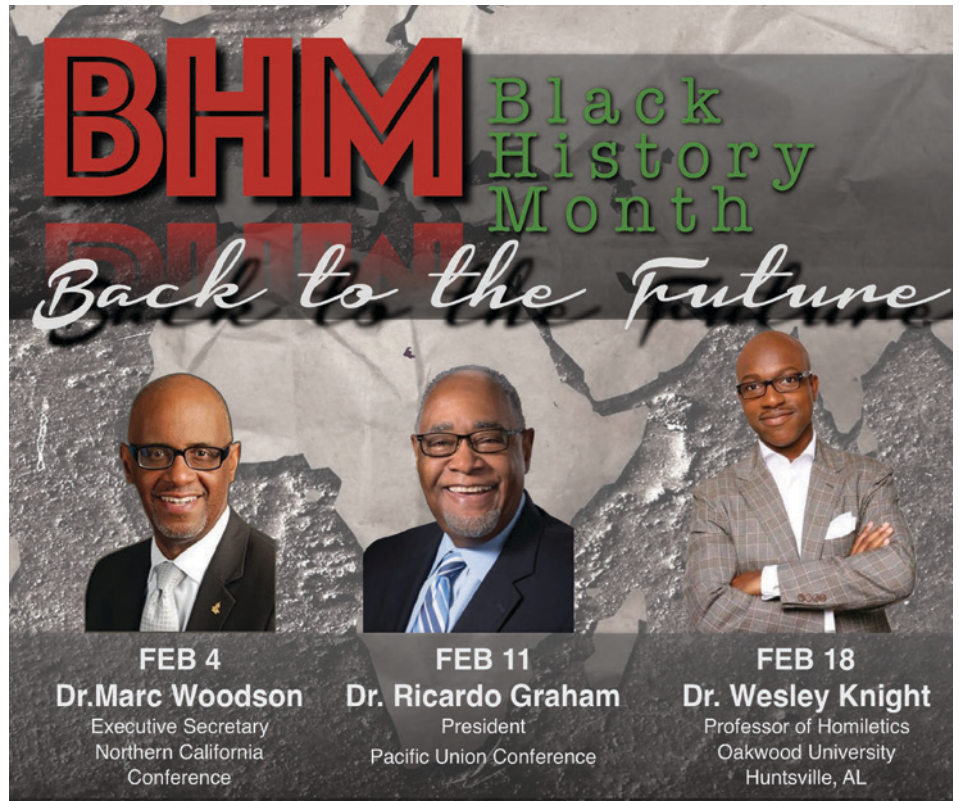


Black History Month in Review

By Dr. Ella Tolliver

Black History Month, also known as National African American History Month, is an annual celebration of the achievements by black Americans and a time for recognizing the central role of African-Americans in U.S. history. The event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

Capitol City SDA Church seized the opportunity to recognize, educate and share the accomplishments of many African-Americans. Our theme “**Back to the Future**,” allowed positive attributes and contributions of a strong race of people, to be revisited and to encourage the integration of these characteristics into our present.



BHIM Black History Month
Back to the Future

<p>FEB 4 Dr. Marc Woodson Executive Secretary Northern California Conference</p>	<p>FEB 11 Dr. Ricardo Graham President Pacific Union Conference</p>	<p>FEB 18 Dr. Wesley Knight Professor of Homiletics Oakwood University Huntsville, AL</p>
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Dr. April Harris, Exhibit Curator, displayed several historical items from North Bay collection.

Each week a special guest speaker was present, a Spotlight on African American History and an after-church exhibit/activity was offered. On Sabbath February 4th, Dr. Marc Woodson, Executive Secretary of the Northern California Conference of Seventh-day Adventist (NCC), brought a powerful sermon reflecting on the historical struggles and applauding the strength of our ancestors who paved the way for our successes. Dr. Ella Tolliver gave the spotlight emphasizing the beginnings of Black History Month and, after church, Dr. April Harris, College Professor, shared the history of African-Americans in Northern California. This was an amazing display of history, artifacts, maps and other materials depicting this unique history.

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Black History in Review

continued from page 1

On February 11th, **Dr. Ricardo Graham**, President of Pacific Union Conference, stepped into the pulpit with an astounding sermon, as he explored the shades of Black History Month and the history and triumphs of African-Americans. Two powerful youth speakers, Lanietta Vukiduadua and Malakai Husbands, presented the spotlight. Their focus was on African-Americans who made their mark within the SDA Church's history. Their unique and powerful presentation style of debating the best of the male's and female's endeavors was well received and a highlight of the morning services.



