

## Sick & Shut In

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## CONTACT INFORMATION

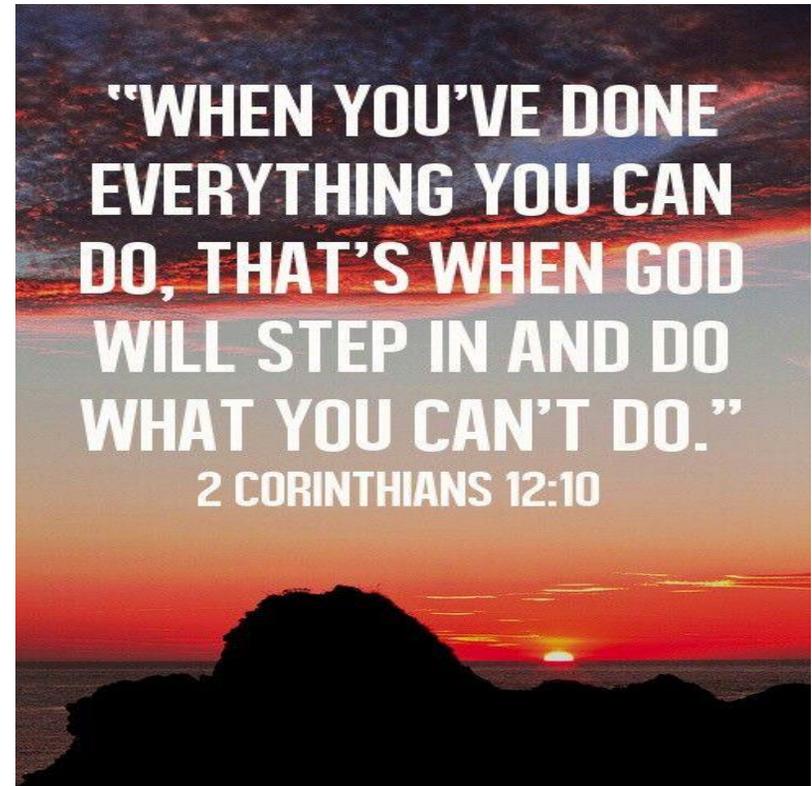
Board of Elders: Dalbert Watson, First Elder (914-649-6338)  
Fitzroy Harris (914-621-6322)  
Newton Howson (914-588-6157)  
Lanslott Peart (917-319-1581)  
Yohance Perry (914-803-2402)  
Malcolm Phillips (914-227-0180)  
Donald Webb (914-758-3142)  
Arlene Williamson (914-548-5292)  
Elder Kirk McDonald (917-821-1400)  
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)  
Personal Ministries: Elder Adrian Alvaranga (914-362-9665)

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**Health Professional on duty: Dr. Enyioma Nwankpa-Ejiogu**

## FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



**January 05, 2019**



## Happy New Year

**Pastor: Dr. Sean Dowding**  
**pastor@firstwhiteplains.org**  
**(845) 366-5910 (Mobile)**  
**180 Juniper Hill Road**  
**White Plains, NY 10607**  
**(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 today. Have a wonderful Sabbath!

### SABBATH SCHOOL EXPERIENCE

9:15 A.M.

*Theme: "The Gospel From Patmos"*

*Coordinator: Elder Donald Webb*

Praise and Worship.....Choristers  
Superintendent's Remarks ..... Elder Donald Webb  
Opening Hymn.....#595..... Congregation  
Scripture Reading..... Sis. Madge S. Jacobs  
Prayer..... Elder Adrain Alvaranga  
Mission Emphasis..... Elder Yohancy Perry  
Lesson Review.....Teachers  
Welcome..... Sis. Yahara Yan  
Special Music..... Mahlaah Desir  
Closing Remarks..... Elder Donald Webb/Sis Andrea Watson

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### 10:40 - 10:50 AM PERSONAL MINISTRIES

**Personal** Ministries Training - Jan 19 & 26 @ 4pm. Small group community services training for all church members young and old.

