

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 Parenting?'

Sunday, October 15

Sign Up 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



Today is Thanksgiving@CapChurch

Thank you to those who helped to decorate the auditorium for Thanksgiving and for your contributions to Harvest Project, North Shore Special Offering for Harvest Project CapChurch will be taking a special offering today to support Harvest Project. Cheques can be made payable to Harvest Project or cash donations are gratefully received. Harvest Project North Shore: Extending a hand up not a hand out.



Mully is no ordinary rags-to-riches tale. It's the true story of Charles Mully, whose unlikely stratospheric rise to wealth and power leaves him questioning his own existence, searching for meaning in life. Against the better judgment of family and community, Mully sets out to enrich the fate of orphaned children across Kenya. Jeopardizing his own life and the security of his family, Charles Mully risks everything and sets in motion a series of events that is nothing short of astonishing. An inspirational film. NEXT showing at Cineplex Odeon October 12. Check for times and locations.



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 **Thanksgiving Sunday** Rod Wilson will be speaking from **Philippians 1:12 -30**
- Oct 11 **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 13 **MomLife:** Fridays at 9:15am. Contact Shelley MacDonald-Lin at shelley@capchurch.ca for more info
- 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
- Oct 22 **Made in God’s Image:** 7:00-9:00pm North Shore Alliance Church, see www.nsac.bc.ca/events
- Nov 4 **Regent College: Mental Health Ministry Workshop** 9:30 -12:30pm. See www.regent-college.edu for more details



Today’s message

Because Paul was in prison he talks about his ability to speak about Christ. As he considers the reality of death he grapples with the benefits of staying versus leaving and in the process invites his readers to consider their own relationship to suffering, the gospel, and the natural fear of opposition.

This Sunday at a glance

THIS SUNDAY MORNING, Rod Wilson will be speaking on “Gospel.” **Andrew Chong & Team** will lead us in worship. Today is Communion Sunday

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