Dr. Ricardo Graham
President of the Pacific Union Conference

For Lunch, a soup buffet that was donated by members, followed the morning services. The varieties of delectable soups included Minestrone, Potato/Corn Chowder, Lentil, Curry Potato, Vegetable and more. The members and guests raved over the soup buffet with the variety of attractive sides and a scrumptious dessert. A special thank you is extended to our soup-chef donors: Kathy Whiteside, Marcus



Youth Speakers: Malakai Husbands and Lanietta Vukiduadua

and Beverly McGhee, Judith Young, Chanel David, Allison Williams, Monica Clements-Perkins, Kevin and Charlita Anderson and Angela Fusilier. A very special thank you to Nola and David Grice, Charles Wilson, John Tolliver, Rena Moore and Caleb Walcott and our youth kitchen staff/servers: Alia Hill, Faith Clements-Perkins, Dara Ogundiwin and Lanietta Vukiduadua. Our afternoon event featured Dr. Ricardo Graham, Pastor Willie Johnson (NCC Coordinator/Director of African-American Ministries/Inner City), Pastor Damian Chandler, and Pastor Chanda Nunes, who participated in a very informative and candid view of the "State of the Church."

On February 18th, **Dr. Wesley Knight**, Professor of Homiletics at Oakwood University, blessed our souls and provided us with a new word to increase our effectiveness — "Agitate!" The morning spotlight was presented by Ms. Deborah Pettigrew, a member of the "Sisters Quilting Collective (SQC)." She shared information about the art of Quilting and how African-American slaves may have used a *quilt code* to navigate the Underground Railroad. Quilts with patterns named "wagon wheel", "tumbling



Dr. Wesley Knight
Professor of Homiletics at Oakwood University

blocks", and "bear's paw" appear to have contained secret messages that helped direct slaves to freedom. Quilts were often hung over fences, clotheslines or given as a gift; but they also served a much greater purpose. The book "Hidden in Plain View" by Jacqueline L. Tobin tells a fascinating story of how they made encoded quilts, for more than just warmth.



Dr. Ella Tolliver introduces presenter Ms. Deborah Pettigrew, with Quentin Hunter holding the quilt.

Immediately following, the church service representatives from the SQC held a display of quilts. SQC was organized to celebrate, preserve and continue the traditions of quilting and fiber arts—to keep quilting and fiber arts alive for future generations. The variety of quilts displayed represented a stunning view of the artistic and historical collection of quilts made by their creative members. The following members showcased a variety of beautiful quilts: Barbara Lord, Rene White (President of SQC), Jeleana Johnson, Almetris Thompson (guest), and Elizabeth Kano-King. They have also extended an invitation for others to join the group, which meets every 2nd Thursday of the month at 5:30 pm to 7:30 pm at Oakwood Park Community Center.

QUILT DISPLAY



AFTERNOON SEMINAR



Dr. Wesley Knight presented an afternoon seminar on “*Preaching 101*”. The seminar was open to Pastors, Elders and others interested in preaching the word. Approximately 30 people attended this dynamic and informative presentation.

We want to thank the leaders, Pastor Damian Chandler and Pastor Chanda Nunes, members and guests that helped to make the 2017 Black History Month Celebration a memorable event. Our theme “**Back to the Future**”

allowed us to learn, engage, participate and review the past of African-Americans in a variety of ways. We hope that you got a glimpse of the importance of this month and how Black History fits into the larger human history of our country.

On the last Sabbath of Black History Month, we celebrated all nations, all people, cultures and ethnic groups! To God be the Glory for the great things He has done through all people. 🙏

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www.capitolcitysda.org

If you have problems finding it, please call 916.381.5353

For Announcements, email:

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communications.leader@capitolcitysda.org

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Deadline to submit articles for the next issue - 3rd Quarter, Summer 2017:

June 1, 2017



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CHURCH

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Martin Luther King Jr. March

JANUARY 17, 2017 — By Carol Herbert, Mission Ministry Leader

The Martin Luther King, Jr. March is celebrated every year in Sacramento, CA in honor of Martin Luther King, Jr. honoring the past and impacting the future. There was a march on the south side of the city starting at Sacramento City College, which hosted a diversity expo. The majority of us from the Capitol City SDA Church family were at the starting location. There were some early risers, who started the March from Oak Park. Pastor Damian Chandler and a few other members were among those early risers. The north side march started at Grant High School and included in that march was Brother Vernon McZeek and his family. According to the Sacramento Bee, 25,000 people marched that day and this march was the 365's March.