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### Jeremiah 33:22

In 1989, two astronomers discovered a "Great Wall" of galaxies<sup>1</sup> spanning millions of light-years<sup>2</sup>. This "Great Wall" is estimated to be 500 million light years (3 quintillion miles) long, 200 million light years (1.2 quintillion miles) wide, and 15 million light years (90 quadrillion miles) thick<sup>3</sup>. The "Great Wall" consists of more than 15,000 galaxies, each with billions of stars. Based on detailed measurements of each galaxy's brightness, thus rendering an approximate number of stars they each contain, astronomers estimate that this "Great Wall" consists of 1500 trillion (1,500,000,000,000,000) solar systems!

But here's the really neat part! A team led by an Australian astronomer calculated the number of stars in the *known* universe to be 70 sextillion<sup>3</sup>. Seventy sextillion is 70 followed by 21 zeros; so 70 sextillion<sup>3</sup> is 70 followed by 21 zeros x 70 followed by 21 zeros x 70 followed by 21 zeros (or 343,000,000,000,000,000,000,000,000)! One scientist made the statement that this unfathomable number is "more than **10 times the grains of sand** in every beach and desert on earth!" ([Kosmic Plenum](#) [MadSci Network](#): [Astronomy](#) [American Astronomical Society](#) [Harvard-Smithsonian Center for Astrophysics](#))

### CELEBRATIONS (JAN 06 - JAN 12, 2019)

#### BIRTHDAYS:

- ❖ Jan 07 - Jordon Mamdeen
- ❖ Jan 08 - Stacy-Ann Patterson
- ❖ Jan 10 - Lucretia Elibox
- ❖ Jan 12 - Sydney Luis McDonald

#### WEDDING ANNIVERSARIES:

- ❖ Jan 06 - Denis & Mary Painvin

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#### STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

### WE ARE TOOLS IN THE HAND OF GOD

A missionary to Africa told the story of an elderly woman who was reached with the gospel. Though she was blind and could neither read nor write, she wanted to share her new found faith with others. She went to the missionary and asked for a copy of the Bible in French. When she got it, she asked the missionary to underline John 3:16 in red and mark the page it was on so she could find it. The missionary wanted to see what she would do, so one day he followed her.

In the afternoon, just before school let out, she made her way to the front door. As the boys came out when school was dismissed, she would stop one and ask if he knew how to read French. When he said "Yes" she would ask him to read the verse that was marked in red. Then she would ask, "Do you know what this means?" and tell him about Christ.

The missionary said that twenty-four of the school boys that lady led to the Lord became pastors.

(<https://www.ministry127.com>)

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### Pastoral Visit

If you would like to have a visit from the Pastor or an Elder, or make an appointment in the church office, please do so by using the contact information in this church bulletin.

## ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Sis. Audrae Webb
- ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m.
- ✓ **4:30 pm - AYM**  
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- ✓ **Children's Ministries** Friday night – Bible Bowl Line: 8:30p.m. Dial 712-775-7031; Access Code: 366-152#.
- ✓ Youth bible class continues every second and fourth Friday of the month, with a NEW start time of 5pm. Come let's study His word together.
- ✓ **Food Distribution-** Tuesdays and Thursdays 11:00 am –1:00 p.m.
- ✓ **Prayer Meeting** Wednesdays 7:30–8:30 pm. All are invited.
- ✓ **Women's Ministry:**
  
- ✓ Upper Room Ministry, Wednesday Morning at 6:00 a.m. All are invited to join dialing the number 641 715- 3286 Pin #: 547474#.
  
- ✓ **Marriage Retreat- March 1<sup>st</sup> – 3<sup>rd</sup>. 2019:** Facilitator Dr. Ainsworth Joseph @ Eden Resort Lancaster PA. Cost \$625 per couple. All married couples are welcome. Please see Felicia or Andre Ennis for more information: 646-264-8831. Sponsored by the Sugar Buns Ministry.

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**2019 devotional books may be ordered from Sister Vivian Phillips at discounted prices through mid-January. Specific information regarding the various devotional books and pricing is posted on the bulletin board.**

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## BULLETIN INFORMATION AND OTHER COMMENTS

EMAIL: [MEDIA@FIRSTWHITEPLAINS.ORG](mailto:MEDIA@FIRSTWHITEPLAINS.ORG)

## DIVINE SERVICE

11:00 A.M.

