



Generous People

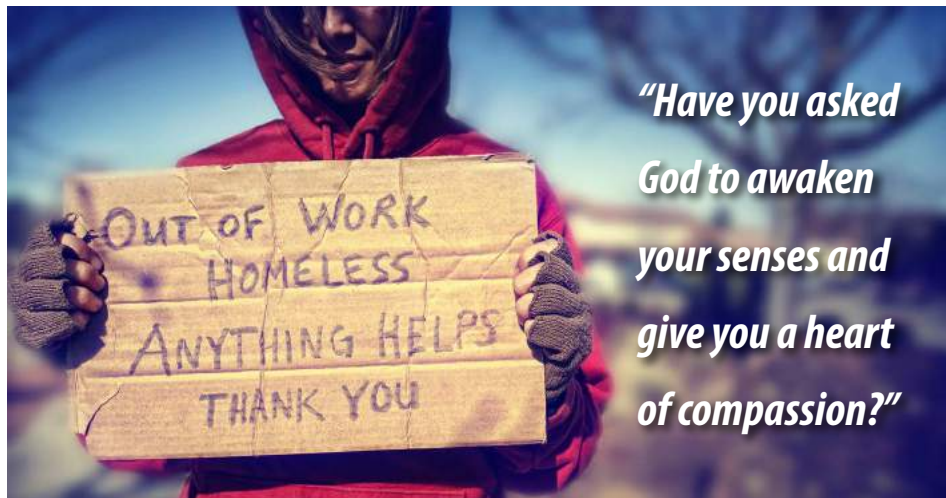
By Damian Chandler, Senior Pastor

Psalms 90:10 is one of the most famous promises of the bible. It is the promise that has made popular the phrase “three score and ten.” In it David declares that for most of us, we are guaranteed about 70 years and to those who go out for a jog and say no to super sizing those fries, 80.

When you think about it, 70 years is a mighty long time. That is 25,550 days. 613,200 hours. 36,792,000 minutes and as to the number of seconds more than my simple calculator’s screen could display. 70 years is a lot of time. Its a lot of time to use. But it is also a lot of time to waste.

Many people have cashed in on this gift of longevity without realizing that with it comes responsibility. See, those 70 years that I was promised came with the expectation that the world in which I lived them would be a different place by the time my minutes were through. For if the world never changed because of my “three score and ten,” what a waste of “three score and ten” that would be.

Unfortunately, that is exactly the case for many of us, particularly those of us who don’t take time to think about how we plan to use this gift. It slips through our fingers, sits like forgotten leftovers waiting to be thrown away. What we don’t realize is that though 70 years is a lot of time, 70 years is no time at all when it is not valued. Ask someone you know how fast the years have flown. What was a decade



“Have you asked God to awaken your senses and give you a heart of compassion?”

ago—seems like just last year. And what was last year—seems like just yesterday. If we don’t decide how we will spend our time, it will spend itself and we will find ourselves having used our 70 years, without ever achieving its purpose.

Because I know that you want to be a good steward of the gift, I would like to suggest 3 areas which you should consider when thinking about how to spend your time.

ON GOD

There is no better investment of time than to invest it in your relationship with God. After all, if He is the one who gave us life, He is probably also the One who best knows how to live it. Make sure you are taking time regularly to plug into Him, remembering that if you are not intentional about it, there will always be reasons not to do it. In this thing be stubborn. Don’t allow life’s business to steal you away from the one thing your soul truly needs.

ON YOU

This might sound odd to some. Isn’t this what selfish people do? Let’s correct some twisted thinking real quick. Selfish people are not those who spend time on

themselves. Selfish people are those who spend ALL their time on themselves.

But don’t let the fear of selfishness corral you into the sin of self neglect. Schedule some time to take care of you. To improve you. To try something new. The world will be a better place because you are a better you.