There were 62 of Capitol City Seventh-day Adventist in the march that were accounted for; but there could have been more, since there was three different locations. We wore our Hopeville shirts, which made us stand out in the multitude of people. It was a beautiful day and very pleasant. People were singing, others playing some instruments and singing, while others were just conversing. The march seemed very slow, but the time seemed very short.

We ended the march at the Sacramento Convention Center where our group gathered to pray. Some enjoyed the morning manna that was prepared for our group, while others visited the various vendor booths inside the Sacramento Convention Center and hear several choirs perform gospel and spiritual songs. We had other people from the community who stopped by who wanted to buy some of the food that we had brought, but we told them it was free and shared. They could not stop thanking us for our kind generosity. We hope that our love shown to others that day will produce fruits for the Kingdom of God. 🙏



Martin Luther King Jr. March



Martin Luther King Jr. March



The photos on this page were taken by **Corben Wilson**.

Seniors Ministry in Action

By Maple Avery, Seniors Ministry Leader

Some people may wonder what the seniors do in their ministry. Here are a few things that they did last year:

- ★ Gave 344 Christmas cards to patients in three different nursing homes
- ★ Participated in the tutoring program
- ★ Distributed 6 quilts to babies and to wheelchair bound seniors
- ★ Toured Filoli Flower garden which is a CA Historical landmark where Dynasty was filmed
- ★ Participated in Elder Creek Elementary School gardening program
- ★ Toured Apple Hill with seniors from the Southgate Church
- ★ Sponsored many goat programs which assists widow and their children in the Congo
- ★ Worked with Community Service and other ministries to take Sacramento for the KING

Future planned activities includes:

- ★ Touring Sacramento National Wild Life Refuge for viewing water fowls
- ★ Free auto oil change for seniors
- ★ Driving Safety Class for senior to reduce auto insurance cost
- ★ Other classes including Cooking demo classes
- ★ Repeat some of the activities from last year
- ★ Visiting the sick and shut-in at least once a month

If you are interested in joining the Seniors Ministry or participating in any activity, please contact either Maple Avery or Sister Dorothy Shelby. 🙏



Delivered Christmas Cards to three nursing home locations



Seniors Ministry on their Filoli Trip

International Day — THE CELEBRATION OF NATIONS!



By Carol Herbert, Mission Ministry Leader
and Sister Lau Rodrigues

Psalm 86:9 declares that *“All nations God has made shall come before Him and bring glory to His name.”*

Accordingly, Capitol City Seventh-day Adventist Church presented their annual event **The Celebration of Nations for International Day** on February 25, 2017 at 11:00 a.m. with international mini concert at 4:00 p.m.

Sabbath morning started off with a lively panel discussion for Sabbath School. Elder Erick Fusilier lead out the discussion, as moderator, with panelist participants Elder Shawn Williams, Elder Dwight David, Elder Panapasa Rabuka, and Sister Mona Taylor.

Divine Worship began with the **Parade of Nations**, following by an international welcome by parade participants. Our Media Department used Skype technology to interview Pastor David Campbell live from the Belize Conference of Seventh-day Adventist. He was conducting an Evangelistic crusade series in Belize, it was the Sabbath celebration for the series there, so he joined us from under the gospel tent. At the end of the interview, Elder Shawn Williams, the interviewer, asked Pastor Campbell to share with our congregation



(Above - left to right)
Panelists: Elder Shawn Williams, Elder Dwight David, Elder Panapasa Rabuka, and Sister Mona Taylor; and, Modertor: Elder Erick Fusilier.

some words of encouragement for our congregation. He said, *“I want you to know that the work is not only for the Pastors, but for the congregation as well. It will take all of us to help finish the work of God.”*



PASTOR DAVID CAMPBELL
Belize Conference of Seventh-day Adventist

PARADE OF NATIONS!



Lau Rodrigues



Special Music by Brazilian Members,
Evelyn dos Santos and Sandra Ferreira

Sister Lau Rodrigues was one of the participants that day. Listen to how she described the day:

“It’s my third year participating in the International Nations’ Day! It’s so excited to be part of an event, which brings so much joy and fun to our community church. On International Day, the world is geographically and ethically present at Capitol City Church throughout everything: food,



Special Music by the Fijian Choir

apparel like a fashion show involving so much beauty, inspirational songs in different languages, guests, friends, history and feelings that immerse deeply in different cultures and costumes.

