



Scripture: Matthew 5:37 All you need to say is simply 'Yes' or 'No.' Anything more than this comes from the evil one.

announcements



Welcome! CapChurch is a community of real, diverse people who are unified by their hope in a real Jesus. We exist to follow Christ with passion and to embrace our neighbour with compassion.



Thanksgiving@CapChurch

Thank you for your contribution to Harvest Project (on the North Shore).

Harvest Project: Extending a hand up not a hand out. Reaching out to individuals and families across Metro-Vancouver's North Shore who are challenged by family break-down, illness, job loss and poverty.

A Warm Welcome is Everything!

If anyone would like the opportunity to serve as a Greeter on Sunday mornings, please contact Dena Gartner at dlgartner@shaw.ca or [604-987-3417](tel:604-987-3417).

considerations



CapChurch is seeking a Capkids Program Director beginning November 1, 2016. Reporting to the Lead Pastor, this individual will be responsible for oversight and coordination of all aspects

of this Sunday morning program for K- Grade 4 children (15 -20 hours/week). We desire that our children have consistent positive loving experiences in our gathered community life. A qualified candidate will have a growing relationship with Jesus Christ, a love for working with kids and with volunteers as well as both strong administrative and interpersonal skills. Interested candidates can submit a resume and a cover letter to kim@capchurch.ca. (Kim Pierrrot)



Next HubCap October 30, 2016

"HubCap"—on the last Sunday of every month, we gather for a casual dinner and connection through exploring different aspects of our community life. This month, as we focus on "Welcome", newcomers are especially invited to connect with others and to hear more about CapChurch. Join us @ 6 pm Sunday October 30, location to be confirmed.

New Friends from Syria



This Thanksgiving we welcome the Dayekh family to Cap Church. We give thanks for their arrival in Canada (from Syria via Jordan), for Liz Boppart-Carter (who has adopted them as her family), their sponsors Christ the Redeemer Church in West Vancouver and the many Cappers who have helped them to settle into their new community. (Lynn Perez)

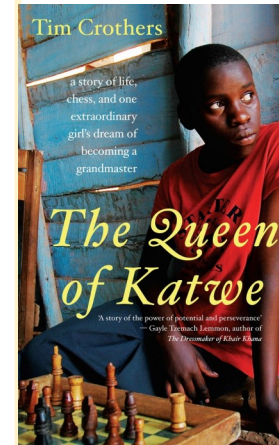
adopted them as her family), their sponsors Christ the Redeemer Church in West Vancouver and the many Cappers who have helped them to settle into their new community. (Lynn Perez)



Dan Thomson, Apprentice Elder

I met Dan Thomson in 1991, my first summer on staff at Keats Camps. I remember a welcoming, funny, always low-key, occasionally incredibly perceptive young man. Over the years, I have seen Dan grow into an (old?) man who loves God, his wife Lindsie, his lovely daughters Rhys and Rowan, and his church well. His sense of humour remains, as does his ability to connect with people. I have seen his perceptiveness grow into wisdom, and his welcoming nature grow into generous hospitality. We are lucky to have him join us as an apprentice elder this year. (Kim Pierrot)

Queen of Katwe - A Movie Review



If you have been to Uganda, or want to go, or would like to see a good film, check out: Queen of Katwe (International Village Cinemas) True to the story of a girl living in the Katwe slum of Kampala and her rise to be a world chess master. Experience the beautiful nature of the Ugandan people. Suited to all ages, great family

film. Enjoy. (Lynn Perez)

Thanksgiving Update from Liz & Gord

We, Gord and Liz, wish to convey our gratitude to you, our Cap family. We have been so grateful for your prayers and support in these last two months. We know that our recovery and healing have had so much to do with how we have been lifted up by you all. This Thanksgiving, we are especially thankful for our families - and that of course includes you. Thank you! We are grateful for how God has answered prayers, some even before they were prayed. Gord has now gone to the rehab floor at Lions Gate, and I am waiting out my three months before being weight-bearing on my feet. Our God is good. We look forward to worshipping and celebrating with you all again soon. Love, Liz and Gord.



calendar

events

- today THIS MORNING, Kim Pierrot will be speaking from Matthew 5:33-37
- today Thanksgiving Sunday— includes a food/supply collection for Harvest Project
- Oct 12 **Coffee Break: An intergenerational study, share and prayer time for women meets Wednesday mornings at 9:15.** Contact [Julie](#) Evans or [Cindy](#) Gleeson (contact info in Friendship List)
- Oct 14 **MomLife. We are for Moms of babies, toddlers and school age children.** Fridays at 9:15am at Hillside Baptist Church, NV Contact Karen Barre at kvbarre@gmail.com for more info
- Oct 14 **Grade 5-9 Gathering & Variety Show @ Canyon Heights Church from 7:30-10pm**
- Oct 15 **Women in Edgemont: meet for Coffee at Artigiano's in Edgemont at 9:00am**
- Oct. 16 **Sr Youth (15-19) After Church Lunch. Location to be announced**
- Oct 29 **Regent College Lecture: Understanding Mental Illness from the Inside.** www.regent-college.edu/
- Oct 29 **Co-Housing on the North Shore.** See www.driftwoodvillagecohousing.com

A few practical matters:

- ~ 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/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!
- ~ **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 circle

Kim Pierrot | pastor & elder
 Shelley MacDonald-Lin | associate minister
 Rod Wilson | teaching associate
 John Colpitts | youth minister
 Liz Baerg | youth ministry associate
 Charlotte Clark | sr. youth leader
 Marissa Burns | capkids team director
 Joelle Coyle | capkids assistant
 Katrina Nadworny | caplittles sunday leader
 Andrew Chong | worship coordinator
 Becca Birkner | worship coordinator

Lynda Shaw | admin. assistant to the pastoral team
 Suzanne Paterson | sunday morning coordinator
 Cathy Adams | bookkeeper
 Jake Penner | elder emeritus
 Brian Dean | elder (apprentice)
 Lynne Smith | elder, (on sabbatical)
 Andrea Smith | elder
 Dan Thomson | elder (apprentice)
 David Zimmerman | elder, chair
 Andrea Smith | finance chair—interim
 Archie Robertson, Lynn Perez, Andrea Smith | Nashisa team
 Lynn Perez | missions team chair



today's message

Although today's passage in our "Way of the Kingdom" series might seem a bit anticlimactic after the last few weeks of anger, murder, lust and adultery, Jesus speaks to us today about something, in NT Wright's words, that "goes to the very core of a person's character - to the heart of what it means to live as a child of God." Today, we talk about the Kingdom practice of promise-keeping and truth-telling and consider the way these actions reflect our God who is faithful to His word and the embodiment of Truth.

this sunday at a glance

THIS SUNDAY MORNING, Kim Pierrot will be speaking on *"Bringing the Kingdom through Truth-Telling."* Matt Pierrot & Team will be leading worship.

CAPLITTLES: Sunday Care for our tiniest ones (age 0-3) is upstairs with Katrina Nadworny

CAPKIDS: Our program for kids age 4 to grade 4 is led by our CapKids Team Leader **Marissa Burns** and Assistant **Joelle Coyle**

Today: we will learn alongside Gideon what it means to have God fight alongside us!

Memory verse: Trust in the Lord with all your heart and do not lean on your own understanding. (Proverbs 3:5)

CAPYOUTH:

Grade 5-6: Downstairs in the West Wing with John & Team

Grade 7-9: Upstairs in the Staff Room with Isa & Team