

Sick & Shut In

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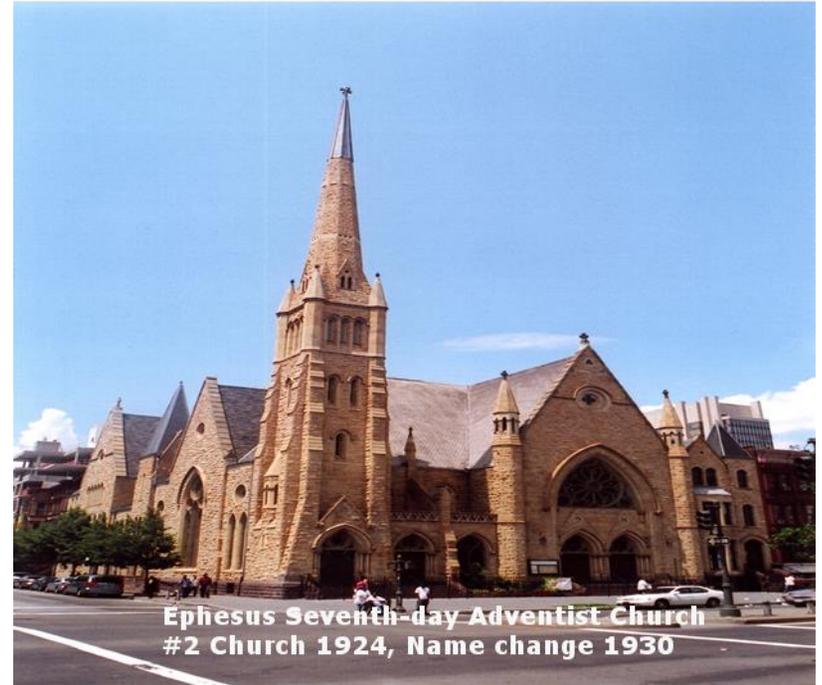
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Health Professional On Duty: Dr. Enyioma Nwankpa-Ejiogu

**PLEASE SEND BULLETIN TWO WEEKS IN ADVANCE TO
media@firstwhiteplains.org**

**Please give us your feedback on the contents of the bulletin at the above
email**

FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



"I have a most earnest interest in the work to be done among the colored people. This is a branch of work that has been strangely neglected. The reason that this large class of human beings, who have souls to save or to lose, have been so long neglected, is the prejudice that the white people have felt and manifested against mingling with them in religious worship. They have been despised, shunned, and treated with abhorrence, as though crime were upon them, when they were helpless and in need, when men should have labored most earnestly for their salvation. They have been treated without pity. The priests and the Levites have looked upon their wretchedness, and have passed by on the other side."].". EGW

Feb 10, 2018

180 Juniper Hill Road
White Plains, NY 10607
Kyran Leo John, Pastor
<http://Firstwhiteplains.org>
914 949 6816

Welcome to our Church! We are so delighted that you have chosen to worship with us today. We hope that you will be blessed, refreshed, and revived by your *FIRST Experience*. Have a wonderful Sabbath!

SABBATH SCHOOL EXPERIENCE
9:15 A.M.

Theme: Brand Managers to God's Promise
Coordinator: Elder Kirk McDonald

Praise and Worship	Choristers
Opening Remark	Elder Kirk McDonald
Opening Hymn	Congregation
Scripture Reading... 1 Corinthians 4: vs. 1, 2	Sis. Morgan McDonald
Prayer.....	Elder Fitzroy Harris
Mission Emphasis	Sis. Patricia Cox
Lesson Study.....	Teachers
Welcome.....	Bro. Sydney McDonald
Special Music.....	Sis. Anika Cox
Closing Remarks.....	Elder Kirk McDonald

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

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FCWP Bulletin

The church bulletin is available online from every Thursday. It is also available in your inbox if you registered your email address with the Communications Dept. If you have not done so, please go to the website and fill out the information on the contact page.

<http://www.firstwhiteplains.org/contact-Us.html>

The bulletin is also available on the Church's mobile App.

The Family Life Ministry weekly prayers for our families.

This Sabbath we will be praying for **Elder Lance Peart and family..**

CELEBRATIONS (FEB. 04 - FEB 10, 2018)

BIRTHDAYS:

- ❖ Feb. 04 – Patricia Thompson,, Federick Bernard
- ❖ Feb. 05– Gabriel Isioye, Bertram Reid
- ❖ Feb. 06 – Beverly Gordon, Karissa John
- ❖ Feb. 07 – Anne Alcin, Trudel Peart
- ❖ Feb. 08 – Jovaun Jackson
- ❖ Feb. 09 – Judith Johnson
- ❖ Feb. 10 – Adriana Bailey, Abigale Watson

WEDDING ANNIVERSARIES:

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

My friend Bob first started giving 10% or more of his paycheck to God when he was in his mid-30s. At first, he was scared to start doing this, but as time went on he discovered how faithful God could be in providing for his needs.



