



Come Join Us for FIT FEST - July 12th!

Spiritual, physical, medical and emotional support for our community

By Karen Higgins, M.D.

In our last issue, we introduced our new church motto...“**Taking Sacramento to the King.**” We speak of doing this not only spiritually, but physically, medically and emotionally. Thus, there comes a time when we must do something about the medical disparity amongst minorities and within lower social-economical communities.

What is the Community Need?

There is a tremendous need, especially in high-risk, low-income neighborhoods, for programs that provide an awareness of health care needs through early detection, motivation, education, exposure to behavioral changes, and the engagement of physical activities.

The challenge of providing quality health care to these communities becomes quite apparent; when the stark realities of health care outcomes for African-Americans versus other ethnicities are examined. African Americans are, more than any other population, likely to suffer from more health conditions, get sicker, have more complications, and even die from those complications than any other ethnic group.

In 2013, the Center for Disease Control and Prevention’s (CDC) Health Disparities & Inequalities Report pointed out the following about African-Americans in the United States:

Of the 10 leading causes of death for African-Americans from 2010; the top 5

were heart disease (high blood pressure), cancer (primarily colorectal cancer), stroke, diabetes and obesity. In addition, there are many more health care related disparities in the African American community including higher rates of infant mortality, alcoholism and drug addictions, tobacco dependency, etc.

More locally, according to data provided by the Network for Healthy California, in a 2007 Survey, 76% of African Americans are overweight or obese, compared to 59% for all adults statewide. It was also reported that 48% of African Americans did not participate in the recommended levels of physical activity per week. In California, 23% reported that they did not participate in any leisure type physical activity in the past month.

Through proper awareness, education, supportive and preventative programs, this health care disparity gap can be lessened within our community. Such action takes the form of exposing African-Americans of the importance of a healthy, active lifestyle; and, to developing and implementing such programs that are accessible and meaningful to lower income high-risk African-Americans.

What We Hope to Accomplish

The Capitol City FIT FEST, co-sponsored by the California Black Health Network (CBHN), is an initiative of the Capitol City Seventh-day Adventist Church Health and Temperance Ministry designed to address some of the health challenges our community faces. We want

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Sacramento City-Wide FIT FEST!

Hosted by Capitol City Seventh-day Adventist Church and Members of the CBHN Faith Based Initiative

Sunday, July 12, 2015
2:00pm - 6:00pm

Live music, fun, food, exercise demonstration of the Ready Set Move fitness program and give a ways

- Sacramento Kings youth camp will be present with basketball hoops for the young people
- Car safety demonstration

Capitol City Seventh-day Adventist Church
6701 Lemon Hill Ave
Sacramento, CA 95824

While you attend our Fit Fest enjoy:

- Free Health Screens
- Blood pressure checks
- Blood sugar checks
- Vision and dental screens
- Body fat checks

Educational Tabling

- Medical Information
- Mental Health
- Finance
- Medical insurance opportunities
- Sacramento Food Bank
- Scholarship opportunities

Connect with us:

- www.cablackhealthnetwork.org
- www.facebook.com/cablackhealth
- www.twitter.com/yourcbhn
- www.youtube.com/cablackhealth

If you are interested in becoming a sponsor or vendor please contact:
Veronica Williams / California Black Health Network
 vwilliams@cablackhealthnetwork.org / Tel: 916-333-0613

Come Join Us for FIT FEST!

Spiritual, physical, medical and emotional support for our community
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to give people an opportunity to improve their lives by developing programs that promote health, decrease the risk of disease and improve prevention.

We will start by launching a community wide FIT FEST on July 12, 2015. Major components of the FIT FEST will include:

- Awareness and early detection of chronic conditions through free health care screens for such as blood pressure, blood sugar, body fat and weight; dental and vision screenings; mental health information and many more.
- Educational materials on chronic disease management, cancer, body cleansing and detoxification, money wisdom and much more informational material.
- While you attend our FIT FEST enjoy live music, exercise demonstrations of the Ready Set Move program, food, fun and give aways.
- Health related products will be available for purchase.
- Representatives from the Sacramento Kings youth camp will be present with basketball hoops to entertain our young people and CHP will be present to provide demonstrations of car seat safety.
- Find out information on the Sacramento Food Bank, medical insurance with enrollment opportunities, and information on scholarship opportunities.

To accomplish this major initiative for 2015 we are in need of your help. There are major components to the FIT FEST that ministry leaders have been asked to support. In addition, we are asking church families to support this initiative by donating several cases of water, unwanted clothing, loan your Ez Up tents, help with set-up and break-down and come out to support and have a good time.

