

Sick & Shut In

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Noami Graham

Beth Abraham Health Services
612 Allerton Ave, Room 510A
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Tiffany Howard

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Roeata Latty (Sis. Simmonds's sister)

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Marie John-Louis

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Mildred Mitchell

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FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



January 26, 2019

You may have had
a bad start
in life, but you
can have an
AWESOME finish
in Jesus!

Dear members and friends, please continue to reach out to our sick and shut-ins, and absent members and friends. Our contact will bring comfort and joy to those isolated and feeling lonely. Thanks in advance."

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)

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: "Worthy is the Lamb

Coordinator: Elder Yohance Perry

Praise and Worship..... Choristers
Superintendent's Remarks Elder Yohance Perry
Opening Hymn.....212 " 'Tis almost time for the LordCongregation
Scripture Reading..... Bro. Randy Perry
Prayer..... Dr. Jeannine Bookhardt-Murray
Lesson Review..... Teachers
Welcome..... Elder Arlene Williamson
Special Music.....
Closing Remarks..... Elder Yohance Perry

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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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Town Hall Meeting

Please be advised that the Northeastern Conference Administration will host a Town Hall meeting with our constituency in the New York City Metropolitan region of our Conference on Sabbath, February 2,2019, at 5:00 p.m. The meeting will be held at the New Rochelle Seventh-day Adventist Church situated at **456 Webster Ave, New Rochelle, NY 10801.**

The purpose of this forum is to discuss the future of Adventist Education in the Northeastern Conference. This conversation will encompass the potential relocation of Northeastern Academy, the establishment of an Endowment for Christian Education and the strengthening of the Area School Concept as well as other points related to education.

CELEBRATIONS (JAN 29 - FEB. 02, 2019)

BIRTHDAYS:

- ❖ Jan 30 - Norma Carby
- ❖ Feb. 01 - Kyran John, Jr.,
- ❖ Feb. 02 - Andrew Hardie

WEDDING ANNIVERSARIES:

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

STEAMBOAT RACE

Clovis Chappell, a minister from a century back, used to tell the story of two steamboats. They left Memphis about the same time, traveling down the Mississippi River to New Orleans. As they traveled side by side, sailors from one vessel made a few remarks about the snail's pace of the other. Challenges were made and the race began.

Competition became vicious as the two boats roared through the deep South. One boat began falling behind because it did not have enough fuel. There had been plenty of coal for the trip, but not enough for a race. As the boat dropped behind, an enterprising young sailor took some of the ship's cargo and tossed it into the ovens. When the sailors saw that the supplies burned as well as the coal, they fueled their boat with the material they had been assigned to transport. They ended up winning the race, but burned their cargo.

God has entrusted cargo to us, too. Our job is to do our part in seeing that this cargo reaches its destination. Yet when a program takes priority over people, people often suffer. How much cargo do we sacrifice in order to achieve the number one slot? How many people never reach the destination because of the aggressiveness of a competitive captain?
(<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. Felicia Ennis
- ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m.
2pm: Children's Choir rehearsal
3pm: Emmanuel Choir rehearsal

- ✓ **4:00 pm** -Personal Ministries training for all church members. Please be present.
- ✓ Sugar Buns with Family Life presents a Karaoke Social after sunset. Food and drinks will be on sale.
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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#.

- ✓ **AYM** February 2nd 2019 @ 430pm : Youth Summit - Let your voice be heard! We encourage all our youth to be present please invite your friends.
- ✓ **AYM Ministry** Presents Super Bowl Sunday. Please join us as we watch the New England Patriots take on the LA Rams. Everyone feel free to bring a friend. We'll meet February 3rd, 2019 at 5pm .
- ✓ **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.

- ✓ **2018 Receipts will be distributed this Sabbath in the Church Lobby after Midday Service.**

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

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

Announcements..... Sis. Felicia Ennis
Prelude.....Congregation

"Praise Him, Praise him"

Call to Worship..... Elder Adrian Alvaranga
Invocation..... Elder Kirk McDonald
Response Congregation

"Alpha and Omega"

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

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise Bro. Randy Perry
537 – "He Leadeth Me"

Scripture Reading..... Bro. Randy Perry

Psalm 37: 23-24

Songs of Praise & Worship.....Praise Team
Intercessory Prayer..... Elder Yohance Perry

