

Sick & Shut In

John & Mary Allen

18 Chatterton Avenue
White Plains, NY 10606
914-683-0141

George Andrews, Sr.

Veterans Hospital
130 W Kingsbridge Road
Bronx NY, 10468
718-584-9000 X3442

Vernice Austin

1315 Harmon Street
White Plains, NY 10606
914-831-9674

Estriana Barrett

505 Central Avenue – Apt. 829
White Plains, NY 10606
914-761-6705

Patricia Bowen

477 Tarrytown Rd.,
White Plains, NY 10603
914-761-6087

Evelyn Brown

663 Locust Street, Apt. 4A
Mt. Vernon NY 10552
914-668-0079

Ivy Darling

102 Cabot Ave.,
Elmsford, NY 10523

Noami Graham

Beth Abraham Health Services
612 Allerton Ave, Room 510A
Bronx, NY 10467

Tiffany Howard

11 Fisher Avenue, Apt 1-C
White Plains NY 10601

Mildred Mitchell

White Plains Center for Nursing
Care, Room 129
220 West Post Road
White Plains, NY 10606

Margot Southwell

8 Beth Lane
Congers, NY 10920
845-596-8724

Elizabeth Stedman

914-310-5008

Pearl Wilson

124 Valley St, Apt 4I
Tarrytown, NY 10591
914-332-1217

Health Professional On Duty: Dr. Enyioma Nwankpa-Ejiogu

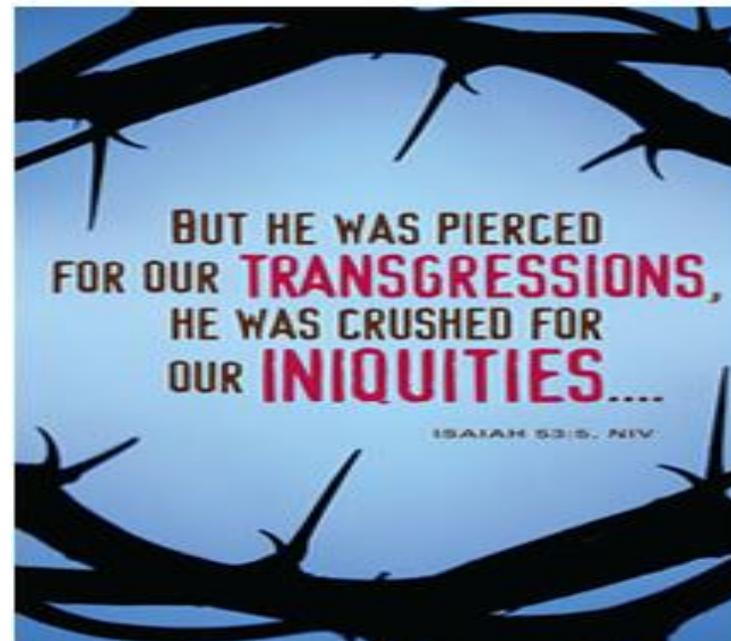
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FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



March 10, 2018



“Poor, weak, miserable man spat in the face of the King of glory, while a shout of brutal triumph arose from the mob at the degrading insult. They marred with blows and cruelty that face which filled all heaven with admiration. They will again behold that face, bright as the noonday sun, and will seek to flee from before it. Instead of that shout of brutal triumph, they will wail because of Him. Jesus will present His hands with the marks of His crucifixion. The marks of this cruelty He will ever bear. Every print of the nails will tell the story of man's wonderful redemption and the dear price by which it was purchased. The very men who thrust the spear into the side of the Lord of life will behold the print of the spear and will lament with deep anguish the part which they acted in marring His body..early writings page 42

First Seventh-day Adventist Church of White Plains
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: The Role of Stewardship
Coordinator: Elder Arlene Williamson

- Praise and Worship Elder Arlene Williamson
- Opening Remark Elder Arlene Williamson
- Opening Hymn Congregation
- Scripture Reading..... Sis. Cynthia Howson
- Prayer..... Sis. Neathlin Francis
- Mission Emphasis Bro. A. Jackson
- Lesson Study..... Teachers
- Welcome..... Sis. Diana Mohan
- Special Music..... Sis. Heather Daniels
- Closing Remarks Elder Arlene Williamson

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

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FCWP Bulletin

The church bulletin is available online from 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.