The event started with the Parade of Nations, a flag parade ceremony entrance,

where the representatives of several nations come into the church and go up on the platform with their flags and speak in their own native language about the beauty of their countries, with their native gowns and apparel. The Parade of Nations was accompanied by the song “Love in any Language” playing in the background. It

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International Day

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was so emotional for me! At that point, I really could feel that all of us were brothers and sisters without distinction of race, color, sex, age, financial condition, and having a unique Father in Heaven who loves us so much that gave his only begotten son to die in our place to redeem us from sin. Because He loves us, we must love one another. This subject was the spoken word by our Associate Pastor Chanda Nunes.



Chanda M. Nunes, Associate Pastor
Capitol City SDA Church

But what to say about the lunch? The tables' decor of each representative nation with its tasteful plenty of foods? What to say about the licorice, and powerful drinks that filled our body with so much energy and joy? Plenty of smiles, hugs, thankful words accomplished our International Day with photo flashes and selfies all over the place.



continued on page 7 & 8

TASTE OF THE NATIONS • TASTE



TASTE OF THE NATIONS • TASTE OF THE NATIONS



INTERNATIONAL DAY CONCERT



Angela Fusilier
Mistress of Ceremony



Erick Fusilier
Opening Prayer



Several musical selections were given by the African Collective Choir at the afternoon concert.



Nikki Brown
Minister of Music & Scripture Reading



Margrietta Geter
Announcements



Sandra Ferreira
Brazilian Soloist



Derrick Hall and daughter Denae Hall
Visiting Guest Singers



Jerry Herbert
Soloist



Melody Germany
Soloist



Associate Pastor Chanda M. Nunes
Closing Remarks & Benediction

I'm from Brazil and proudly I was at my table space trying to offer my best, in order to show the face and diversity of our country through the food like "feijoada", which is beans and several types of meatless ingredients. Empada, Canjica, and other delicious food from Brazilian culinary art. Our Brazilian friends were there too, explaining about the food, the country, teaching some words in Portuguese...it was so much fun!

The last part of this amazing event was a concert, which brought songs from Zimbabwe, African music with different sounds and some choreography. Brazil also showed its jazz song style performance by Sandra Ferreira and her 5 year old little daughter, Jahelly Manuella. Melody Germany pleasant voice performed a powerful song, as she always does. We had a wonderful Sabbath day full of joy and love. Thank you to all those who made this event

a reality! I especially want to thank Carol Herbert and the team leadership. May God bless you all!" — Lau Rodrigues

On behalf of Pastor Damian Chandler, Associate Pastor Chanda Nunes, and all participants, we want to thank you for being a part to make this special day successful. Blessings!

Carol Herbert

Health & Temperance Corner: Emotional Wellness

By Ennies Musvosvi-Chibaya, RN, DNP, Health & Temperance Ministry Leader

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” PROVERBS 17:22

As we near the end of the first quarter of 2017, I am grateful for the precious gift of LIFE and a sound mind. A lot of us made new year’s resolutions at the beginning of the year. Some of these resolutions included: financial adjustments, developing stronger and better relationships, nurturing our spiritual lives... and for a lot of people, adjustments in our health and lifestyle habits.

Well, it is often very easy to get discouraged when we realize that we haven’t made nearly as much progress in meeting our set goals for the new year. We are almost at the end of the first quarter of the year, and it’s easy to get tangled in the business of everyday happenings and lose track of our focus. Often times, stress takes a toll on our physical health, while physical challenges can also bring new stresses into our lives. As a result, stress and physical health are so connected that failure to keep our stressors under control results in failure to maintain physical wellbeing.

Reflecting on the words of the Wise man: Proverbs 17 v 22

We affect our health by more than diet, nutrition, exercise, exposure, and sleep. Cheerfulness of spirit, especially a heart full of spiritual joy, peace of conscience has a great influence upon the body, and contributes to the overall health and welfare of a person. A happy and cheerful spirit will invigorate the body, make it fit for service and improves your health.

Our Take Out Menu

The Health and Temperance Team has put together a special Menu (to be served in small portions throughout the year)

to help everyone make a step towards a healthier lifestyle. Here is this edition’s selection:

Starters:

- 1. STRESS LESS:**
Enjoy a full plate of things that increase your happiness. Factor with a side of stress-less tips and enjoy the flavors of feeling great and living well and simply.
- 2. SIMPLIFY & DECLUTTER:**
Eliminate anything that weighs you down in life i.e. bad company, things that distract and anything that looks or feels like baggage.



