

◀ A PLACE ▶

for You



Capital
Christian Center

www.CapitalOnline.cc

A SPECIAL ADVERTISING SUPPLEMENT

Senior Pastor Rick Cole

"It's a very welcoming,
a very friendly place."

PASTOR RICK COLE

Behind the Walls

A look inside Capital Christian Center

BY SHANNON SPRINGMEYER

Maybe you've driven by and seen Capital Christian Center poised beside Highway 50. Maybe you've wondered what goes on behind those doors, what it's all about. Maybe it's been a while since you've been to church, or maybe you've never been a church-goer. No matter your background, beliefs or life experiences, the folks at Capital want you to know that you are welcome. That an opportunity to find a positive, supportive group of people who care about you awaits. Maybe it's time to take a closer look.

CAPITAL IS OPEN TO ALL. Capital is inclusive, not exclusive. "One of the things we feel real passionate about is being a place that just welcomes people no matter their background," says Rick Cole, Senior Pastor at Capital Christian Center. "We provide a kind of environment that's safe, it's welcoming, it's practical, it has a spirituality to it that people feel. But it's not heavy, it's not imposing; it's encouraging and life-giving."

CAPITAL IS VIBRANT AND FRESH. Worship here will lift your spirits and get you out of your seat. Contemporary music, lighting and video create an engaging and inspiring experience focused on giving thanks. Musicians and worship leaders pour a passion into their music that shakes the walls.

CAPITAL IS A PLACE FOR FAMILIES. From interactive, fun Sunday children's services that have kids begging to come back, to groups designed to help parents meet the challenges of life with little ones, Capital knows that being a parent is the hardest and most important job of all, and is here to help.

CAPITAL IS A PLACE TO BE YOURSELF. There's no need to dress up, no pressure to perform. "We really try to set a very happy atmosphere, a very joyful atmosphere, a very accepting atmosphere. People can come just as they are," Pastor Rick says. Capital is a great place for real, imperfect people to explore God's Word together in a way that's relevant to real life.

CAPITAL IS A PLACE TO CALL HOME. You can find real partners here to share the journey of life. What's your passion? Most likely, there's a group for that. There are small groups for every age, stage and need in life, and almost any interest, helping members connect closely with others who understand them.

CAPITAL STRENGTHENS THE COMMUNITY. Members find a sense of fulfillment when they apply their unique gifts and talents to giving back. Members have volunteered at schools, run races to raise money for medical care for those in need, made quilts for wounded veterans, served Sacramento's homeless community and worked to end AIDS.

So, what are you waiting for? Capital Christian Center invites you to come and check it out for yourself. "I think that if a person will come in the door, they'll find it different than what their impression is from the outside," Pastor Rick says. "It's a very welcoming, a very friendly place. People aren't wondering who you are when you walk in the door, they are just happy that you are here."

CAPITAL'S CORE COMMITMENTS

TRUTH: KNOW IT.

We are committed to the truth of God's Word. It is the compass for how we live our lives. The foundation of our future is secure because there is a definite truth to guide us.

GROWTH: PURSUE IT.

When we are born, we begin to grow until we reach full maturity. This journey of growth never stops as long as we live. We are dedicated to growing in every aspect of our lives and committed to being lifelong learners, using a variety of tools available to us.

LOVE: GIVE IT.

Love is a gift from God and is a quality that brings healing to those around us and attracts people to its source. Love needs to be our identifying factor. We learn how to love our family members, the importance of loving our church family, the joy of loving our community and people all around the world. Love produces miracles.

PHOTOS COURTESY OF CAPITAL CHRISTIAN CENTER

Where the Heart Is

Single mother finds support through struggles

BY CORRIE PELC

As for many modern families, life unfolded with twists and turns for Michele Samodurov, including marital issues and a health crisis.

Michele grew up attending church and school at Capital Christian Center. After graduation, she moved to Seattle, where she got married and had four children. Then about six years ago, while going through a divorce, Michele decided to move with her children back to Sacramento.

