



Scripture: Isaiah 61:3-4 “They will be called oaks of righteousness... They will rebuild the ancient ruins and restore the places long devastated...”

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.

LifeGroups

Cap Life Groups

As you make your plans and priorities for your fall, please consider making space for a Cap Life Group in your schedule. Last year's 9-week groups were such a success, we intend to do them again, beginning the first week in October and continuing until the end of November. They might well have a slightly different twist this year, so stay tuned for details! To signal your interest in participating, please email kim@capchurch.ca.

“How Was Your Summer?”

TODAY after the service, we will be enjoying a community lunch together. Share your adventures of summer and how your fall is lining up. Enjoy pizza (including gluten free), veggies and drinks provided by the church. Everyone welcome!

This Fall @ CapChurch

What exactly is the good news of Jesus? How does it give meaning and hope to our lives? What might it look like to incarnate this good news in our relationships, in our neighbourhoods, in our vocations? These are some of the questions that we will be answering this fall, in a number of ways, including the following...

Book of Philippians

Our fall sermon series on Paul's letter to the Philippians gives us a window living with joy, humility and maturity even in difficult circumstances—in short, living as if the good news of Jesus matters.



New ‘Surviving or Thriving?’ Series

Rod and Bev Wilson will be leading our new **Thriving or Surviving?** series commencing Sunday, October 15 from 12:15-2:15 at the front of Mulgrave. Bring a bag lunch (drinks supplied) & be prepared to engage on 8 different subjects—parenting, aging, marriage, work, caring, self-care, conflict, and controversy—between October and May. These equipping-oriented sessions will be of help to you and will also strengthen your care of others. Feel the freedom to attend one session or more, or commit to all eight.

The first three sessions take place as follows:

October 15 Thriving or Surviving in Parenting?
November 5 Thriving or Surviving in Aging?
December 3 Thriving or Surviving in Marriage?

If you are interested in attending it will help us with planning if you e-mail Rod (rjkwilson@shaw.ca) the week before each session at the latest. If child care will help facilitate your attendance let us know that as well. (Rod Wilson)

considerations

“O Lord, open my eyes that I may see the needs of others, open my ears that I may hear their cries, open my heart so that they need not be without succor, let me be not afraid to defend the weak because of the anger of the rich. Show me where love and faith and hope are needed, and use me to bring them to those places. And so open my eyes and my ears that I may this coming day be able to do some work of peace for thee.”

Prayer by:

Dag Hammarskjöld (a Swedish diplomat, economist, and author, who served as the second Secretary-General of the United Nations, from April 1953 until his death in a plane crash in September 1961)



Dearest Cap Family: Thank you so, so much for your gifts! I am in awe of how generous you have been with me. I'm so happy to have joined the ranks of people in my family with beautiful quilts from Cap....my grandparents, my parents, and now I have my own! Thank you so much for your support and prayers. it means the world to me. Rachael DesCotes

CapWomen meet in Edgemont: on the third Saturday at Café Atrigiano in NV 9:00am for coffee and fellowship. All women are welcome Sat. Sept. 16 at 9:00am For more info, please contact Lynne Smith at lwsmith07@gmail.com

“SCHOOL SUPPLIES SUNDAY”

Will you give a ‘hand up’ to some parents in our community?

Chloe is a young mother of two young children. Her husband left her a note one day and never came back. I recently met with Chloe and she was stressed about the need to buy school supplies for her daughter. I was able to give her a \$50 gift card and she was overwhelmed



with gratitude. A simple thing like a gift card for school supplies gives parents the dignity of providing for their children. With school started, please join us at **Harvest Project** by giving a ‘hand up’ to families like Chloe's. Chloe's parting word's that day were, “I'll be able to pay this forward one day soon.” (Donna Bromley)



CapChurch Men's Retreat Date:

September 30th - October 1st, 2017.
Location: Barnabas Family Ministries located on Keats Island.
Call or email Roger Hardy to reserve. This will be an opportunity to form deeper relationships with God and men at Cap.
Cost is \$190.00 for double occupancy (\$235. 00 for single) which includes the water taxi to and from Keats and all meals. Please don't miss out. Roger_Hardy@worldvision.ca or call 604-922-1175



calendar

events

- Today Kim Pierrot will be speaking on "Recovering our Why"
- today Aster the service: "How Was Your Summer Event?" Pizza, veggies and treats for everyone (including gluten-free).
- Sept 11 "The Spot" for Grade 10-12's from 7:30-8:45 at the Lonsdale Whites Spot.
- Sept 16 Women meet at Edgemont: 9:00am at Café Artigiano, NV
- Sept 16 Kick-off Event for Grade 4-6's from 6:30-8pm at Laserdome Plus on Dollarton
- Sept 20 Young Adults group at John & Erica Colpitts' place from 8-10pm.
- Sept 30 Regent College Conference: 8:30 -4:30pm Our Stories Shape us: History, Faith & Practice of the Indigenous Church in Canada (www.regent-college.edu)
- Sep 30-Oct 1 Men's retreat at Barnabas : 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, 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 team

Kim Pierrot | pastor & elder
 Shelley MacDonald-Lin | worship minister
 Rod Wilson | teaching associate
 John Colpitts |youth minister
 Isa Purcell | youth ministry intern
 Allison Grice | capkids program director
 Joelle Coyle| capkids assistant
 Katrina Nadworny | caplittles sunday leader
 Andrew Chong | worship music coordinator
 Becca Birkner | worship music coordinator
 Suzanne Paterson | sunday morning coordinator

Cathy Adams | bookkeeper
 Lynda Shaw | admin. assistant to the pastoral team
 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



Today's message

"Recovering Our Why"

What gives our lives value and meaning? What's it all for? If we are honest with ourselves, even those of us who find hope in the way of Jesus sometimes have trouble answering that question. I am increasingly convinced that our "why" as individuals and as a community is to embrace and enact the deep goodness of the gospel (aka shalom). Isaiah 61 gives us a vivid picture of communal well-being and flourishing with the Spirit of God as its source. It helps us to imagine what it might look like for us at Cap, empowered by the Holy Spirit, to incarnate the deep goodness of the gospel in our relationships, in our neighbourhoods, and in our vocations. (Kim Pierrot)

This Sunday at a glance

THIS SUNDAY MORNING, Kim Pierrot will be speaking. Andrew Chong & team will lead us in worship.

YOUNG PEOPLE are released part way through the service to their classrooms. Follow the crowd up the stairs to be welcomed 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, John, or Isa about helping out with one of the younger age groups.

For more info, or to be added to our young people's distribution list, please contact john@capchurch.ca