ON OTHERS

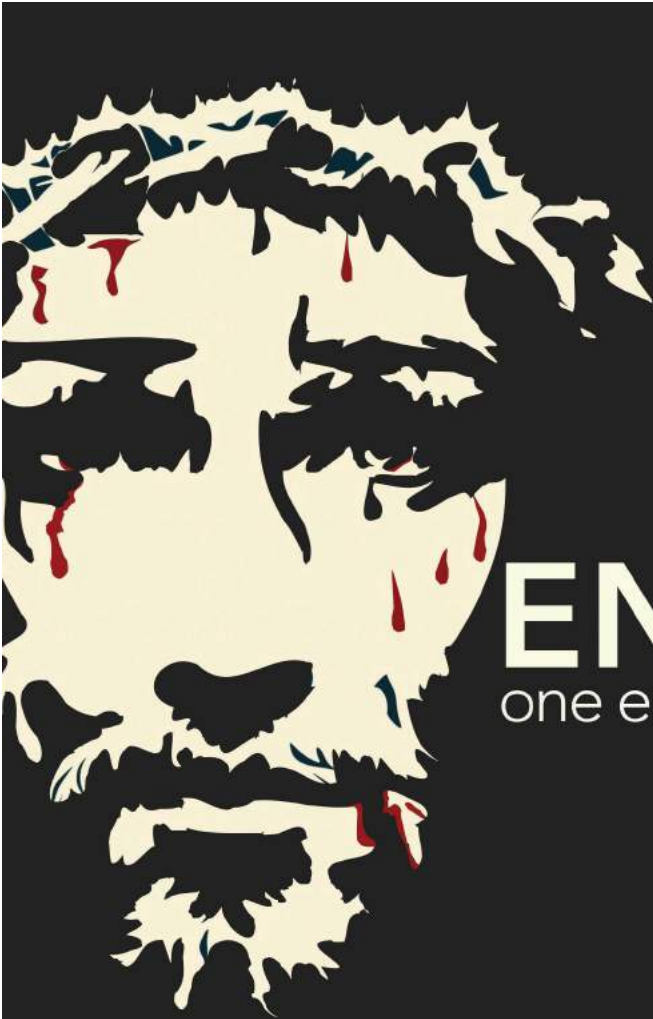
Though spending time with God is amazing and time on ourselves needful, our lives would be for naught if we did not spend some time serving others. For many of us, we have allowed ourselves to grow numb to the hurts and pains around us.

We must ask God to awaken our senses and give us hearts of compassion. Hearts that will not be quietened until we spend our lives impacting the lives of others. Ask God to give you a compelling mission. One that you cannot shake. And then spend your “three score and ten” making someone else’s life better.

With this in mind, I am asking you to partner with us in doing just that. We want to flood our communities, the places where we work and the schools

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SERMONSERIES
March - April



ENCOUNTER

one encounter changes everything

CapitolCitySDA 6701 Lemon Hill Ave . Sacramento . CA . 916 . 381 . 5353

Generous People

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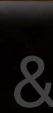
we attend, with the love of God. Love that is felt through service. As a church, we are asking our members and partners to join us in the 10,000 Hour Challenge. We are asking each of you to prayerfully consider pledging some of your time to serving someone else through volunteering at a local organization or doing acts of kindness. Keep track of it and at the end of the year we want to have together given back to God, 10,000 of the hours of the time He has promised to us.

And so I invite to think deeply about your life and how you will spend it. Join us. Be a part of the movement of **#generouspeople**.

CROSS CONNECTION

THAT THEY MAY KNOW

JOINT COMMUNION SERVICE
GOOD FRIDAY MARCH 25
Ordinance of Humility 6:30 . Communion Service 7:00pm



LAST
WORDS
of Jesus Christ

Join us as churches from around the Sacramento region unite to celebrate the greatest gift ever given. Powerful sermons based on the seven last sayings of Jesus and anointed music from combined choir of participating churches. On this night we will reflect on His sacrifice and recommit to His service and reconnect thru His love.