Please come and join us for a fun filled active day. ■



READY SET MOVE!
Capitol City
Seventh-day Adventist Church
6701 Lemon Hill Ave, Sacramento, CA
Tel: (916) 381-5353
www.capitolcitysda.org

CBHN
CaBlackHealthNetwork.org

Sundays
August 2nd through October 25
2:00pm to 3:00pm

Free fitness for the whole family.
DanceFIT • StrengthFIT • KidFIT

Join us and get
READY, SET, MOVE!
Co-sponsored by California Black Health Network (CBHN)



(at left) Exercise Instructor Karen Johnson leads out with some aerobic exercise at the Ready Set Move held in the Fellowship Hall at the Capitol City SDA Church.



(below) Senior Pastor Damian Chandler joins in on the floor exercises and helps to motivate participation.



ALL PHOTOS THIS PAGE - PHOTO CREDIT: MICHAEL PARKS

(above) At Ready Set Move, all are welcome, including children, youth, adults and seniors...Everyone is Welcome!

(at right) Ready Set Move is designed to get people in the community access to a free exercise program, but attendance for church members is encouraged!

Visit our website for dates and times:
<http://capitolcitysda.adventistfaith.org/calendar>



Why Sabbath School?

Written by Kathy Whiteside for the Sabbath School Department

While recently watching 3ABN I had the chance to hear an amazing testimony. A young man began to recount how he returned to Christ. As a teenager he began to lead a troublesome life. He was using drugs and became embroiled with a group of people who were committing some violent acts. Deep in his soul he was troubled by this activity and wanted to make a change. This disturbed him so much he decided his life was useless and he should just end it. Why he should deserve to live was the question that plagued him. Soon he found himself

standing in front of a mirror with a loaded gun at his head. With his hand ready to pull the trigger, he suddenly cried out to God; “if you’re there please show me.” At that very moment a scene from his childhood came to his mind along with the song he used to sing as a boy. The song was “Jesus Love Me,” the scene was Sabbath School. He could see himself sitting on the floor, sticks in his hand rhythmically tapping to the song “Jesus Love Me.” This was the pivotal moment that saved his life. How firm a foundation! ■

Reconnecting Members Ministry



Reconnecting Members Ministry hosted a Breakfast Meet & Greet on April 4th and plan to make this a quarterly event.

The story is told of a young girl who grew up Adventist and attended church regularly as a child and teen. She went through some troubled times and decided to take a weekend off from church so she could pull things together. Well, one week turned into a decade. Then one day the Holy Spirit spoke to her heart and convicted her that she needed to go back to church. So the next Sabbath she went to church, parked, but she couldn’t get out of her car. The evil one was working overtime at that moment pointing out her sins and telling

her how she did not deserve to be in the Sanctuary with all those perfect people. The girl pulled out her bible and prayed then she started the engine and drove away. This happened several more times but then she confided in a friend about her experiences. The next Sabbath both of them went in together to worship God and enjoyed the welcome home. There may be many like this young girl. I would like to invite you to be supportive of our missing members and help in the process of bringing them back home. — CAROL HERBERT ■

THE CONNECTION

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This newsletter is available on our church website:

www.capitolcitysda.org

If you have problems finding it, please call 916.635.7317

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Deadline to submit articles for the next issue - 3rd Quarter, Fall 2015:

September 1, 2015



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Drunk in Public

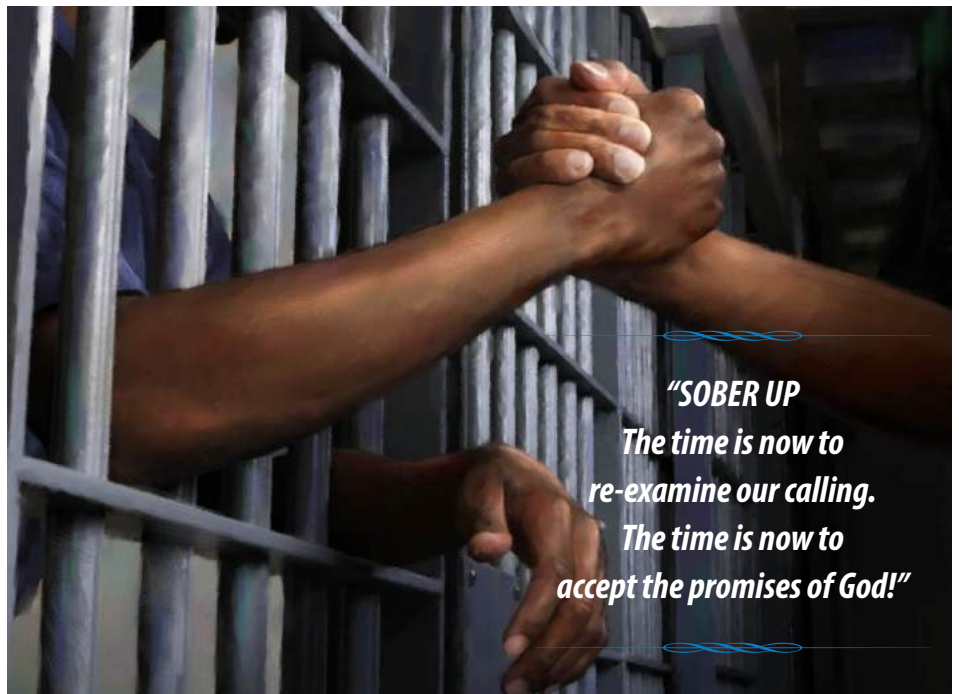
(647f Penal Code)

By Shawn Williams

The time was 11 PM (2300 hours), and I was working as a new deputy sheriff assigned to the old Sacramento County Main Jail. The old Main Jail was widely known as a “throw back” facility, meaning the structure still had community housing tanks with iron bar doors – like those you would see on an old western movie. The aesthetics were not the only reason for the “throw back” label; deputies who worked at this facility were tough, and unyielding. Additionally, the prisoner occupancy rates far exceeded the intended capacity.

While processing incoming prisoners in the booking area, I heard a loud voice coming from the “drunk tank” saying, “Shawn, get me out of here.” I looked and saw Steven, an old buddy, pounding on the inside window of the “drunk tank.” Steven had bloodshot eyes, and was unsteady on his feet; he had been booked into jail for being “drunk in public.”

I opened the tank door and spoke with him briefly. I told him to calm down, and that I would be back for him. Steven stated that he understood and I closed the door. The “drunk tank” was generally for those prisoners who needed to sober up before being released. Typically, no criminal charges would be filed if the offense was simply, “drunk in public,” as was the case for Steven. However, there was one major problem, Steven was not sobering up. As soon as I closed the “drunk tank” door, and walked away to speak with my supervisor, I heard Steven screaming and pounding on the window with his fist. I quickly learned from my supervisor that several officers had advised Steven about his conduct, but he simply continued to pound on the window and scream at anyone who would listen. This night, there would be no early release for Steven; in fact, his hands and feet were bound and he was shackled to the “drunk tank” floor. A football helmet was placed on his head to prevent self-injurious behavior.



“SOBER UP
The time is now to re-examine our calling.
The time is now to accept the promises of God!”

Several months later I ran into Steven on the streets and I asked him, “Why didn’t you wait for me to speak to my supervisor, and try to get you out?” Steven’s response was, “It seemed like you were gone for a long time”. I was very puzzled by his response. I told Steven, I was only gone for a few minutes when you started screaming and pounding on the window again.

I later began to process what Steven was saying to me. Steven was saying, in his own way, that he did not really believe that I would return for him. He did not believe that I would try to secure his release. Maybe Steven was disoriented as a result of his intoxication. Either way, Steven resorted to working his own way out of jail. Unfortunately, his way made things worse. Steven had an advocate to help plead his case, but to no-avail, because of his unbelief.

As Christians, often times, we are just like Steven. We have an advocate, Jesus Christ, who has secured our release from a death sentence, but to no-avail, because of our unbelief. We sometimes lose faith in the promises of God, and begin to behave foolishly. Luke 12:45-46 states, “...if that servant say in his heart, *My lord delayeth his coming; and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken; The lord of that servant will come in a day when he looketh not for him, and at*

an hour when he is not aware, and will cut him in sunder and will appoint him his portion with the unbelievers” (KJV). The servant in this story perceived that his lord’s return would be delayed, and as a result, he began to abuse his colleagues. Remember Steven, as soon as I departed, he began screaming and banging on the door to be released.

Church family, we must not grow impatient regarding the return of Christ. Jesus will return and take us home. Jesus has not been gone that long. II Peter 3:8 tells us that, “...one day is with the Lord as a thousand years, and a thousand years as one day” (KJV). Listen to what Jesus stated in John 14:1-3, “*Let not your heart be troubled: ye believe in God, believe also in me. In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also”* (KJV).