Michele reconnected with the Capital community after accepting a teaching position at Capital Christian School, and she began attending church at Capital with her family. She was immediately welcomed.

"Even being a single mom, there was a place for me right away," Michele says.

Now, Michele and her four children, who range in age from 6 to 13, are fully immersed in the Capital culture. Michele is impressed by how passionate

Capital's children's pastors are about making church and God's Word real and fun for her kids. During services, kids are involved in interactive games, songs and activities. They learn about God and build both character and relationships through Capital's engaging approach. Building relationships, a focus of Capital's children's ministries, is something Michele feels has been important to her children.

"I think the church, people in church, and God have become something that's constant for them and it's a source of stability in our life," she says.

Michele is grateful to have found a valuable parenting ally in Capital youth programs.

"THE CHURCH, PEOPLE IN CHURCH, AND GOD HAVE BECOME SOMETHING THAT'S CONSTANT FOR [MY KIDS] AND IT'S A SOURCE OF STABILITY IN OUR LIFE."

MICHELE SAMODUROV

"[Children's] Pastor Jody is amazing. My two middles, Brynn and Caleb, have met with Jody over various things — the bumps and bruises of life, friendship issues, struggles. I don't have the counterpart — I don't have the husband to go to — so if there's something that I'm going through with my kids ... I can go to him at any time." (Pastor Jody is pictured with Caleb and others at top right.)

The support offered by Capital was critical about three years ago, when Michele received unexpected news, something no one wants to hear. She had breast cancer.

That year she endured a double mastectomy, chemotherapy and lingering fears about what might become of her four children without their mother. However, she didn't have to go through it all alone.

"It was absolutely overwhelming, the amount of support from the church and school," she says. Her Capital

family cooked meals, did laundry, gave rides, provided her family a wonderful Christmas and showered them with moral support.

"It's pretty awesome to go through life with those people and to be able to partner with people like that," she says. In May 2013, she was honored as Capital's mother of the year for her courage, contributions and the way she gave back through volunteer work, even while battling cancer.

Today Michele is thriving and healthy, and counts her blessings — among them having found a community of support for her family at Capital.



FAMILIES, FRIENDS & FUN

Capital offers dynamic programs and activities to help support families with children of all ages. There are endless opportunities, both on Sunday mornings and Wednesday nights, to connect, grow and have fun.

CAPITAL KIDS

Relationships, games, inflatables and toys, along with ever-changing themes, keep kids engaged in learning about Christ and building character through play and hands-on activities. Ages birth to fifth grade.



TEENS

Creative teaching, video and drama create a space where middle and high school teens can become young men and women in Christ, form real friendships and tackle real issues. High school groups offer men's, women's and coed options.



CHAMPIONS

A ministry designed especially for children with special needs. Our mission is to provide individualized coaching for every child. We provide a safe, inclusive environment for children with special needs.



FAMILY EVENTS

Enjoy year-round opportunities for kids and families to connect and celebrate, such as Splat Week, a week-long summer camp, and the well-attended annual Family Fun Fair.



For meeting times and locations or more information, call 916-856-5683 ext. 247 or visit www.capitalonline.cc.

PHOTOS COURTESY OF CAPITAL CHRISTIAN CENTER



Cancer survivor Michele Samodurov and her children, from left, Madelyn, 13; Bella, 6; Caleb, 9; and Brynn, 10, have found support at Capital Christian Center.

PHOTO BY MOLLY WASSENAAR

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A PLACE FOR YOU

3

GET CONNECTED!

With a vibrant array of more than 200 Group Life small groups focused on common interests, spiritual growth and support for life issues, there is a place for everyone. Here are just a few popular groups:

COMMUNITY GROUPS

These groups meet in homes across six zones located throughout the greater-Sacramento area for a focused small group study in the spring and fall.



