

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)
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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)

FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



January 12, 2019

HE IS ABLE

...to do **EXCEEDING**
ABUNDANTLY
above all that we
ASK *or* **THINK**

EPHESIANS 3:20

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: " Jesus Prays"

Coordinator: Sister Doreen Ernest

Praise and Worship.....Choristers
 Superintendent's Remarks,, Sis. Doreen Ernest
 Opening Hymn..... Congregation
 Scripture Reading.....**John 17 vs, 9 & 10**.....Sis. Sandy Williams
 Prayer..... Deaconess Stephena Mitchell
 Mission Emphasis..... Sis. Carol Bertram
 Lesson Review..... Teachers
 Welcome..... Sis. Andrea Watson
 Special Music.....Sis. Janice Thompson
 Closing Remarks..... Sis. Doreen Ernest

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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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Winter Clean Up

Dear members, our General winter cleaning-up week will be Jan. 18-25, 2019. Please make every effort before Jan 18, 2019 to clear out the cupboards, rooms and hallways and to identify items to be thrown out. At the date above, a dumpster will be present for a week for the general



clearing out of the church building. All unidentified and/or unnecessary items will be discarded. If anyone has any personal items not belonging to the church, please retrieve them before

Friday Jan. 18. Also, Sunday Jan 20, 2019 from 2pm to 4pm will be the opportunity to invite charities and community members to come and take any item they may want. Thanks for your cooperation in keeping the house of God in order. **From the Church Administration.** »

CELEBRATIONS (JAN 13 - JAN 10, 2019)

BIRTHDAYS:

- ❖ Jan 14 - Joy Williams, Neatlyn Francis
- ❖ Jan 17 - Jean Brewster
- ❖ Jan 18 - Genesis Wilcox, Sonia Ennis

WEDDING ANNIVERSARIES:

- ❖ Jan 15 - Malcolm & Vivian Phillips

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

THE EMPTINESS OF FLATTERY

King Canute ruled over Denmark, Norway, and England more than one thousand years ago. A wise ruler, he worked diligently to make the lives of his subjects better. As is often the case, he was surrounded by those who sought to gain influence and prominence with him, and according to the ancient story, he grew tired of their continual flattery and determined to put an end to it. He ordered that his throne be carried out to the seashore and gathered his courtiers about it.

By the sea, the king commanded the tide not to come in. Yet soon the waters were lapping around his legs as the tide did not heed him. According to one historian's account, King Canute rose up from his throne and said, "Let all men know how empty and worthless is the power of kings, for there is none worthy of the name, but He whom Heaven, earth, and sea obey by eternal laws." (<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. Felecia Ennis
- ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m.
- ✓ **3pm - 4pm:** Planning session for all department heads and team members.
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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#.

- ✓ **January 19 @ 4pm:** Personal Ministries training for all church members. Please be present

- ✓ **January 26:** Baptism ceremony during Divine Service

- ✓ **January 26:** Sugar Buns with Family presents a Karaoke Social. Please come and bring your friends and family, we will have lots of fun. There would be food and drinks on sale.

- ✓ **Marriage Retreat- March 1st – 3rd, 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

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

Announcements..... Sis. Felecia Ennis
Prelude.....Congregation

"Praise Him, Praise him"

Call to Worship..... Elder Yohance Perry
Invocation..... Elder Dalbert Watson
Response Congregation

"Alpha and Omega"

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

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise Bro Joshua Hunter

#06- "O Worship The King"

Scripture Reading..... Sis Doreen Ernest

Luke 11: 1-4

Songs of Praise & Worship.....Praise Team
Intercessory Prayer..... Elder Newton Howson

WE RETURN HIS OWN

Tithes, Offering Elder Arlene Williamson
Gifts of Love..... Elder Arlene Williamson
Children's Chapel

WE EXPLORE HIS WORD

Song of Meditation..... Children's Choir
Sermon **Elder Dalbert Watson**

Title: "The Power of Prayer"

WE DEPART TO SERVE

Closing Hymn..... Elder Adrian Alvaranga
#508 – "Anywhere with Jesus"

Benediction..... Elder Adrian Alvaranga
Postlude.....Praise Team

Bible Class: Pastor Sean Dowding
Vesper: Elder Donald Webb

A Healthier You In 2019

Walking: Trim your waistline, improve your health



Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Plan your routine

As you start your walking routine, remember to:

- **Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. Wear comfortable clothes and gear appropriate for various types of weather. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf. If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers.
- **Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- **Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

WHAT'S SO GOOD ABOUT TURMERIC?

A LOOK AT THE HEALTH BENEFITS OF THE BRIGHT YELLOW INGREDIENT Turmeric is in the ginger family, and the part of the plant that is consumed is actually its root, which is boiled, then dried and ground into the powder most commonly seen at food stores and supermarkets (though the root is also sometimes used fresh — and whole — in certain dishes). Due to its distinctive — and vibrant — yellow color, it's easy to tell when turmeric has been used in a dish even before tasting. It is a key ingredient in many curry powders throughout Asia and the Middle East. The turmeric lattes have recently become popular in Western countries or for the more conscious West Indians turmeric tea for anti-inflammatory benefits

Many high-quality studies show that it has major benefits for your body and brain

In terms of its health benefits, turmeric is often touted as an anti-inflammatory; it contains high levels of curcumin, which might help with inflammatory diseases and conditions Those who use it a lot live by its results. Curcumin has, however, been shown to ease symptoms of hay fever, lower blood pressure, and pain associated with osteoarthritis. It has also been shown to further ease the symptoms of depression in those who are already taking medication for depression.

And there is research ongoing regarding curcumin's other health benefits: among its potential curative properties are the ability to decrease recovery time after surgery, ease menstrual pain, prevent diabetes in individuals with prediabetes, and improve mental function. Even if you don't consume turmeric for its health benefits, it's delicious: it lends a slightly peppery mustardy flavor to curries, soups, sauces and some desserts.

Curcumin Is a Natural Anti-Inflammatory Compound

Inflammation is incredibly important.

It helps your body fight foreign invaders and also has a role in repairing damage.

Without inflammation, pathogens like bacteria could easily take over your body and kill you.

Although acute, short-term inflammation is beneficial, it can become a major problem when it becomes chronic and inappropriately attacks your body's own tissues. (more next week) sources: healthline.com, gadventures.com. bethelstreet.com

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
PRAYER	<p>The Sabbath School Class will become an ACTION UNIT</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>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.</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>
COMMUNITY SERVICES	
SABBATH SCHOOL	
EVANGELISM	
YOUTH	
TRAINING	

Unleashed 2

Just wanted 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, 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

REGISTER THROUGH
ADVENTSOURCE

1-800-328-0525

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