We must understand that our unbelief has eternal consequences. Do not become intoxicated with the things of this world. It is a crime to be “drunk in public.” Sober up! The Lord is soon to return. Look at the signs of the times. The time is now to re-examine our calling. The time is now to accept the promises of God! The time is now to “**Take Sacramento for the King!**” ■

Appreciation Tribute & Farewell to Pastor Trevor & Jasmine Barnes

June 20, 2015



Area Student Shows Plenty Of Heart

U.C. Davis' Matthew Culberson Tackles Biochemistry and Molecular Biology Following Challenging Upbringing

By Genoa Barrow, OBSERVER Senior Staff Writer

The Observer Newspaper, Urban Living May 7-13, 2015 Issue, reprinted with permission

His future wasn't always as bright as it is now, but UC Davis sophomore Matthew Culberson is a shining example of how hard work and determination can change one's outlook and life trajectory. Culberson, 19, is on a path to graduate from UC Davis with not one, but two degrees in academically rigorous subjects: Biochemistry and Molecular Biology. His goal is to become a doctor, scientist and science teacher.

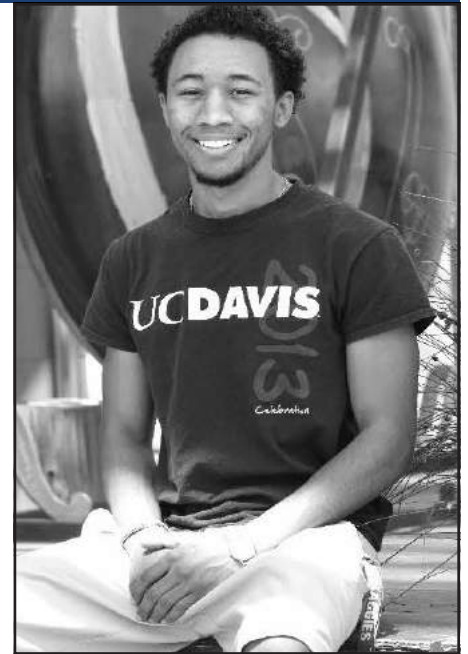
A few years ago, the only thing Culberson — who grew up in Stockton and Compton — saw for himself was gang activity and petty drug dealing.

"I lived in the roughest parts and I made it out," he said.

Any time he runs into people who knew him around the eighth grade, he says they're surprised at how his life turned out — that he has a life to speak of at all. *"They say, 'We thought you were going to be dead or locked locked up, you were that crazy back then,'"* he shared.

Culberson credits his mother, Ambria Alston, for putting him on the right path, saying as a single parent, she "sacrificed everything" to secure a better future for him.

"I went into panic mode," Ms. Alston said of seeing her son get involved with a neighborhood gang. *"I saw him making bad choices and I prayed to God on what to do with him."*



After a rocky childhood, Culberson has turned his life around and is focused on a career in science and medicine. After his undergraduate studies, he wants to attend medical school in Davis, Loma Linda or Stanford.

"I knew if I didn't get him out of Stockton, I was going to lose him," said Ms. Alston, now a middle school teacher.

Culberson eventually went to live with his father in Compton for nine months. Seeing his father's "lifestyle," Ms. Alston said, was enough to finally convince her young son, he didn't want the same negativity for his life. She later enrolled him at Elk Grove's Laguna Creek High School and commuted back and forth from Stockton every day so he could attend his senior year there.

Culberson admits he wasn't the "nerdiest kid in school" and was largely unfocused until his junior year of high school. It was also in the 11th grade that his interest in medicine peaked, after being diagnosed with Gastroesophageal reflux disease — known by the acronym GERD — a digestive disorder he says "feels like a heart attack."

"I've always had a keen interest in the body and how it works and how I could cure myself without meds," Culberson stated. His mother also shared that he was previously diagnosed with ADHD and was on medicine for it until he was 8 years old.



Despite facing difficulties as a single parent, Ambria Alston says the sacrifices she's made for her son's future are well worth it. She often texts him with the simple message, "Keep God first and stay focused."

While the GERD is now under control, dealing with the disease has had a lasting impact on Culberson.

“I didn’t see any Black physicians and I questioned that,” he said.

The lack of people who look like him is also an issue he’s come across at UC Davis.

“We’re the minority. You don’t see yourself often and that in itself creates division,” he said.