### WE UNITE TO WORSHIP

Announcements..... Sis. Audrae Webb  
Prelude.....Congregation

***"Hallelujah, Hallelujah"***

Call to Worship..... Elder Fitzroy Harris  
Invocation..... Pastor Sean Dowding  
Response ..... Congregation

***"Alpha and Omega"***

Welcome ..... Sis. Monique Daniels  
Pastoral Remarks..... Pastor Sean Dowding

### WE PARTICIPATE IN HIS SERVICE

Hymn of Praise ..... Deaconess Beryl Boxhill

**# 1 - Praise to the Lord**

Scripture Reading.....Deacon Clinton Boxhill, Sr.

**Nehemiah 9: 1-3**

Songs of Praise & Worship.....Praise Team  
Intercessory Prayer..... Elder Donald Webb

### WE RETURN HIS OWN

Tithes, Offering ..... Elder Lanslott Peart  
Gifts of Love..... Elder Lanslott Peart  
Children's Chapel ..... Sis. Carol Bertram

### WE EXPLORE HIS WORD

Song of Meditation..... Abundant Praise  
Sermon ..... **Pastor Sean Dowding**

***Title: " Confession is a good thing"***

### WE DEPART TO SERVE

Closing Hymn..... Elder Adrian Alvaranga  
**#440 -" How Cheering Is the Christian's Hope"**  
Benediction..... Elder Adrian Alvaranga  
Postlude.....Praise Team

Bible Class: Pastor Sean Dowding  
Vesper: Elder Adrian Alvaranga

## A Healthier You In 2019

For many people the new year offers a fresh slate to eat a healthier diet, shed excess weight or start training to build muscle strength.

Commendable goals that can improve your health and longevity. Just don't eat for the sake of eating or because of the ease of preparing and because it is ever before you. Eat for wellness and health

The question you might have pondered, though, is how to approach your resolution. Start simple, take a moment to read the facts about foods and what benefits can be derived



### A DETOX DIET IN JANUARY

Advocates claim that our bodies become overloaded with toxins in food and the environment, which can trigger weight gain, fatigue and a myriad of health problems. By temporarily giving up certain foods including meat of all kinds while consuming more fiber, antioxidants and, in some cases, herbal extracts, detox plans supposedly boost the body's natural detoxification processes. The healthy human body is highly efficient at removing or neutralizing toxic substances; our liver, gastrointestinal tract, kidneys and lungs are exquisitely designed for that task. Bottom line: You're better off eating healthy year-round instead of detoxing a few times a year. Resolve to make lasting changes, one at a time, to your eating habits. Another thing the best approach to weight loss is a combination of diet and exercise. When it comes to maintaining a weight loss, include exercise in your regime. Go organic as much as possible in your fruit and vegetables.

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## The Health Benefits Of Avocado

Even though we did the incredible health benefits of avocado last year I think we need to raise the good cholesterol the **HDL** as one of our goals for this year Avocado the good ones are one of the most delicious and satisfying foods on the planet—and it's also a powerhouse superfood. By superfood we mean nutritionally dense and thus good for one's health.



**Ral** an old friend of mine ate 12 avocados with a ½ of Jamaican bulla cake. At the time he got them from a tree that was on Gramps property, butter.

These wonderful fruits –they are technically fruits, although some people categorize them as "good" fat—are packed with anti-aging, disease fighting antioxidants, and nearly 20 different vitamins and minerals.

**One** study out this year found that regular avocado eaters have higher intakes of fiber, vitamins E and K, magnesium and potassium—pretty impressive! I eat avocado in at least one meal each day, and I love how versatile they are for eating with just about everything. Avocados are available at your local supermarkets, Trader Joes, Sams and Costco.