Main Course:

- 1. HEALTHY HABITS FOR LIFE:**
Consider habits that contribute to healthy living and longevity, like reading, exercise, travelling or simply find a hobby and develop your interest.

- 2. MOVE MORE:**
Sitting can be hazardous to your health! Learn to move more for better health at work and at home.
- 3. DRINK IT UP:**
Hydrate yourself – drink lots and lots of water.



Dessert:

- 1. DO NOT SKIP BREAKFAST:**
Include a fruit and some grains.
- 2. GIVE YOUR BODY SOME REST:**
Get plenty of sleep.



Above all...

“Beloved, I pray that you may do well in all things and be in good health, even as your soul prospers.” 3 JOHN 1:2

Bonding at Breakfast

By Nicole Loiten, Women's Ministry Leader

Scores of enthusiastic women turned out on Sunday March 5th to the Capitol City SDA Church to attend the Women's Ministry's first Breakfast bonding event for the year. Some of the women were members of Capitol City and others were visitors.

The love and fellowship flowing throughout the room connected each of the ladies in a special way. The smiles, echoes of laughter, kisses and hugs displayed the love they had for one another as they ate and bonded over some delicious and mouthwatering food. The allure of the delectable full gourmet breakfast set the tone for the rest of the morning as the women satisfied the demands of their



sophisticated palates. The enticing aromas wafting from the kitchen kept the women in a joyful mood as they partook in a variety of sweet and savory cuisine such as Jamaican style banana fritters, crust-

less spinach quiche, delicious fried green plantains, crispy fried dumplings, sumptuous scrambled eggs, walnut banana bread, and apple roses along with fresh fruits, hot beverages, and fruit juices.



While the ladies enjoyed the breakfast delicacies, newly installed Ministry Leader Nicole Loiten eloquently outlined the goals and plans for the Ministry for the year. She also introduced the new women's ministry committee members of Simone Parks, Nadia Butler, Mona Lisa Taylor and Katina Barrera. Sister Loiten also presented the women with the calendar of activities scheduled for the year and challenged the women to participate in the activities of the ministry. She stated, however, that her main focus was to help foster opportunities for the women to sincerely love and bond with one another. *"We have to spend more time and intentionally create meaningful and authentic relationships as women. It's time for us to move beyond just a 'Happy Sabbath' greeting and truly begin to fellowship and love another"*, she noted. Prayer Ministry Leader Elder Adeola Ogunduwin prayed for the women as the numerous prayer requests were noted. She encouraged the women to continue praying for and strengthen each other.



The women were fully charged in anticipation to hear from the keynote speaker Pastor Chanda Nunes; and, she did not disappoint. Pastor Nunes challenged the women to break down the barriers of the expectations that people had placed on them and forge ahead. She shared examples about her own life and the expectations that others had put on her over the years and how she overcame them. Pastor Nunes encouraged the women to invest in the book *"The Freedom of Self Forgetfulness"* by Timothy Keller. After the event ended, several women shared how blessed they were. *"One of my favorite parts of the*

program was when we had to stand and introduce the person next to us. We learned so much about each other in that segment", shared Andrea. One visitor, Denise, who is a travel nurse visiting from Florida said she was also blessed at the breakfast, *"It's been a while that I have been to an event with such class and grace. You could feel the love, and you could feel the presence of the Lord. The food was great, everything was wonderful, and I met some amazing people"*, she said beaming from ear to ear. Similar sentiments were echoed throughout the room as the women mingled and greeted each other before departing. 🌸

CAPITOL CITY CHARGERS' PATHFINDER DAY

MARCH 4TH, 2017



CAPITOL CITY CHARGERS' PATHFINDER DAY

MARCH 4TH, 2017



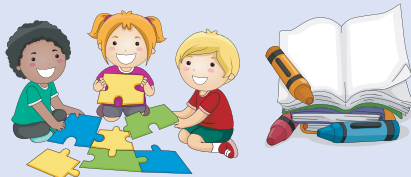
MISSION Ministries Accouncements

Submitted by
Carol Herbert, Mission Ministry Leader

For the first sidewalk Sabbath, April 29, 2017, we would like you to support by bringing a bottle of lotion for the Residents at two (2) different Elderly facility. The total number of lotions needed is 160. If each member could bring one bottle of lotion, we will have enough.