Culberson says he hasn’t met any African American professors in the sciences and that there are only “two handfuls” of African Americans in his fields of study. Many often switch majors, he says, due to their difficulty. Culberson is a member of the Black Community of Science, which meets weekly on campus in an effort to build a strong community/ alliance among the Black students and faculty involved in the Biological Sciences. He calls the interaction extremely important.

“It’s a feeling of family,” he said.

He and several others are using their science and engineering knowledge to create a mobile device application, the #Black-AggiesAPP, that will help connect African American students and faculty to each other and to much-needed resources.

Having grown up in Stockton and Compton, Culberson said he’s already seen African Americans isolate themselves and doesn’t want to see that at UC Davis.

“I thought, ‘How can I use what I learned in the ‘hood and apply it to a university setting?’ Gangs stick together, so I thought, ‘How can I have the community at UC Davis stick together?’” he shared.

When it comes to academics, Ms. Altson says her son is “self-driven.”

She also shared that her son’s first time in college was at age five when she had to take him to her classes at Fresno State University when she didn’t have child care.

“That may have had an impact on him,” she said.

In addition to his full class load and hours spent studying, Culberson is a member of UC Davis’ boxing team and makes time to speak to young people at area schools. He doesn’t shy away from telling his life story or sugarcoat what it takes to succeed at UC Davis.



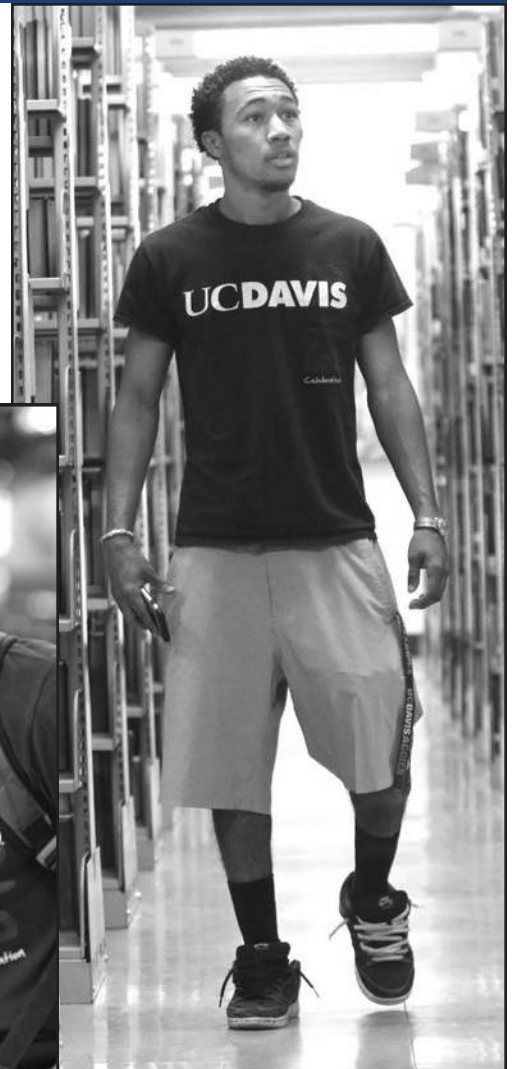
Culberson is working with other UC Davis students and alums to create a mobile app that will connect Blacks at the university.

“First and foremost I have to be real with them,” he said.

“I let them know it is challenging, that it’s really, really difficult and may seem unbearable. But I tell them, ‘I’m doing it and my mentor did it before me.’”

African American students, he said, seem receptive because of his open and honest approach.

“I know their struggle and I know this struggle,” he said of growing up in low-income areas and of being in college.



He has a grueling course load, but 19-year-old, double science major Matthew Culberson says he feels privileged to attend UC Davis.

Culberson’s short-term goal is to work and “give back” at the Imani Clinic, run by UCD students in Oak Park. His long-term goal is working in an emergency room setting, conducting research and working as a science teacher.

This week, Culberson will be presented alongside other area young people with a scholarship from the Sacramento Area Black Caucus (SABC) during its “To Be Young Gifted & Black” annual recognition dinner. Culberson is a previous recipient and says the funds, and others he won from local fraternities, are helping him realize his dreams.

“I would not be able to be here (at UCD) without those scholarships,” he shared. ■

Senior Spotlight – Edward Lee Harvey, Sr.

By Dorothea Simmons

What Is Your Favorite Childhood Memory?

“My favorite memory growing up is playing baseball. I started playing before I left Richmond, I was ten. I played Young American Little League, Babe Ruth, American Legion team, and I played semi pro.”