VETERANS AND FRIENDS

From making quilts for wounded veterans to hosting large fundraiser concerts, this group seeks to serve those who have served us all.

MOPS (MOTHERS OF PRESCHOOLERS)

Mothers and their children meet twice a month on Monday mornings, providing moms a chance to meet and connect, with fun activities and play dates for the kids.



ZUMBA

Find partners for your quest to stay healthy and active.

THERAPY GROUPS

Wounded Hearts assists adult female survivors of abuse, while Healthy Connections works to help individuals who have struggled with dysfunctional relationships.

Find your perfect fit. For more information about Group Life small groups, visit

www.capitalonline.cc/group-life,

Stop by the Group Life kiosk on Sundays or call 916-856-5683 ext. 267.



PHOTOS COURTESY OF CAPITAL CHRISTIAN CENTER

From left, Aubrey Stewart and Serena Lambert take time for learning and laughter at a meeting of MOPS, a Capital Christian small group aimed at supporting mothers with small children. PHOTO BY ANNE STOKES



Better Together

Women connect through Mothers of Preschoolers program

BY CORRIE PELC

Aubrey Stewart and Serena Lambert may live in different parts of the Sacramento area and come from different walks of life, but they both have something in common — their love of the MOPS program at Capital Christian Center.

MOPS, which stands for Mothers of Preschoolers, is one of Capital's many Group Life small groups. Capital's rich and robust Group Life program helps attendees create personal connections and form supportive communities, no matter their background or interests. For Aubrey, who lives in Elk Grove with her husband and four children, becoming involved in MOPS gave her the opportunity to connect with other moms while taking care of her fourth child, Kai, who is now 4.

"It creates an opportunity for me to not feel like I'm alone," Aubrey explains. "The preschool years are sometimes challenging, and when I can get together with other moms and have adult conversations with them, it creates a feeling that I have people who are on my team going through these preschool years."

Serena, mother of Henry, 4, and Lucia, 2, also decided to join MOPS to gain support.

"I call them my tribe — I feel like we were all looking out for each other," she says. "Those cheerleaders, the people you have in your corner — someone to say, 'You're not crazy, I've also done that.'"

Aubrey, Serena and the other 50 or so MOPS members attend meetings every other Monday that include a guest speaker and

a chance to connect with other moms. Childcare is provided, offering play time for the kids while moms get some time to themselves. Then on the off weeks, the mothers try to hold a play date or field trip as another opportunity to get together.

Aubrey says the MOPS program provided an opportunity for Kai to develop his social skills in preparation for entering preschool. "He's learned how to make friends and get along with other kids," she explains.

"When I can get together with other moms and have adult conversations with them, it creates a feeling that I have people who are on my team."

AUBREY STEWART

of the program.

Overall, Serena says she believes the MOPS program has enabled her to become a better mother by helping her grow spiritually and giving her a little time for herself. "Our MOPS slogan is, 'Better moms make a better world,' and I think that's true," she says.

And Aubrey says MOPS' emphasis on relationships has not only allowed her to have better relationships with other people, but with God as well.

"It creates an opportunity to be a friend, be a support to other moms, and we're able to experience life together and talk about God and the blessings of what we have because of that connection," Aubrey says.

Serena also feels MOPS has helped her children learn social skills. "My son just recently started preschool and we have a lot of moms that come in and their kids have never been away from them, so it's that nice little easing in to that time away from mommy," she says. Serena also appreciates that the children are taught Christian values as part

SPREADING THE LOVE



Members of Capital Christian Center live to love authentically, transforming their local communities and reaching out across the globe. Here are just a few of the many programs that make a difference in the community.

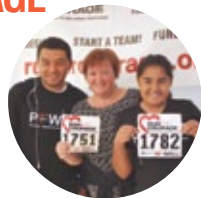
BE CHANGE

Provides health services and academic support for underserved school children in local urban neighborhoods.



RUN FOR COURAGE

Participants run to raise funds and awareness to end sex trafficking.