6701 Lemon Hill Ave . Sacramento . CA . 95824 . 916 . 381 . 5353

THE PASTORS' CORNER

“My Thanks!” or “My Things?” Psalms 50:10-14

“..Offer to God a sacrifice of thanksgiving..”

Written by Chanda Nunes, Associate Pastor



Have you ever had an experience where you helped someone out with something? Not just any old regular help, but you had to go out of your way to help them and it cost you time and money? And when it was all over, and you were finished helping them, they forgot to say, “thank you”?

I am sure if it has happened to you at any time in life (and trust me, it will happen) that you were more than a little bothered, and you probably even said to yourself that you would never help them ever again (I hope you didn't). But when the rubber meets the road, it's only human to be bothered when we're not appreciated for what we do.

As we read the Bible, we will notice that God has a big problem when we do not live a life of thankfulness. It's easy for us to accept His blessings, and experience His grace and bask in His mercy, and not thank Him for it. In Psalms 50, God says to His people that He would prefer the sacrifice of 'thanksgiving' over animal sacrifices and other things. God wanted their thanks more than their things.

Everything we have belongs to God. So when we give it to Him, we are just returning what we borrowed. But thanks... that comes from the heart! And that is what God really wants, our heart. 🙏

THE CONNECTION

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This newsletter is available on
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If you have problems finding it,
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**Deadline to submit articles for the
next issue - 2nd Quarter, Summer 2016:
June 1, 2016**



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Being of Service

Christ leads by example.

By Mission Ministry Council

In our last issue of *The Connection*, Pastor Chandler challenged us to "... give our mantra 'Taking Sacramento for the King' legs as we seek to make an impact on our city starting right on our street, Lemon Hill." He further stated that, "If we are going to make an impact on our world, we must first start in our city. And if we intend to make an impact on our city, what better place to start than on our street."

The Mission Ministry Council is pleased to announce the rebirth of our much-needed Community Services Department on Monday, April 4th. We have plans for many "...volunteer opportunities geared toward stoking the spirit of service in the hearts of every member of our church family," as Pastor Chandler stated.

Our council consists of a group of very dedicated members, who have been brought together to help minister to the people in our community and city.

Mission Ministry Council Members include:

- Dorothea Simmons – Council Leader and 10,000 Hour Challenge
- James Simmons – Drive-Thru Live Nativity
- Myrtis Brown – 10,000 Hour Challenge
- Vicki Cody – Community Forum and CCSDAC Open House
- Elders David & Nola Grice – Provide support and guidance to Mission Ministry Council
- Elder Jeanice Warden-Washington – Religious Liberty
- Lori Watkins – Church Family Resources (CARES Ministry)
- Tim White – Community Services and Loaves & Fishes Leader

Christ lead by example when he washed the feet of his disciples in John 13:1-14:7.

MISSION MINISTRY PROVIDES OPPORTUNITIES FOR MEMBERS TO SERVE THE COMMUNITY AND CHURCH FAMILY.

Year of Service

Ten Thousand Hour Challenge for 2016



HOW MANY HOURS WILL YOU PLEDGE?

#GenerousPeople

He tells the Parable of the Good Samaritan (Luke 10:25-37)—where he shows us that we should love, care and show mercy even to those we do not know. In Hebrews 6:10 He says, "For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister."

For other examples of service, also read Galatians 5:13, 1 Peter 4:10, and 1 Samuel 12:24. Being of service makes a wonderful Sabbath afternoon Bible study.