At the **Shriners' Children Hospital,** we would like you to bring coloring books and puzzles. We need 50 members to bring a coloring book and 50 members to bring a puzzle.



We will be providing small machines to a homeless shelter for families, small kitchen machines such as can openers, coffee pots, microwaves, crack pots, blenders, and rice cookers. Additional items needed are pots, pans, jackets in sizes small, medium, large, and x-large, area rugs, large and small, towels, washcloths, and hygiene products.



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We would like you to start bringing the items needed and place them in the receiving container in the church foyer starting this Sabbath (April 1st), so we can have them all by Sabbath April 22, 2017.

Elder Creek Elementary School
We are preparing gifts for the teachers to thank them for serving our children.

We would like to provide them with an item each month. For the month of March, we were asking you to bring some post-it notes. At the beginning of each month, we will let you know what the item for the month will be, so please stay tune.

Thank you for your support! 🙏



CAPITOL CITY SDA CHURCH
Young Ladies & Men's Ministry (YLMM)
PRESENTS



I MATTER



Journey to Excellence

Sunday May 7, 2017 • 10:00 am to 1:00 pm
MARRIOTT HOTEL
11211 Point E Drive, Rancho Cordova, CA 95742
Rancho Cordova Ballroom

Inviting young men and women ages 13–18, parents,
and adult mentors to youth to a Youth Empowering Brunch!

Life preparation topics include:

- ✓ Christlikeness in Today's World
- ✓ Cultural Heritage – Who Am I?
- ✓ Your Power Image
- ✓ Preparing for Tomorrow's World!

REGISTER ONLINE AT:

www.imatterjourneytoexcellence.eventbrite.com

Cost: \$10 per person (+TAX)

Keynote Speakers



Arthur Bowie, Esq.



Pastor Shantel Smith

QUESTIONS?

Contact YLMM Chair, Angela Fusilier
916.381.5353 ylmm@capitolcitysda.org

Space is Limited – Register Today!



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

Event Calendar

APRIL

- April 2 **Bike-a-thon** – *Metro Air Parkway* – TBA
- April 8 **Married Couple’s Group Meeting** – TBA
- April 11 **Men’s Small Group Meeting** – 7:00-8:45 pm
- April 14 **Ordinance of Humility** – 6:00 pm
& **Joint Communion Service** – 6:45 pm
- April 15 **Miracle Sabbath** – 11:00 am
- April 16 **Pathfinder Social** – TBA
- April 21 **Women’s Ministry – Hotspot** – 7:00-9:00 pm
- April 25 **Men’s Small Group Meeting** – 7:00-8:45 pm
- April 27-30 **Teen Rock Climbing** – *Yosemite* – TBA
- April 29 **Sidewalk Sabbath** – 12:00-3:00 pm

MAY – Women’s Empowerment Month

- May 6 **Divine Worship – Women’s Emphasis Month** – 11:00 am
- May 7 **YLMM Youth Empowering Brunch**
Marriott – Rancho Cordova – 10:00 am - 1:00 pm
- May 7 **Pathfinder Fair** – *Napa Adventist Academy* – TBA
- May 9 **Men’s Small Group Meeting** – 7:00-8:45 pm
- May 13 **Divine Worship – Women’s Emphasis Month**
Celebrating Mother’s Day – 11:00 am
- May 13 **Married Couple’s Group Meeting** – TBA
- May 19 **Women’s Ministry - Hotspot** – 7:00-9:00 pm
- May 20 **Divine Worship – Women’s Emphasis Month** – 11:00 am
- May 23 **Men’s Small Group Meeting** – 7:00-8:45 pm
- May 27 **Divine Worship – Women’s Emphasis Month** – 11:00 am
- May 27 **Club Investiture & Social** – TBA

JUNE

- June 13 **Men’s Small Group Meeting** – 7:00-8:45 pm
- June 16 **Women’s Ministry - Hotspot** – 7:00-9:00 pm
- June 17 **Father’s Day** – 11:00 am
- June 24 **Education Day** - 11:00 am-1:30 pm
- June 25 **Victor Beale Wedding** - 3:00-5:00 pm
- June 27 **Men’s Small Group Meeting** – 7:00-8:45 pm
- June 28-July 1 **African American Camp Meeting** – *P.U.C.* – TBA

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 12:00 noon

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

office.manager@capitolcitysda.org



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