One day he called me and told me the story of when he was completely broke and couldn't even afford to purchase the bus pass he needed to get back and forth to work. As he was sitting at his desk feeling sorry for himself, the phone rang and a woman in another department asked Bob if he knew anyone that needed a week's bus pass for bus #47. Bob said, "That's my bus #, and yes, I need a bus pass!" He was amazed. Bob was learning to give to God first when he got paid, and he was experiencing God as his faithful provider. He told everyone that God even knew his bus #!Brian Kluth

Health and Wellness Fitness Program
Session #5 - 2/10/2018, tonight at 6pm. New Year - New You!

Board of Elders:	Dalbert Watson, <i>First Elder</i> (914-649-6338) Fitzroy Harris (914-621-6322) Newton Howson (914-588-6157) Lanslott Peart (917-319-1581) Yohance Perry (914-803-2402) Malcolm Phillips (914-227-0180) Donald Webb (914-758-3142) Arlene Williamson (914-548-5292)
Head Deacon:	Clinton Boxhill (914-815-1428)
Head Deaconess:	Delores Clarke (914 448-9225)
Head Clerk:	Felicia Ennis (clerk@firstwhiteplains.org)
Communications	Bro. Glen (media@firstwhiteplains.org)

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All Bulletin Submissions 2 weeks in Advance to media@firstwhiteplains.org

Sleeping Next to Your Phone Could Seriously Damage Your Health

Bad news for those of us permanently attached to our cellphones (so pretty much all of us): Cuddling with your cellphone or even sleeping with it on the nightstand next to you — could be hazardous to your health. The California Department of Public Health (CDPH) just issued some information and guidelines about



cellphone safety, and what it reveals is pretty frightening. Because, honestly, who doesn't at least have their phone on the nightstand, if not next to or underneath their pillow?

So what exactly is going on here? Well, cellphones emit radio frequency (RF) energy when they send and receive information from surrounding cell towers, and that RF may or may not be dangerous. Why the ambiguity? Well, since cellphones haven't been around long enough, it's difficult to determine the long-term repercussions of their use. As the CDPH explains, their danger is "still evolving."

However, according to the guidelines, some studies have found that "long-term, high use of cellphones may be linked to certain types of cancer and other health effects."

These "other health effects" include "brain cancer and tumors of the acoustic nerve (needed for hearing and balance) and salivary glands, lower sperm counts and inactive or less mobile sperm, headaches and effects on learning and memory, hearing, behavior and sleep." So, yeah — potentially very dangerous.

Even though these links aren't definitively proven yet, you may still want to reduce your exposure to RF, just to be on the safe side. That's why the CDPH has issued the following recommendations:

Keep your phone away from your body: Even just a few feet will make a big difference. Use a Bluetooth headset as much as possible, send text messages instead of talking on the phone, keep the phone away from you while downloading or sending large files and carry your phone in a backpack or purse instead of a pocket, bra or belt holster.

Avoid using your cellphone when it's sending out high levels of RF**. ** This happens when only one or two bars of service are displayed (when

your signal is weak), you're in a fast-moving vehicle, you're streaming audio or video or you're downloading or sending large files.

Don't sleep with your phone in your bed or near your head**. ** Unless you switch it over to airplane mode, keep it at least a few feet away.

Nope, no more sleeping with it under your pillow waiting for that call. Take off the headset when you're not on a call: Headsets release a small amount of RF even when you aren't using your phone. So even though they're better than holding the phone up to your head, you still want to limit RF exposure as much as possible.

Don't rely on a "radiation shield" or other products claiming to block RF energy, electromagnetic fields or radiation from cellphones: According to the U.S. Federal Trade Commission, any product that interferes with the phone's signal may make it work harder and possibly emit more RF energy in order to stay connected, which totally defeats their purpose. The report also mentions that kids are at a greater risk than adults. Their brains and bodies are so much smaller and less developed that the same amount of RF will have a greater impact on them. Also, by the time they're adults, they'll have been exposed to more RF in their lifetime than those of us who haven't been holding a smartphone since we were toddlers.

While there isn't much research on the impact of RF on children, the few studies that have been done show that children or teens may suffer "hearing loss or ringing in the ears, headaches and decreased general well-being." So it might be a good idea to keep cellphones away from your kids as long as possible..... **by LEAH GROTH**

Food-Safety Mistakes You Don't Know You're Making

THAWING MEAT ON THE KITCHEN COUNTER OR IN HOT WATER

While your meat defrosts on the counter, the outer layer warms to a temperature at which bacteria rapidly multiply while the inside continues to thaw. A hot-water bath isn't any better. Plus, you'll make what Jennifer Quinlan, Ph.D., calls "pathogen soup," a potent bowl of microbes that can easily cross-contaminate the kitchen. SOLUTION: There are three safe ways to thaw meat: 1) In the refrigerator. It may take a day to defrost small amounts of meat like boneless chicken breasts. After thawing, ground meat and poultry should remain safe for a day or two, and cuts of red meat like beef and pork keep for three to five days, according to the United States Department of Agriculture (USDA). 2) Cold water. Submerge the chicken in a leak-proof bag in cold tap water and change the water every 30 minutes until thawed, then cook immediately. 3) Microwave. After defrosting in the microwave, cook immediately..... **CAROLINE KAUFMAN, MS, RDN**