Please join, support and pray for us and with us, as we minister to our community and city, going forth in this Year of Service! 🙏



Saturday
March 26th
 11am

“Miracle Sabbath”

A CELEBRATION OF OUR RISEN SAVIOR

Capitol City SDA Church
 Sacramento, CA

Damian Chandler, Senior Pastor • Chanda Nunes, Associate Pastor

6701 Lemon Hill Ave., Sacramento, CA 95824 • 916-381-5353 • www.capitolcitysda.org



Mission Ministry Calendar

MARCH

- 6 - Loaves & Fishes..... 10 am - 12:30 pm
- 26 - Cake Day

APRIL

- 3 - Loaves & Fishes..... 10 am - 12:30 pm
- 4 - Community Services..... 10 am - 2 pm
- 11 - Community Services..... 10 am - 2 pm
- 18 - Community Services..... 10 am - 2 pm
- 23 - Cake Day
- 25 - Community Services..... 10 am - 2 pm
- 30 - Sidewalk Sabbath

MAY

- 1 - Loaves & Fishes..... 10 am - 12:30 pm
- 2 - Community Services..... 10 am - 2 pm
- 9 - Community Services..... 10 am - 2 pm
- 16 - Community Services..... 10 am - 2 pm
- 23 - Community Services..... 10 am - 2 pm
- 28 - Cake Day
- 30 - Community Services..... 10 am - 2 pm

JUNE

- 5 - Loaves & Fishes..... 10 am - 12:30 pm
- 6 - Community Services..... 10 am - 2 pm
- 13 - Community Services..... 10 am - 2 pm
- 20 - Community Services..... 10 am - 2 pm
- 25 - Cake Day
- 27 - Community Services..... 10 am - 2 pm

Prayer Requests

Condolences to those who have lost loved ones. Let's continue to pray for them and their families:

- Family of Darlene Hamilton
- Karone Jackson who lost her brother
- Phillip Mathews whose sister passed away recently
- Family of Bill McMurray
- The Fijian Community - Cyclone Winston category 5 destroyed a lot of the Island of Fiji

Please also remember all of our online website visitors who have requested prayer:

- Jonathan Ashbeck
- Lawrence Fulton
- Ki
- Margaret Moore
- Brenda Morris
- Oleg Brudnyy
- Luis Vanegas
- Venkatananda Prithviraj
- Theresa Caron
- Pam
- Phil Chavez
- Cherri
- Linda
- James Robertson
- Frances Saso
- Charles Wright
- Danielle
- Rodney Williams
- George Pierce II

International Day

FEBRUARY 27, 2016

By Carol Herbert

International Day is a major day of the celebration of Nations at our church. This is the day that all nations who worship in our congregation, including our guests, get to display their cultural food, wear their native garments and parade with their countries' flags.

This year we had over twenty countries participating in the Parade of Nations. What a beautiful sight it was as we watched all Nations parade to the song, "Love in any Language." Praise God for our Nations! Following the Divine Worship service, we had a taste of the special dishes from more than twenty countries.

New this year's celebration featured an international musical in the evening with guest speaker Lecia Brooks from the Southern Poverty Law Center, who spoke on "Social Justice, Fighting Hate, Teaching Tolerance, and other legal areas that seek justice on behalf of the public." It was a full day and very rewarding.

There are seven continents and our congregation had representation from five of them at our International day 2016. We were blessed to have members and/or visitors from Africa, Asia, Central America, Europe, North America, South America and the Caribbean.

Once again, I would like to thank all those who played a part in this day. With your support you made the day fun, enjoyable and one to remember. God Bless each of you!

SPECIAL SURPRISE!

If anyone in our congregation can name all the countries from the five continents, which were represented at International day 2016, please write the countries on a paper and give the answers to Sister Carol Herbert. You have two weeks after this newsletter's distribution to turn in your answers. The winner will be notified and gift will be delivered to the winner. Thank you in advance for participating in this surprise. 🍀





Sugar: The Sweet Thief of Life

Simple steps to take control over sugar addiction.

