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

We live our Christian lives in a crooked and depraved generation so our light needs to shine like stars in this dark context and not be characterized by grumbling or arguing. Paul's relationship with Timothy and Epaphroditus illustrate the warmth of the gospel light as well as a practical expression of it.

This Sunday at a glance

THIS SUNDAY MORNING, Rod Wilson will be speaking on "Light." Matt Pierrot & 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 (CapKids)

john@capchurch.ca (CapYouth)