### They protect your Heart

Avocados, which provide about 22 grams of fat each (mostly as heart healthy monounsaturated fatty acids, or MUFAs)

The MUFAs in avocados have been shown to slash "bad" LDL cholesterol, and up "good" • HDL levels—a double whammy effect that helps to lower the risk of heart disease, the #1 killer of both men and women. A recent UCLA study also uncovered some remarkable heart protective effects of avocado consumption: Compared to eating a burger without avocado, the addition of half of a Hass curbed the production of compounds that contribute to inflammation, improved blood flow, and didn't increase triglycerides (blood fats) beyond the amounts raised by the burger alone. Avocados are also a source of potassium, a nutrient that helps reduce blood pressure by acting as a natural diuretic to sweep excess sodium and fluid out of the body, which relieves pressure on the heart and arteries (bonus: that also means avocado is a natural de-bloater!).

### They're nutrient boosters

Enjoying avocado at mealtime can help your body absorb more antioxidants from other healthy foods. In one Ohio State study, when men and women ate salads and salsa topped with 2.5 tablespoons of avocado, they absorbed over 8 times more alpha-carotene and 13 times more beta-carotene—phytonutrients known to fight cancer and heart disease. Another recent study found that pairing avocado with tomato sauce and carrots boosts absorption of the veggies' vitamin A, a key nutrient needed for healthy skin, vision, and immunity. Try a grated carrot and avocado salad.

# **PROJECT FOR THE SPIRITUAL DEVELOPMENT OF OUR CHURCH**

**Biblical foundation for church project: Acts 2:40-47**

## **Four pillars for the edification of the church:**

- (1) Teaching and Studying the Word together,
- (2) Fellowship,
- (3) Sharing,
- (4) Praying together.

## **OBJECTIVES FOR A QUALITY CHURCH LIFE**

This means...

- that leaders and departmental directors are committed to the development of the church;
- that Christian members utilize their spiritual gifts for the edification of the church;
- that members live an enthusiastic and contagious faith life experience;
- that infrastructures be adapted to serve the development of the church;
- that for many, the Sabbath worship experience is the summit of the week;
- that we experience the power of love and reconciliation in missionary small group;
- that members utilize their talents for the proclamation of the Gospel through a mission cycle;
- that the love of Christ be the imprint upon all the activities of the church.

## **CRITERIA FOR QUALITY (What must we do?)**

These criteria lend themselves to the spiritual development of the church:

### **1. Responsibility & Service (Responsible: Donald Webb)**

Delegating responsibility to each member in order to fulfill God's calling to serve Him according to the spiritual gifts granted.

### **2. Enthusiastic spirituality (Responsible: Newton Howson; Malcolm Phillips, Asst.)**

That each member lives his/her faith with consecration, joy, dynamism, enthusiasm, develops a life of prayer, and freely participates in the joy of witnessing.

### **3. Effective structures (Responsible: Kirk McDonald, Lancelot Peart, Asst.)**

That members feel empowered to observe and report on the anomalies of the infrastructure to ensure the maintenance of a safe and inviting worship environment and building.

### **4. Edifying worship (Responsible: Dalbert Watson)**

That Sabbath worship be the optimum edification experience for all as the summit of the week's spiritual experience.

### **5. Biblical instruction (Responsible: Sean Dowding)**

That all worshippers receive access to appropriate biblical instruction, especially to the three angels messages and to prophetic understanding and relevance of the times in relation to God's eternal plan of salvation.

### **6. Evangelism and Community services (Responsible: Adrian Alvaranga, Yohance Perry, Asst.)**

That as disciples of Christ, our cycle of mission is adapted to the needs of the church and to the community.

### **7. Interpersonal relationships (Responsible: Arlene Williamson)**

That members develop ties of wholesome fraternity for social and spiritual nurturing that meet the needs of each other. » 2 Cor 8.15; 2 Cor 9.9 - in context, Ps.112.9, cited here by Paul, promises blessings to the righteous).

### **8. Ministry to members and visitors (Responsible: Fitzroy Harris)**

That each absent member or worshipper be noticed and kept in contact with and that every person is well received.

## OUR PRIORITIES

1. **PRAYER**– Make our church a praying church.
2. **COMMUNITY SERVICES**– Meeting the needs of the community.
3. **SABBATH SCHOOL**– Reorganize Sabbath School into action groups.
4. **EVANGELISM**– Follow the mission cycle of service and nurturing, (more to come).
5. **YOUTH**– Get young people in departments and ministries.
6. **TRAINING**– Continual training and mentoring for church members.