“In high school I made the All Conference Team, those were the best players in the league. I made it 2 of out the 3 years. Out of the starting nine on my American Legion team, eight of them signed professional contracts. Joe Morgan, of course he is in the Hall of Fame, Rudy May, he pitched for the California Angels, Willie Stargel, I ain’t never seen nobody hit a ball a far as that boy hit it! Tommy Hopper, he played for the Cincinnati Reds, and I knew Frank Robinson and Vada Penson. Seem like we had a lot of Hall of Famers in our little circle. That’s all I can think of right now.”

What Semi-Pro Teams Did You Play For?

“I played for the San Francisco Giants and Oakland A’s.”

Are You A Giants or A’s Fan?

pause...“I’m just a fan of the game!”

What Position Did You Play?

“Center field, and I could go get ‘em during that time, if I have to say so myself. I might as well say so, because I can’t do it no more.”

Did You Attend College?

“Yes, Merritt College and from there I went to Pacific Union College, I spent 4 years there, then I got a call from Southern California Conference.”

Did You Receive Your Theology Degree From PUC?

“Yes, BA in Theology, after that I went to Andrews University. I spent a year internship at East Palo Alto Seventh-day Adventist Church and Seaside SDA Church and then off to Andrews Seminary School for two years, graduated with my Master of Divinity, that was in 1975.”

“Then after I graduated from Andrews they sent me back to East Palo Alto as the Senior Pastor, that was in 1976. In 1977 I held an Evangelistic Crusade with Elder L.D. Baker, he was out of Riverside. In conclusion of that crusade we Baptized 118 and people. We doubled the membership.”

How Long Was The Crusade?

“The series ran from March or I think April and ran until June, after L.D. Baker left, it ran another month, until about July. We ran about 4 or 5 days a week. You know the old timers, they didn’t play around, you had to give people a chance to hear the message, then to accept it, then baptize them, not the other way around.”

How Long Were You At East Palo Alto?

“I was there January 76-78. And then after that they moved me to Southside Bakersfield. We had a crusade there my first year, and we baptized 40. That was in 1979-80.”

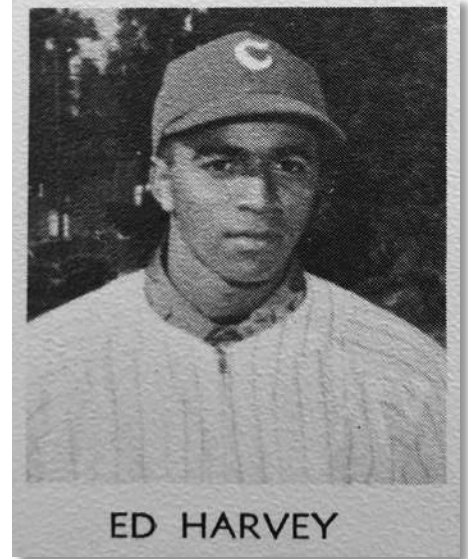
Where Did You Finish Your Ministry?

“I finished up at Southside. What happened there was, I kind of got big headed. I said I must be pretty good, I’m doing all this, the Lord is blessing me. Then after a while you start thinking you become the Lord, and so as a result I had some problems and had to resign. That was in 1981. After I retired from the Adventist ministry, I just started floating around. I went to the Baptist, that was the first church. Then I moved from Bakersfield to the Bay Area and started going to the Presbyterian church, and then I went with St. Andrews African Methodist Episcopal church. I spent 20 years there as an Interant Elder. The old saying “you can try all the rest, but you still have to come back to the best.”

Did Your Message Change?

“No, not really, because all I knew was Adventism. Once you got the truth, how are you going to improve on it.”

“At the A.M.E. church we would read the Decalogue every Sunday, and the Lord would say “Son, aren’t you ready yet? Haven’t you had enough yet?”



“I said, why am I reading this and know I’m not doing this. And so I called for the pastor. When he came over, I said Pastor, I’ve got to go.” He said “what’s the problem?”

Well, we read the Decalogue every Sunday and the Bible says remember the Sabbath day and keep it Holy, I ran through all of that.”

And he said “Ed, it doesn’t matter what day you keep, just as long as you keep one.”

I said “then why does it say in six days He labored and on the seventh day He rested? And then He told us to remember it,” (God knew we would dutifully forget it.)

“The pastor didn’t even try to convince me, because he had nothing to convince me on, so he left. It was the Sabbath.”