CHRISTMAS TO THE STREETS

Festival with music, food, free grooming services, clothes and more to usher in the holiday season for the homeless.

CHARACTER COMBINE

Annual event inspiring all coaches to teach character and honor to students through athletics programs.

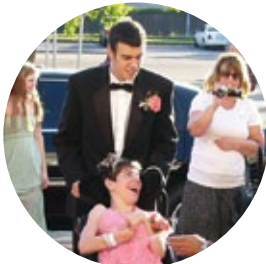


SANCTUARY

Offers a warm place to sleep for as many as 100 homeless people at various times throughout the year. Guests get dinner, spend the night and have breakfast the next morning. Sanctuary also provides blankets and care packages.

EVENING OF DREAMS

A prom for young people with special needs. Student leaders and athletes from Sacramento high schools and colleges serve as the honored guests' escorts for the evening.



GLOBAL OUTREACH

Members at Capital have donated more than \$1 million to missionary work overseas. Capital members travel annually to destinations such as Jamaica and Africa to address local needs.

PHOTOS COURTESY OF CAPITAL CHRISTIAN CENTER
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The Be Change program pairs mentors with underserved youth. From left, Bobby Bass Jr., Sherene Gruver, Daevon Perry, Michelle Raby and David Perry discuss academics. Michelle and Sherene have mentored the boys since they were in elementary school. PHOTO BY LAURA ANTHONY



Reaching Out

Capital Christian Center members go the distance in helping the community

BY TINKA DAVI

Michelle Raby can relate to the kids at Oak Ridge Elementary School, because like many of the students there, she knows what it's like to face challenges.

Michelle never knew her father. Growing up, her mother married five times. She sometimes went hungry. On her own since age 15, she nonetheless finished high school and graduated from college.

In 2007, Michelle met Pastor Jason Harper at Capital Christian Center, who suggested she get involved with inner-city kids because she could identify with their challenges.

Michelle joined Be Change, a nonprofit founded by Harper that provides tutoring, coaching, mentoring, health and dental care, academic supplies and food for underserved youth at elementary schools in Oak Park and Del Paso Heights.

Michelle, a marathon runner, helps with Be Change's after-school running clubs and I Never Trip, which takes students who may have never thought college was attainable to visit universities.

Michelle encourages students to overcome their challenges. "I tell them that, like me, they can attend college, get married and have a child," she says.

Through Be Change, Michelle met Sherene Gruver. Sherene had worked for 20 years in the dental field before leaving to become a stay-at-home soccer mom. She was invited to Capital by a friend and, like Michelle, joining the church and Be Change transformed her life.

She volunteered as a soccer mentor at the elementary school, started running, and ultimately became program director at Be Change. Sherene now participates in the California International

Marathon to raise money and awareness about the program.

"I never ran in my whole life," Sherene says. "But it was all because of these kids that I started."

Sherene also participated in Run It Forward, a group that ran the length of Route 66, completing a marathon a day, to raise funds.

Along the way, she and others conducted 2,000 dental exams and gave away 8,000 pounds of food to communities in need.

Michelle and Sherene have formed deep bonds with the students they've met through Be Change. When Michelle got married, the students she mentors were invited to participate in the ceremony. Every week, Michelle brings several girls she's mentored to church. Michelle and Sherene have mentored three boys since elementary school. Now in middle school, they still come to Michelle's office to do homework, and Sherene checks on their academic progress weekly.

"I love working with the kids," Sherene says. "I'm the one who is rewarded. It enriched and made my life better."

Michelle and Sherene exemplify Capital's commitment to impacting the community for the better.

"Every facet of the students' lives has been impacted through Michelle and Sherene's volunteerism at Be Change," says Pastor Jason. "Both women have poured into [the students'] lives to ensure that their attitudes about the future are healthy and filled with promise, their attendance at school is consistent and constant, and that their academics come first."