By Tenesha Thomas, RN



I was crying out for help but no one seemed to notice. I was smiling, playing, being funny but I was trapped in suicidal mode. I was killing myself with the very thing that most people use for life. I hated it, yet I loved it. I couldn't stop using it. The more I had it, my desire for more intensified. I wanted to walk away sometimes, but I kept going back to the very source of pain --- my gain. I had some small victories but this cyclic addiction just simply resurfaced before I even realized it. We are at square one again, oh no, I just lost it. And that was the story of my life --- all my life--with sugar. No wonder, a highly cited study in the journal "*Neuroscience & Biobehavioral Reviews*" found that sugar—as pervasive as it is—meets the criteria for a substance of abuse and may be addictive to those who binge on it. It does this by affecting the chemistry of the limbic system, the part of the brain that's associated with emotional control. The study found that "intermittent access to sugar can lead to behavioral and neurochemical changes that resemble the effects of a substance of abuse."

Working in the hospital everyday as a Registered Nurse, I've seen sugar ravished the lives of many. Sugar is deadly. It is a terrible poison that feeds cancer cells and is the root cause of many of the sickness and diseases that we battle each day. I've also seen the reverse of what happens when someone stops eating sugar or have only minimal amounts---they live! Cancer cells dry up and diseases disappear! Though sugar in some form is

naturally present in many foods, by itself, it contains:

- no nutrients
- no protein
- no healthy fats
- no enzymes

According to the journal of Clinical Investigation, naturally contained sugars in fruit and vegetables are balanced by the fiber, vitamins, enzymes and other properties of the fruit/vegetable which slow sugar digestion and help the body deal with it more easily. Processed varieties, on the other hand, provide none of these benefits and instead create harmful effects of sugar in the body, such as stressing the liver, increasing bad cholesterol and triglycerides, contribute to Leptin Resistance (and then weight gain, cravings, sleeping problems, etc), diabetes and many forms of cancer.

How could I know all of that information and yet I was held captive by something I know was that deadly? Almost everyone who smokes knows the effects! Having the knowledge that something is not good for you is not enough to kick a bad habit to the curb! It takes more than that. But I was at a point where I knew I had enough. I was dying a slow death—killing my life plans, killing my goals, killing my dreams. I was dying both in the natural and spiritual. How many of you know that it is a SIN to be addicted to anything? Even if it seems frivolous like sugar addiction! The bible clearly states we should not be controlled by anything. I want to be in full agreement with 1Corinthians 6:12 that "all things are lawful unto me, but all things are not expedient: all

things are lawful for me, but I will not be brought under the power of any". I want to be obedient in every way because I recognize that my body is a living sacrifice to the Lord and it must remain pure and holy because God wants me to be in good health and prosper even as my soul prospers. He resides in my temple! So here are my simple steps to take control over sugar addiction.

1. **DESIRE CHANGE.** A sincere desire to change! (You really have to want it. How badly do you need it?)
2. **GET DELIVERANCE.** You may need deliverance from the spirit of addiction (but you cannot be delivered from your friends, which is why the first step is important).
3. **PRAY FERVENTLY.** Ask the Lord to help you because we know that we can do all things through Him who gives us strength.
4. **WORK FAITHFULLY.** And because faith without works is dead, then we have to put in the work and keep doing it! What is your game plan? You must WRITE it. When God spoke to Habakkuk, He told him to "Write the vision. . . for the vision is yet for an appointed time, but it would surely come (Habakkuk 2:2-3). There really is something special about writing down visions, dreams, goals, etc. The mind will understand and embrace what it sees. If you only think it in your mind, that's exactly where it will stay . . . in your mind. Once you write your goal down, it seems to take wings and the fulfillment of it is sure to happen under the right conditions, at the appointed time.
5. **SEEK HELP.** This is the hard part and the part that I struggled with for years. I struggled mainly because I thought I could do this my own. I really couldn't (well I could if I had the will power) I needed HELP. The change came when I

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GENESIS: Where It All Begins

Submitted by Damian Chandler, Senior Pastor

You don't want to miss Sabbath School on, Sabbath April 9th!