“By the next Wednesday I was here at Capitol City. I strolled in with my little walker and said “I’m home.” That was in February, and by March 5th my wife and I were baptized. She was baptized, I was re-baptized, 2010. In fact, September 16th will be our twentieth anniversary, and on September 18th will be my induction into the Bible Hall of Fame. I will be 70 years old, my three score and ten. I didn’t make the Baseball Hall of Fame, but I made the Bible, and that’s better. This has potential for going on forever, baseball was going to require retirement.”

Did you Know...

Capitol City SDA Church has had a coed softball team for the past 10+ years?

Our team played on Tuesday nights and the team had an outstanding season this year. We had a 3 win, 5 loss season with several close games. We were ahead in the playoff games 7 to 2 and lost 8 to 7 in the final inning.

Antwan Padilla is the Athletic Ministry Leader and Marcus McGhee coached the team. The team players included:

Jermaine Erby
Rochelle Holman
Quentin Hunter
Phillip Mathews
Marcus McGhee
Antwan Padilla
Shanae
Dorothea Simmons
Valea & Mom
Marcel Verrett
Larry Young

We look forward to next season and invite all those who would like to play to contact Antwan Padilla.



Back row (left to right): Altalita Miller, Yolanda Johnson, Angela Osayande, Tuneday Osayande, and Ilarion Johnson
Front row: Bro. Edward Harvey Sr., Sis. Ayda Harvey and pet KiKi

“I just got back after a 25 year hiatus. Hey, you get out there, and it’s a maze, you can’t just walk back. The devils going to make you go through a whole lot of stuff in order to get back. Much of it is your own creation. But God says, “I’m waiting.” Like the prodigal son, I got my fatted calf and my new robe. What more shall I say!”

What Is Your Wife’s Name?

“Ayda. She has been my backbone. As long as I have known her, whenever the church doors are open, she will write out a check and she is serving her God with the talent she has. That is what I learned from her. In fact, every Sabbath, I have to

make sure her seat belt is on, because she is accustomed to when she sees the piano unoccupied, she will want to stand up and walk around and get on the piano and start playing.”

Do You Have A Favorite Scripture or Song?

“My favorite scripture is I Timothy 3:16 and my favorite song is “He Lives.”

Anything Else You Would Like To Say About The SDA Church?

“All I can say, is being away for so long, how much more I appreciate the bible and the Spirit of Prophecy. I’m just glad to be home.” ■

Kid's Photo Project

By Stacey DeRossett, Photography Ministry Leader

I once had a dream that when I grew up I would become a photographer who would travel around the world, taking picture of all kind of people, animals or maybe even become a storm chaser! When I was a young girl about 10 years old, I was about to take a group photo of my family and friends, when a family member crushed my dream by taking away my small little camera (you know the kind with the old flash cube attachment) and they decided to take the picture instead. I started crying and that family member turned around and took the picture of me crying. That picture has haunted me for a long time. But now I look back on that experience and want to help children find their creative energy and I feel that through photography this can be done.

The proposed Kid's Photo Project, hosted by the Capitol City SDA Church Photography Ministry in cooperation with the Children's Ministry, Youth Ministry

and Pathfinders, is mainly geared toward children 10 years to 17 years; but, we are encouraging parental participation as well. Children excel when they know that they have the support of their parents. We are hoping that the participants will obtain the skills needed to operate a digital camera, using it to the best of their ability. They will learn how to present their photos in an artistic presentation or may just learn how to take professional looking portraits. The guest presenters and instructors will help guide the creative thinking process and give the children the potential opportunity to become well-known artist or photographer one day.

The Kid's Photo Project will meet on various days during the summer and fall months and we would also like to plan possible field trips to different venues to enhance the quality of learning. There will also be a contest at the end of our program session. The members of Capitol City SDA



Church and surround community will be invited to the Kid's Photo Project Gallery Exhibit to vote on best display, winners will receive a prize.

