

# Why Attend Sabbath School?

Sabbath School is not just for kids.

By Kathy Whiteside - Sabbath School Department

**S**abbath School has been a part of the church culture for very many years. But attendance at Sabbath School has dropped off significantly. Many adults no longer see the need and some think it's mainly for children. I recently read an article about the importance of attending Sunday School and found the same issues of poor attendance. Below are the five reasons to attend that were identified in the same article.

## A Place of Strength

- Bond as a spiritual community
- Builds faith through Bible study and unifies members
- Connects you to the true source of authority – the Bible

## A Place of Knowledge

- How to apply what you have learned, make application to your daily lives
- Provides a safe place to express views and ask questions
- Helps members gain insights into the Bible from other's viewpoints

## A Place of Belonging

- Knowing each other, praying for each other's concerns
- Common goal to grow spiritually



## A Place of Prayer

- Gain strength and comfort when praying for and with each other
- Helps us become more disciplined in prayer and study

## A Place of Service

- Has a consistent mission focus at home and abroad
- An opportunity for believers to join together to help someone in need



# FREE HEALTH & WELLNESS COMMUNITY FAIR



## Saturday, October 29<sup>th</sup>

11 am to 4 pm

6701 Lemon Hill Avenue  
Sacramento, CA 95824

## FREE ADMISSION

### FREE MINI HEALTH SEMINARS:

- Permanent ways to maintain weight loss
- STD risk and prevention
- Stress management
- How to stop smoking
- Diabetes management
- Hydrotherapy and home remedies

### FREE Medical Screenings:

dental, vision, hearing, blood pressure, diabetes, body fat composition

### FREE Educational Resources:

weight management, nutritional needs, diabetes, heart disease, STDs, domestic violence and much more

### FREE Food Demonstrations

### FREE Mini Health Seminars

### FREE Produce from Community Services Food Bank

### FREE Massages

For more information e-mail:  
[health@capitolcitysda.org](mailto:health@capitolcitysda.org)

For more information call:  
**(916) 381-5353**



*Year of Service*

# Ten Thousand Hour Challenge

HOW MANY HOURS  
WILL YOU PLEDGE?

#GenerousPeople



If you are interested in finding out how you can be of service,  
contact the Missions Ministry at: [missions@capitolcitysda.org](mailto:missions@capitolcitysda.org)

THE CONNECTION

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This newsletter is available on  
our church website:

[www.capitolcitysda.org](http://www.capitolcitysda.org)

If you have problems finding it,  
please call 916.381.5353

For Announcements, email:  
[announcements@capitolcitysda.org](mailto:announcements@capitolcitysda.org)

To submit a item for newsletter, email:  
[communications.leader@capitolcitysda.org](mailto:communications.leader@capitolcitysda.org)  
or call 916.635.7317

Deadline to submit articles for the  
next issue - 4th Quarter, Winter 2016-17:

**DECEMBER 1, 2016**



**CAPITOL CITY**  
SEVENTH-DAY ADVENTIST  
CHURCH

6701 Lemon Hill Avenue  
P.O. Box 245156

Sacramento, CA 95824  
916.381.5353

Fax 916.381.3428  
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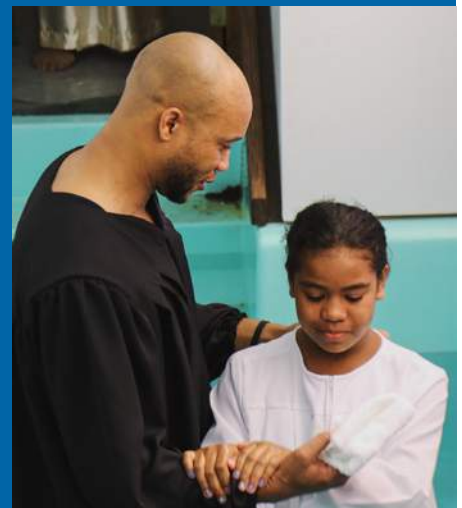
# Drive Thru Live Nativity

*Come experience the miracle of Christmas!*

**December 9-10, 2016**

6701 LEMON HILL AVENUE, SACRAMENTO, CA 95670

# Welcome Our Newest Church Family Members



**If you are interested in baptism and would like to join our next baptismal class, Call the church office at 916-381-5353!**