International Social was quite a success. Next one coming up later this year



CELEBRATIONS (MAR 04 - MAR. 10, 2018)

BIRTHDAYS:

- ❖ Mar 04 – Jada Hunter, Pastor Glen Pryce
- ❖ Mar 05 – Kimberly Boxhill
- ❖ Mar. 06 – Kolby Blake
- ❖ Mar. 09 – Irvin John, Newton Howson
- ❖ Mar. 10 - Bro. G. Larmond (**Sabbath day Baby**)

WEDDING ANNIVERSARIES:

- ❖ Mar. 05 – Rohan & Maryann Hunter
- ❖ Mar. 07 - Newton & Doreen Howson

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

THIS IS THE TIME TO GIVE

Marquis de Lafayette was a French officer who provided invaluable assistance to George Washington and the struggling American army. After the war was over, he returned to France and resumed his life as a farmer of many estates. In 1783, the harvest was a terrible one, and there were many who suffered as a result. Lafayette's farms were unaffected by the devastating crop failures. One of his workers offered what seemed to be good advice to Lafayette, "The bad harvest has raised the price of wheat. This is the time to sell." After thinking about the hungry peasants in the surrounding villages, Lafayette disagreed and said, "No, this is the time to give." God blesses us not just for our own benefit, but also so that we can be a blessing to others in need. The tendency to hoard and try to build up more and more is a dangerous one, and the best antidote to greed is to be a generous giver. There is certainly no shortage of people in need today, and while we cannot meet every need, if we do what we can, God will multiply resources so that it is enough.—ministry 127



The Family Life Ministry weekly prayers for our families. This Sabbath we will be praying for **Elder Kirk McDonald and Family.**

- Board of Elders:**
- Dalbert Watson, *First Elder* (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 \(clerk@firstwhiteplains.org\)](mailto:FeliciaEnnis@firstwhiteplains.org)
- Communications** [Bro. Glen \(media@firstwhiteplains.org\)](mailto:Bro.Glen@firstwhiteplains.org)

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Sis Felicia Ennis
- ✓ **Health Ministry Meeting** – following service in the Conference Room
- ✓ **4:00 pm** – Sanctuary Rehearsal
- ✓ **4:00 pm AYM-** Come and hear various methods and interventions to be "Unleashed" to reach the world through Evangelism
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- **Children’s Ministry** Bible Bowl/Prayer Line: Friday nights 8:30 – 9:00pm (712-775-7031; Access Code 366-152#).
- **Bible Bowl practice:** Sabbath afternoons 3:00 – 4:00pm.
- **Children’s Ministry Meetings:** 3rd Sabbaths over lunch.
- **Youth bible study group** is on the 2nd & 4th Friday of every month @ 6:30 pm.
- **AYM Choir** rehearsal on Friday, March 30th. & Friday, April 6th. @ 7 pm.
- **Food Distribution-** Tuesdays and Thursdays 11:00 am –2:00 pm.
- **Community Health Initiative:** Every Tuesday starting @ 6:30 pm.
Prayer Meeting Wednesdays 7:30–8:30 pm. All are invited.
- **Women’s Ministries:**
- **Prayer Hour:** Wednesday at 6:00 a.m. Dial 641-715-3286 Pin: 547474#
- Women's discussion of the book Patriarchs and Prophets every Tuesday night at 8:00 pm
- **Bible Study:** 3rd and 4th Thursdays @ 6:pm Elder Howson
- **Join** the AYM team on April 7th for our first 2018 Youth Sabbath. You simply cannot afford to miss out on this blessing. Youth Sabbath will culminate with a concert at 4:30 pm

For Richer or Poorer

The wives who lived within the walls of the Weinsberg Castle in Germany were well aware of the riches it held: gold, silver, jewels, and wealth beyond belief. Then the day came in 1141 A. D. when all their treasure was threatened. And enemy army had surrounded the castle and demanded the fortress, the fortune, and the lives of the men within. There was nothing to do but surrender. Although the conquering commander had set a condition for the safe release of all the women and children, the wives of Weinsberg refused to leave without having one of their own conditions met, as well. They demanded that they be allowed to fill their arms with as many possessions as they could carry out with them. Knowing that the women couldn't possibly make a dent in the massive fortune, their request was honored. When the castle gates opened, the army outside was brought to tears. Each woman had carried out her husband. The wives of Weinsberg, indeed, were well aware of the riches the castle held.

DIVINE SERVICE

10:55 A.M.