As plans continue to develop and we can provide you with a schedule, it will be posted on our website and in the church bulletin. We are excited to work with the youth, mentoring them and sharing our skills and talents with them, but most of all, giving glory to God through this project. If your child or young adult is interested, please email stacey.derossett@yahoo.com, call (916) 548-0174 or see me after church. May God Bless you. ■

STAND UP

MEN'S CONFERENCE 2015

"Commitment"

SHOW ME TEACH ME CHALLENGE ME

Hosted by the Men's Ministry
CAPITOL CITY SEVENTH-DAY ADVENTIST CHURCH
Damian Chandler, Senior Pastor
6701 Lemon Hill Avenue, Sacramento, CA 95824 • 916-381-5353 • www.capitolcitysda.org

July 17-19

FRIDAY NIGHT

★ For Men Only - 7:00 pm

SATURDAY

★ Sabbath School - 9:30 am

★ Worship Service - 11:00 am

★ Workshops - 3:30 pm

★ Men's Night - 8:30 pm

SUNDAY

★ Challenge Me Hike - 6:00 am



KEYNOTE SPEAKER

Minister Ronnie Vanderhorst

Co-Founder of
Prepare Our Youth, Inc.

Welcome Our Newest Church Family Members Baptized June 6th!



Nadine Donaldson



Melody Donaldson



Geno Scott



Aryn Hill



Alia Hill



Loriani Ceinaturaga



Sophia Cordova, Sabella Cordova & Melisa Mitterwald



Corben Wilson

★ NEXT BAPTISM: SABBATH, SEPTEMBER 5TH

If you are interested in baptism? Come join our next baptismal class, starting on August 1st.

★ TWO WAYS TO ENROLL/REGISTER FOR BAPTISMAL CLASSES:

(1) Check the option on the alter call **Decision Card** ; or (2) Call the church office at **916-381-5353**.

Event Calendar

JULY

July 5 Sister Tanzy Chandler
Birthday Celebration
1:00 pm

July 12 FIT FEST / Health Fair
2:00 - 6:00 pm

July 17-19 Men's Conference

AUGUST

Aug. 1 Communion Sabbath

Aug. 1 Baptismal Classes –
“Starting Point”

SEPTEMBER

Sept. 5 Baptism

Sept. 26 Homecoming Sabbath

Sept. 27 Church Picnic

How to get announcements into the church bulletin:

Email announcements to
church secretary / office manager
at the following email address:

announcements@capitolcitysda.org

ALL announcements need to be emailed
no later than Tuesday at 2:30 pm

All other email,
including requests to reserve rooms
or dates, should be sent to :

office.manager@capitolcitysda.org

SAVE THE DATE

E.G. WHITE ON . . .

Prayers for the Sick

Provided by Giwania Banta

Excerpt taken from "TESTIMONIES FOR THE CHURCH," Volume 2, page 148

"What God promises He is able at any time to perform, and the work which He gives His people to do He is able to accomplish by them. If they will live according to every word He has spoken, every good word and promise will be fulfilled unto them. But if they come short of perfect obedience, the great and precious promises are afar off, and they cannot reach the fulfillment..." "If we regard iniquity in our hearts the Lord will not hear us. He can do what He wills with His own. He will glorify Himself by working in and through them who wholly follow Him, so that it shall be known that it is the Lord and that their works are wrought in God...When we come to Him we should pray that we may enter into and accomplish His purpose, and that our desires and interests may be lost in His. We should acknowledge our acceptance of His will, not praying Him to concede to ours. It is better for us that God does not always answer our prayers just when we desire, and in just the manner we wish. He will do more and better for us than to accomplish all our wishes, for our wisdom is folly..."

CAPITOL CITY SEVENTH-DAY ADVENTIST CHURCH

Married Couple's Retreat 2015



THE CLIFFS
RESORT

www.CliffsResort.com

November 13th - 15th

First workshop begins Friday evening at 6:00 PM

Includes 4 Workshops and a Special "Date Night"

The Cliffs Resort — Pismo Beach, California
2757 Shell Beach Road, Pismo Beach, CA 93449
Visit www.CliffsResort.com for [Virtual Tour!](#)

COST: \$499 if paid by July 1st (early bird payment)
— After July 1st pay \$550

Includes: 2 night stay, breakfast on Sabbath, and Sunday and Sabbath lunch

Deadline for Payment: September 15, 2015



PRESENTERS:

PASTOR DAMIAN & SIS. TANZY CHANDLER
Senior Pastor & First Lady — Capitol City SDA Church

PAYMENT: Make checks payable to "Capitol City SDA Church for (Couple's Retreat 2015)." Mail payment to Capitol City SDA church at P.O. Box 245156, Sacramento, CA 95824. Payment can also be made online through "Online Giving" at <http://capitolcitysda.adventistfaith.org/online-giving-options>.

For more information or for questions, please contact Joe & Wendy Erby at josepherby@sbcglobal.net or call (916) 412-6684. Please note: Space is limited, so make your reservation soon!