### PROMOTIONAL

OUR PRIORITIES	PROMOTION
<p><b>PRAYER</b></p> <p><b>COMMUNITY SERVICES</b></p> <p><b>SABBATH SCHOOL</b></p> <p><b>EVANGELISM</b></p> <p><b>YOUTH</b></p> <p><b>TRAINING</b></p>	<p><b>The Sabbath School Class will become an ACTION UNIT</b></p> <p>The SS class is called an “Action Unit (AU)” wherein it is not only an interaction with each other about the Word of God but a place where fellowship, testimonies and mission projects are developed. Each AU determines their fellowship and mission projects.</p> <p><b>The principal objective of the fellowship within the group is that all who join will become Disciples of Christ. The UA is comprised of seven to ten members.</b></p> <p>Each AU has a named coordinator responsible for coordinating Bible discussions. Also, different members of the AU take up voluntary responsibility for coordinating the Welcome, Prayer, Testimonies, and Mission.</p>

## Unleashed 2

Just to let you know that there are still a few days left to register for Unleashed. You wouldn't want to miss out on dynamic speakers, inspiring music and testimonies and outstanding fellowship - all under one beautiful roof! Don't wait to hear about it, register and experience it for yourself!

Registration is \$199 per person.

The link to register is below!

<https://www.adventsource.org/events/unleashed-2-2019-522>



**NORTHEASTERN CONFERENCE**

# Unleashed

TO REACH THE WORLD

**21 - 24**  
FEBRUARY, 2019

  
**DR. JESSE WILSON**

  
**PASTOR DEBLEAIRE SNELL**

**LOCATION**

**The Omni Providence Hotel and  
The Rhode Island Convention Center  
in Providence Rhode Island**

Book Your Rooms Directly with the Omni Providence Hotel - 401-598-8000.  
Tell them you are with the Northeastern Seventh-day Adventist Group.

**REGISTER**

**\$149** until December 15th    **\$199** December 16 - January 15, 2019

1-800-328-0525

REGISTER THROUGH ADVENTSOURCE



115-50 Merrick Blvd, Jamaica, NY 11434  
WWW.NORTHEASTERN.ORG

# NEC Calendar For January And February

## JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>OFFICE CLOSED</b>	2 Ex-Officers Meeting	3	4	5 Day of Prayer All Churches
6 Prayer Coordinators Meeting NEC Office	7	8	9 <b>NEC Staff Meeting</b>	10 <b>NAD Ten Days of Prayer</b>	11 QNS-LI STEWARSHIP WKND @ LINDEN SDA	12 Stewardship Day (All Churches)
13	14 Coat Giveaway Corona Center	15 Coat Giveaway Corona Center	16 Departmental Meeting	17	18 <b>Atlantic Youth Congress Begins</b>	19 Sabbath School Workshops BX/NYC Churches
<b>NAD Ten Days of Prayer</b>						
20 <b>Atlantic Youth Congress Ends</b>	21 <b>MARTIN LUTHER KING Jr. DAY OFFICE CLOSED</b>	22 Licensed Ministers Meeting	23 <b>ADCOM</b>	24	25	26 Religious Liberty Day
<b>NAD Health Summit</b>						
27 Family Ministries Leaders Training  Lay Pastors Meeting	28 <b>NEC Academy Board</b>	29 <b>Executive Committee Meeting</b>	30	31		

## FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>Go Red Day Women's Heart Day</b>
3	4	5	6	7 <b>ADCOM EX-Officers Meeting</b> Haitian Pastor's Meeting	8 <b>Clerk &amp; Treasurers Workshop 8-10</b>	9 Christian Marriage Sabbath
10 Disaster Response Training NEC - 3rd FL	11	12	13 Departmental Meeting	14 Valentine's Day	15	16 Sabbath School Workshops Brooklyn & S.I. Churches
<b>Christian Family Week</b>						
17 School of Prayer 10:00 a.m. - 1:00 p.m.	18	19	20	21 <b>Ex-Officers Meeting</b>	22	23 <b>UNLEASHED 2 EVANGELISM SUMMIT</b>
24 Unleashed 2 Summit Ends	25	26	27	28		