Our guest speaker, Dr. Sean Pitman, MD, has been featured in debate against atheistic evolutionist, Jason Rosenhouse, a mathematician who wrote a scathing book against Creationists on New York Radio shows, he has lectured at public and Christian Universities, Camp meetings, as well as 3ABN.

A trained Medical Doctor/Pathologist, educated at Loma Linda, will share with us his special interest in Origins and Creationism. His 9:40am presentation is "God, the Creator of Life", and "Our Universe with the Mind of God" at 3:30pm.

His website, EducateTruth.com, is currently getting 3,500 visitors daily—check it out and be sure to bring a friend!

Sugar: The Sweet Thief of Life

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sought help from others. We need each other more than we realize. We have failed to recognize the strength and power that lies in team work. Thank God, I am now on the right path, He guides me daily because I have finally laid it at the altar and admit I couldn't carry that burden alone, and I have a great team of people who hold me accountable each day and my life has been so much better. Join me and fight to take back your life from addiction, it doesn't matter what you are addicted to! Jesus is waiting for you to come to Him in sincerity and He will show you the way! Welcome to freedom! 🙌

REFERENCES

Stanhope, K. L., Schwarz, J. M., Keim, N. L., Griffen, S. C., Bremer, A. A., Graham, J. L., ... Havel, P.J. (2009). Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. *The Journal of Clinical Investigation*, 119(5), 1322–1334. <http://www.jci.org/articles/view/37385#sd>
Avena, N.M- *Neuroscience and Biobehavioral Reviews*-- Volume 32-- Issue 1—2008 -- pp 20-39

capitol city sabbath school

APRIL 9

GENESIS

where it all begins

9:40AM-GOD THE CREATOR OF LIFE

3:30PM OUR UNIVERSE WITH THE MIND OF GOD



SPECIAL GUEST

Dr. Sean Pitman MD

Dr. Pitman has been a featured presenter on to topic of creationism and the origin of life on radio, tv. and university campuses across the country.

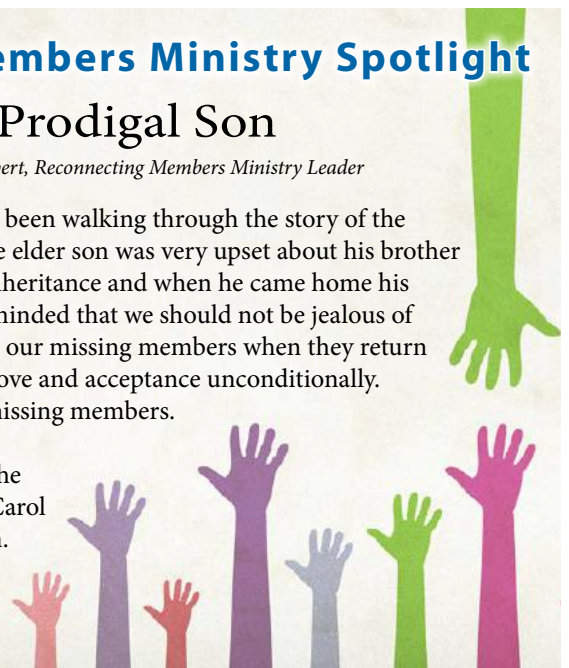
Reconnecting Members Ministry Spotlight

The Prodigal Son

Written by Carol Herbert, Reconnecting Members Ministry Leader

For several months now, we have been walking through the story of the prodigal son. We learned how the elder son was very upset about his brother who had left and wasted all his inheritance and when he came home his father celebrated him. We are reminded that we should not be jealous of the attention that will be given to our missing members when they return but we are to shower them with love and acceptance unconditionally. Please continue to pray for our missing members.

If you would like to be a part of the visitation team please see Sister Carol for the date and time of visitation. If you would like to help with the card ministry please see Sister Carol as well.