WE UNITE TO WORSHIP

- Prelude*..... Congregation
“Praise Him, Praise Him”
- Call to Worship..... Elder Fitzroy Harris
- Invocation*..... Pastor Leo Kyran John
- Response*..... Congregation
“Alpha and Omega”
- Welcome**.....Monique Daniels
- Announcements**.....Sis Felicia Ennis
- Pastoral Remarks**..... Pastor Leo Kyran John
Greetings/Birthdays/Anniversaries

WE PARTICIPATE IN HIS SERVICE

- Hymn of Praise..... Sis Grace Moody Wells
#517 -“My Faith Looks up to thee”
- Scripture Reading* Sis Carmen Guy
2 Peter 1:15-20
- Praise & Worship..... Praise Team
- Intercessory Prayer†..... Elder Arlene Williamson

WE RETURN HIS OWN

- Special Music..... Elder Audley Jackson
- Tithes & Offerings..... Elder Donald Webb
- Gifts of Love** Elder Donald Webb

WE EXPLORE HIS WORD

- Children’s Chapel..... Elder Arlene Williamson
- Song of Meditation..... Elder Audley Jackson
- Sermon**..... Pastor Leo Kyran John
TOPIC: “A more Sure Word of Prophecy”

WE DEPART TO SERVE

- Closing Hymn*..... Elder Kirk McDonald
#593 -In Times Like these
- Benediction*..... Elder Kirk McDonald
- Postlude.....“Praise God From Whom All Blessings Flow” Congregation

* Please stand, if possible ** You may enter/ exit the Sanctuary † Please kneel, if possible

Changes You Can Make Today to Help Cut Your Cancer Risk

Get Your Z's



Lack of sleep or sleep disturbance can cause shifts in hormones and stress the entire system.

Skimping on shut-eye has been linked to hormonal problems leading to weight gain, and now a 2014 study in the Journal of Clinical Sleep Medicine has shown a positive association between sleep

disturbance from moderate to severe sleep apnea and cancer incidence. The International Agency for Research on Cancer has classified the "shift leading to a disruption of circadian rhythm as probably carcinogenic to humans." When the circadian rhythm is disrupted in rotating-shift workers or people who work at night, hormonal shifts in melatonin have been studied in relation to incidence of certain types of cancers. Adults should aim for seven to nine hours per night and address sleep apnea with your doctor if this is an issue.

Manage Your Stress

Aside from lifestyle factors like nutrition and physical activity, studies in mindfulness and stress-reduction are gaining attention for prevention of chronic diseases, including cancer. A 2010 study published in the Journal of Alternative Complementary Medicine found that participants in an eight-week mindfulness-based stress-reduction program saw increased immune markers and decreased inflammatory markers in blood tests. The National Cancer Institute advises that while there is currently no direct proven link between stress and cancer incidence, there may be increased health risks with chronic stress. For example, people under stress may develop certain behaviors -- such as smoking, overeating or using alcohol -- that could increase risk for cancer. Incorporating practices such as counseling or therapy, meditation, breathing or physical activity can help you improve your quality of life now and help you cope with daily stressors, instead of turning to other habits for help to keep chronic stress in check.

Increase Physical Activity

By getting moving, you can reduce the risk for cancer including breast, colon, endometrium, prostate and pancreatic. Recommendations for a physically active lifestyle include both increasing daily activity as well as limiting sedentary time. Adults should aim for at least 150 minutes of moderate activity like brisk walking or yardwork or 75 minutes of vigorous activity like jogging or running each week **(more next week)** Livestrong.com

Some Of the Healthiest Foods In The World

What is actually healthy eating? It is consuming a variety of foods that give all essential nutrients for your body. But choosing the right foods from different groups is not at all an easy task:

Banana

The creamy and sweet bananas have many health benefits that you thought. The fresh bananas available year around and you should add it to your daily diet. Because bananas can relieve morning sickness, reduce tension, cure diabetes and improve heart health. It is free of fat and contain rich in nutrients such as manganese, vitamin C, potassium, dietary fiber, iron, vitamin A and protein.

Health benefits of banana

The daily intake of bananas can reduce the chances of asthma. The high level of Vitamin B-6 present in bananas can strengthen your nervous system and boost the production of white blood cells. The fiber content in bananas helps to boost the digestion process. As rich in potassium bananas can protect against stroke and heart attack.

The Vitamin C in bananas can prevent the formation of free radicals which leads to cancer.

Bananas can also boost your memory and protect against diarrhea.

Sweet Potato

The sweet potatoes are a readily available, inexpensive and nutrient rich vegetable in the world. They are a good source of Vitamin A, Vitamin D, Vitamin B-6, potassium and calcium. There is no fat in sweet potatoes and rich in dietary fiber and antioxidants which are very good for your health

Health benefits of sweet potato

The high dietary fiber contents in sweet potatoes help to boost the digestion process. The antioxidant compounds in sweet potatoes protect against cancer and good for healthy eyes.

The presence of Vitamin A and Vitamin E nutrients are great for a healthy immune system. The Vitamin B-6 nutrient in sweet potatoes can reduce homocysteine chemical that causes many heart problems. It is also good for lowering the blood pressure and regulate the heartbeat. The iron minerals in sweet potatoes boost the formation of white blood cells and for a healthy immune system. Sweet potatoes can also regulate the sugar and insulin levels in your blood....**(more next week)**