"I NEVER RAN IN MY WHOLE LIFE. BUT IT WAS ALL BECAUSE OF THESE KIDS THAT I STARTED."

SHERENE GRUVER



WORSHIP SERVICES & EVENTS

Many who attend worship services or events at Capital for the first time are simply blown away. Find out what all the buzz is about by attending one of these offerings:

CLASSIC SUNDAY SERVICE

9 a.m. The award-winning Capital Choir and Orchestra offer a more traditional approach to worship.

CASUAL SUNDAY SERVICE

10:30 a.m. & 12 p.m. Eclectic, guitar-driven contemporary music featuring the Capital Worship band, lights, video presentations and high-energy praise.

SIMPLY WORSHIP

A two-hour evening event held several times a year, dedicated to giving thanks to God through song. With the intensity and quality music of a rock concert but a vibe that's purely positive, this event draws fans from churches around the area, and all are welcome.

THE SINGING CHRISTMAS TREE

This well-attended holiday event has been a tradition for the last 57 years. Features the Singing Christmas Tree Choir, 40-piece symphonic orchestra, the Capital Children's Chorale, Capital choreography and drama teams, and elaborate set and costume design.

To find out more or download free tracks recorded by the Capital Worship band, visit www.CapitalOnline.cc.



PHOTO BY RON NABITY

Giving Thanks With All You've Got

Worship at Capital Christian Center highlights gratitude with rockin' beats

BY SHANNON SPRINGMEYER

When your mother taught you to say "thank you," she was probably aiming at improving your manners, not your well-being. Turns out, giving thanks does both.

That's what Dr. Robert Emmons, professor of psychology at UC Davis, author and renowned expert on gratitude, has discovered in his research.

"Gratitude is something that energizes, changes and heals people," Dr. Emmons says.

He points to a series of new findings indicating that gratitude is related to lower blood pressure and healthier cholesterol levels.

"It really does promote positive ways of being in a person, whether psychological, emotional, physical or social," Emmons says.

to church to teach religious habits. We literally show up at church first of all to look at our God and say, 'Thank you for loving me the way that you do.'"

**"GRATITUDE
IS SOMETHING
THAT ENERGIZES,
CHANGES AND
HEALS PEOPLE."**

DR. ROBERT EMMONS



Dr. Robert Emmons signs a copy of his book, "Gratitude Works! A 21-Day Program for Creating Emotional Prosperity," after a Capital Christian Center Sunday service. PHOTO BY ANNE STOKES

One way of practicing gratitude is through worship. Dr. Emmons attends Sunday services and the special, two-hour evening Simply Worship events at Capital Christian Center. He first became involved in the church about five years ago when Pastor Rick Cole consulted him for a sermon series on gratitude. Promoting an attitude of thankfulness is a major focus in the church's mission.

"We believe that when people live lives of gratitude it pushes them toward their God-given purpose and potential in life," says worship leader and Executive Pastor Doug Reid. "We teach worship. We don't come

Capital's worship program is built around the goal of helping worshipers achieve a thankful, loving connection with God and with others. The worship style at both casual Sunday services and Simply Worship is relevant, modern and eclectic. Worshipers are drawn in by the sophisticated lighting and video displays, high-energy vocals and professional-quality musicians. The result is a communal celebration where the energy is palpable. The experience has the feeling of a rock concert, elevated by the positivity of both the audience and performers.