# Baptismal Candidates Baptized on August 6th



Tunicu Skioa Tikomainiusiladi



Mereani Lusio Tikomainiusiladi



Anare Sikoa Tikomainiusiladi



Anare Sikoa Tikomainiusiladi



Charlotte Vukiduadua



Solomone Balawakula



Marika Balawakula



Peter James Balawakula



Sainimili Liku Balawakula



William Rawalai



Ulamila Lumelume

## ★ 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.

# Reconnecting Members Ministry Social — a good time had by all!

By Carol Herbert, Leader - Reconnecting Members Ministry

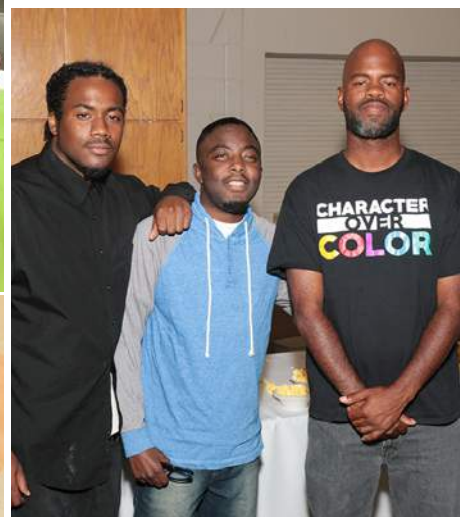
On July 9, 2016, we started our reconnecting social with an inspirational worship group at sundown. A very large group came out and made this event very successful. We gathered in a sitting circle. We began with opening prayer and sang several songs together. Everyone was really into worship that evening. We had several testimonies, which was very uplifting. After the sunset, we closed worship with a prayer.

To start the social event of the evening, I asked the participants to find a partner and find out 20 things about that person. After a certain time, we shared to see who could remember the most things about their partner. It was great to get to know each other better.

For the second activity, I had the group count off by numbers. I did this so that they could mingle with others whom they may not have known much about, to get to know them even better. After doing that, I asked each numbered group to take a table. I explained to them that I had some items in the different bags and I would like for them to create a

centerpiece as a team. Wow! There was so much creativity in the room. I was really amazed at all the wonderful centerpieces that were created.

For the third activity, Beverly McGhee took charge of the games and played several different games with the group. One game was called “dirty bingo”, where each player had the opportunity to win a mystery gift. Everyone was having a good time. I can still hear the echo of laughter in the room. Many people expressed how much fun they were having and even those who did not verbally express themselves were having a good time just by watching them mingling with the group through laughter and conversing with each other.





For the fourth activity, it was time to eat and food had been prepared for all to enjoy. Everyone sat at the tables where they created their centerpieces and the fun continued. There was lots of laughter and fellowship. Everyone was just having a very good time.



We had a singing contest that night as well. Some of us were really surprised when Sister Andrea Davis sang. She has a beautiful voice, which was revealed that night. Then Karone Jackson and her daughter, Tiffani Jackson, participated in the singing contest. Michael and Simone Parks sang a lovely duet. We were blessed by all of the songs rendered that night. It was very awesome. Three ladies (Andrea, Tiffani, and Karone) won a Trophy to take home. What an exciting evening!



We closed out the social with a group picture to remind us of all the fun we had that night. A special thank you to Michael and Simone Parks for taking photos at the social and for organizing and capturing the group photo. A special thanks also to Beverly McGhee for the fun games we played. Last, but not least, thanks to all those who came out to make this event successful! Thank You! 🙏

Stay tuned for more fun at the **next social event scheduled for Saturday evening, November 5, 2016**, where we can continue to connect with each other and learn more about one another. Be sure to mark your calendars and invite someone to come with you to the social!



**Angel Tree  
Banquet**

**Sunday Evening  
December 18, 2016  
5-7pm**

**CAPITOL CITY SDA CHURCH**  
6701 Lemon Hill Ave.  
Sacramento, CA 95824

**Sign up to donate a gift and  
be a blessing to a child in need.**

For more information, call 916-381-5353  
or visit [www.capitolcitysda.org](http://www.capitolcitysda.org)



## Event Calendar

- OCTOBER**
- Church Skate Night ..... Oct. 15
  - Youth Rally Event –  
NCC/African American Ministries:  
Concord, CA – 6:00 to 9:00 pm ..... Oct. 22
  - Funeral Department Presentation –  
“The Privilege of Planning – 11:00 am ... Oct. 23
  - Sidewalk Sabbath:  
Health & Wellness Community Fair –  
11:00 am to 4:00 pm ..... Oct. 29
- NOVEMBER**
- Veteran’s Day Sabbath – 11:00 am ..... Nov. 5
  - Reconnecting Members Ministry  
Social Event – 7:00 to 10:00 pm ..... Nov. 5
  - Thanksgiving Sabbath – 11:00 am ..... Nov. 26
- DECEMBER**
- Drive Thru Live Nativity –  
6:30 to 8:30 pm ..... Dec. 9 & 10
  - Angel Tree Banquet –  
5:00 to 7:00 pm ..... Dec. 18
  - Christmas Sabbath – 11:00 am ..... Dec. 24
  - Holy Communion – 11:00 am ..... Dec. 31

*For more information, check the weekly  
bulletin or visit the church website.*

**How to get announcements  
into the church bulletin:**

Email announcements to  
church secretary / office manager  
at the following email address:  
[announcements@capitolcitysda.org](mailto:announcements@capitolcitysda.org)

ALL announcements need to be emailed  
no later than Tuesday at 12:00 noon.

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All other email,  
including requests to reserve rooms  
or dates, should be sent to :  
[office.manager@capitolcitysda.org](mailto:office.manager@capitolcitysda.org)