B A Y D A P R E S E N T S

4 GIVEN

UNITED YOUTH CONGRESS 2016


APRIL 13-17, 2016
VIRGINIA BEACH, VA

**IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST AND
WILL FORGIVE US OUR SINS AND PURIFY US FROM ALL
UNRIGHTEOUSNESS. - 1 JOHN 1:9**

**SUPER EARLY BIRD REGISTRATION - NOW THRU SEPTEMBER 1, 2015: \$309.00
EARLY BIRD REGISTRATION - SEPTEMBER 2, 2015 - FEBRUARY 2, 2016: \$349.00
REGULAR REGISTRATION - FEBRUARY 3, 2016 - MARCH 15, 2016: \$399.00**

**4 NIGHTS HOUSING, 7 MEALS, 5 SEMINARS, TRANSPORTATION, RECREATION,
ISERVE PROJECTS, GENERAL SESSION/WORSHIP, BEACH CONCERT, DELEGATE MA-
TERIALS, DELEGATE BAG, REGISTRATION WRIST BAND, CONGRESS T-SHIRT
*COST IS FOUR (4) PERSONS IN A ROOM**

**MEALS PROVIDED ARE THURSDAY BREAKFAST, LUNCH, DINNER; FRIDAY BREAK-
FAST AND DINNER (NO LUNCH) AND SABBATH BREAKFAST AND LUNCH (NO DINNER)**

 WWW.UNITEDYOUTHCONGRESS.ORG

UNITED YOUTH CONGRESS • VIRGINIA BEACH, VA • APRIL 13-17, 2016

SUPPORT OUR YOUTH!

There are eight young people from the Capitol City Seventh-day Adventist Church who would like to attend the **United Youth Congress 2016**. For some of them, this might be a once-in-a-lifetime experience that they will never forget. If you would like to encourage them and show them that you love and support them, please help out with a financial donation on Saturday, March 26th. Any donation will be welcome.

For more information, please contact Michelle Husbands at 916-833-0314.

NORTHERN CALIFORNIA CONFERENCE (NCC)

Ignite **CAMP MEETING**

EACH ONE REACH ONE
JUNE 29-JULY 3, 2016



Join us for this special five-day camp meeting, which will replace the annual two-day African American convocation in October. This event, sponsored by the African American ministries department, will be held on the beautiful grounds of Pacific Union College, and will provide attendees with inspiration, fellowship and much more!

Pacific Union College

1 Angwin Ave., Angwin CA 94508

**ALL ARE
WELCOME!**

MAIN SPEAKERS



Dr. Carlton Byrd

Breath of Life Speaker/Director and
Oakwood University Seventh-day
Adventist Church Senior Pastor
(Huntsville, Alabama)



Dr. Andrea Trusty King

Sixteenth Street Seventh-day
Adventist Church Senior Pastor
(San Bernardino, California)

FOR WOMEN'S KOINONIA



Dr. Hyveth Williams

Andrews University Professor of
Homiletics, Theological Seminary
(Berrien Springs, Michigan)

FOR MORE INFORMATION VISIT:

<http://www.nccsda.com/article/104/departments/african-american-ministries-inner-city/camp-meeting-information>

Event Calendar

CAPITOL CITY SDA CHURCH

MARCH

- March 25 **Joint Communion Service:**
Ordinance of Humility - 6:30 pm
Communion Service - 7:00 pm
- March 26 **Miracle Sabbath** – 11:00 am-1:30 pm

APRIL

- April 16 **Fijian AY Program** - 3:00-7:00 pm
- April 23 **Baptism** - 11:00 am

MAY

- May 7 **Mother's Day** - 11:00 am
- May 14 **Women's Conference** - 11:00 am-1:30pm

JUNE

- June 18 **Communion** - 11:00 am
- June 25 **Men's Conference** - 11:00 am-1:30 pm
- June 29
thru
July 3 **African American Camp Meeting** - 9:00 am

Check church bulletins weekly and website calendar for times and possible updates.



How to get announcements into the church bulletin:

Email announcements to

MARGRIETTA GETER

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



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