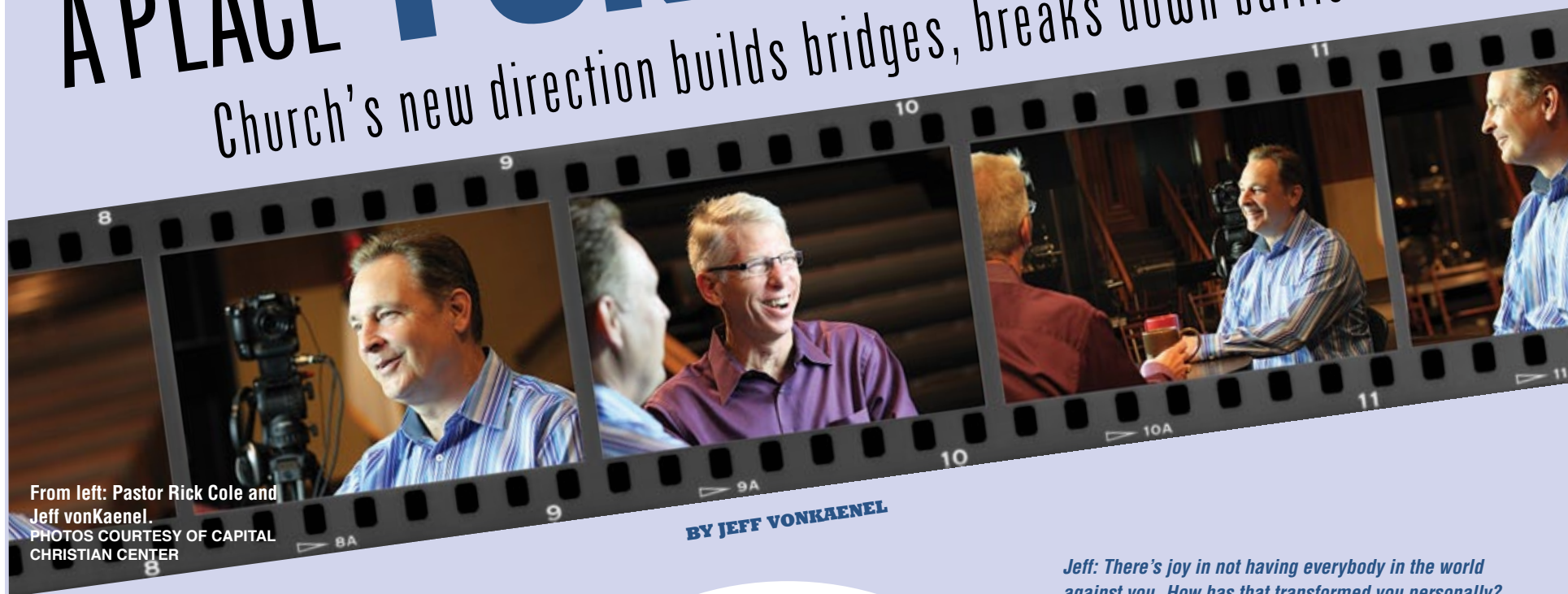
"So often in the culture in which we live today, we are all about 'me' and what I need and what I have to do to get where I want to go," Reid says. "These [Simply Worship] nights are all about saying, 'I realize there's something beyond me. I just want to come and be grateful and dedicate to giving something away for two hours rather than getting what I want.'"

Dr. Emmons agrees that focusing less on the self by practicing gratitude through worship promotes a better frame of mind.

"You have this connecting to something that's bigger than you, something that's outside yourself. You lose your sense of self in that moment. The scientific term for that is the decentering of the self, which is very healthy. When we're too centered on the self, that's when we get depressed, upset and worried," he says.

A PLACE FOR ALL

Church's new direction builds bridges, breaks down barriers



Jeff vonKaenel, CEO of Sacramento News & Review, talks with Pastor Rick Cole about spirituality, where Capital Christian Center has been and where it's headed.

Jeff: Some people say, "I can be spiritual by myself. I don't need to go to church. Can you talk a little bit about what it means to be in a community as opposed to being isolated?"

Rick: I think we can have a spirituality that is personal and private. But there is something to be found in a community that can't be found by myself. When I get with other people, now I have exponential opportunity to grow, not only from my own experience but I can benefit from someone else's.

Jeff: Right now, one-third of Sacramentans are involved in the religious community. If we had two-thirds of Sacramentans involved in the religious community, how would Sacramento be different?

Rick: I think getting involved in a faith community changes our perspective, helps us to see the value of others and gives us the ability to have a more stable, more caring community. I think blessings follow the attitude that thinks about helping someone else.

Jeff: There are hundreds of religious organizations in Sacramento. How is Capital Christian unique?

Rick: We're not trying to compare ourselves against what others do, we're just trying to be faithful to what we're supposed to do. It's a great place for people to volunteer and get involved, but they might need to just come and be here for their own health for a while. There's no expectation. If you just need to come and have someone care for you and find healing and help, we welcome you. Once we grow and find more health, we start sensing the joy; there's the opportunity to now use our time and talent to help someone else.

"I THINK GETTING INVOLVED IN A FAITH COMMUNITY CHANGES OUR PERSPECTIVE."

PASTOR RICK COLE

Jeff: Let's talk about the journey that you've been on and also how that journey has impacted Capital Christian.

Rick: The faith community has a history of being known for things that we're against. In my own personal growth I have made a shift in how I communicate. We've always been well-meaning in whatever effort we put forth at the time. But the more I've studied Jesus, it seems that sometimes we've missed the mark a bit.

A few years ago I was privileged to get involved with CARES, helping people with HIV and AIDS. Getting to know people changed my perspective. Instead of being "issue" oriented, I now see genuine people that God cares about and that he loves. We are all on a journey to discover who God is and walk in His grace.

We've changed our methods, and instead of saying, "You don't belong here," we say, "Yes, you do belong here." It doesn't matter what your background is, God is for all people.

Jeff: There's joy in not having everybody in the world against you. How has that transformed you personally?

Rick: Where I am today I feel more excited about my life and my future. I am more joyful where I am now than where I used to be. When you're filled with negative thoughts, that's just an ugly place to be. When you get free of that and you see people who don't think like you do, but you still respect and care about them, it's freeing.

There's always something more to learn, something more to experience and more to do. I look at the future with optimism. We're going to grow and we're going to do it together, so let's link arms and embrace one another on the journey.

THERE'S MORE!
Log on to watch the full-length interview.

vimeo.com/CapitalChristianCenter



Find Your PERFECT FIT

So, what is Capital Christian Center all about? It's a community of believers who love, support and grow with one another. It's a place that draws on the strength of the many and yet offers close connections to people who really know you. You can find that perfect fit and just be yourself, no matter your age, cultural background or life experiences. You'll find down-to-earth, real talk about living in today's world, and a casual, come-as-you-are service with rocking worship music. You'll get real support for pursuing growth, and you'll find many ways to live God's love for the world by making a difference in the local community and around the world.

There's never a dull moment at Capital Christian. Find out for yourself. Check out one of Capital's Sunday services this week.



**GET A FREE
STARBUCKS COFFEE!**
Visitors, get a free Starbucks in Capital's
Connection Café before or after service! Just
check in at Connect Central in the Lobby.

SUNDAY SERVICES

9 A.M. CLASSIC | Featuring the Capital Choir and Orchestra.

10:30 A.M. CASUAL | Rock out with the Capital Worship band.

12 P.M. CASUAL | Sleep in and still make it to church on time! Featuring the Capital Worship band.

KIDS & TEENS | Fun, age-appropriate classes for kids, birth through fifth grade, at all services. Champions Special Needs services and services for middle and high school teens at 10:30 a.m. only.

CONNECT CENTRAL

Whether you're new or have questions about programs or events, Connect Central is for you. Before or after services, look for the big question mark in the Lobby. Or call 916-856-5674.

BASECAMP

New members or those who want to learn more about Capital are welcome to sign up for Basecamp, a four-week series designed to answer your questions and help you get plugged in. For more information, visit Connect Central in the Lobby or go to www.CapitalOnline.cc.

Capital

Christian Center

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There's so much more online! Watch sermons, find small groups, get information on exciting upcoming events and more.

VISIT www.CapitalOnline.cc