WE RETURN HIS OWN

Tithes, Offering Elder Dalbert Watson
Gifts of Love..... Elder Dalbert Watson
Children's Chapel Deaconess Delores Clarke

WE EXPLORE HIS WORD

Song of Meditation..... Sis Joy Awoniyi
Sermon Elder Kirk McDonald

Title: "When God orders your steps, you can't lose"

WE DEPART TO SERVE

Closing Hymn..... Elder Lanslott Peart
#534 – "Will Your Anchor Hold "

Benediction..... Elder Lanslott Peart
Postlude.....Praise Team

Bible Class: Elder Arlene Williamson

Vesper: Elder Malcolm Phillips

A Healthier You In 2019

Green leafy vegetables are nutritional powerhouses, providing a wide range of essential vitamins, minerals and phytochemicals while being low in calories. Some of these phytochemicals may help lower your risk for cancer. You should eat at least 1.5 cups of green leafy vegetables each week as part of your recommended 2.5 servings of vegetables per day, according to the U.S. Department of Agriculture.

Vitamins

While iceberg lettuce is relatively low in nutrients, darker greens contain folate and vitamins A, C and K. The exact amount of vitamins depends on the type of green. A cup of raw kale will provide you with more than a day's worth of vitamins A, C and K, as well as a small amount of folate.

The same amount of raw spinach contains more than 10 percent of the daily value for each folate and vitamin C as well as more than 50 percent of the DV for vitamin A and 181 percent of the DV for vitamin K.

Although green leaf lettuce doesn't provide a lot of folate or vitamin C, it does contain more than 50 percent of the DV for both vitamins A and K in each cup.

Minerals

Dark green leafy vegetables can also be good sources of calcium, iron and potassium. Each cup of raw kale provides 15 percent of the DV for calcium, 8 percent of the DV for iron and 14 percent of the DV for potassium. Although both spinach and green leaf lettuce also contain these nutrients, they don't contain as much as kale. To get significant amounts of minerals from many green leafy vegetables, you'll need to consume more than 1 cup of greens. This can be easier to do if you eat them cooked, as these vegetables tend to shrink quite a bit with cooking.

Phytochemicals

You'll increase your intake of phytochemicals, which are beneficial plant compounds, when you eat leafy vegetables. Green leafy vegetables contain carotenoids like lutein and zeaxanthin as well as flavonoids and saponins. Lutein and zeaxanthin help prevent damage to your eyes from ultraviolet light and may also help prevent atherosclerosis, or clogging of the arteries. Carotenoids, saponins and flavonoids all act as antioxidants, helping to keep free radicals from damaging your cells. This potentially lowers your risk for cancer.

In choosing your green leafy vegetables go pesticide free go organic. Studies have shown that those who ate the highest amount of organic food is 25% less likely overall to develop cancer than the others. [1]

34% fewer postmenopausal breast cancers

(<https://prepareforchange.net/2019/01/19/>, <https://living.thebump.com>)

How to avoid the soon-to-be number one killer (part 2)

Heart disease rates drop in the last decade may mean cancer becomes biggest killer in the United States.

Jan 07, 2019 | Loma Linda, California, United States | Mark E. Reeves, director of the Loma Linda University Cancer Center.

The death rate from heart disease has been dropping for the past few decades, and it will soon be overtaken by the malady that's now the



second-biggest killer in the United States: cancer.

And just in the past few years, immunotherapy has again changed the way many advanced cancers are treated — by using the body's own immune system to help fight cancer.

An important example of this therapy targets PD-1, which cancers can use to essentially shut down the body's immune system. These drugs block that shutdown, allowing the immune system to still fight the cancer.

Still, cancer remains a problem. While the medical community is increasingly getting better at treating it, the best thing for patients to do is live a lifestyle that helps prevent it. Yes, as I've [said here before](#), hereditary factors can play a large part, too, and some families are affected by cancer more than others. But overall, a person's lifestyle choices contribute to their health and wellbeing. Here are some of the top ways to avoid developing cancer:

Quit smoking. It actually turns out that most of the reductions in cancer deaths have occurred because we as a society have decreased our amount of smoking. Yet lung cancer is still the biggest killer in the U.S. It dwarfs all other cancers. And many researchers think tobacco is still responsible for approximately 50 percent of cancer deaths. Studies have found enormous contributions of smoking to pancreatic cancer, which is the fourth largest cancer killer.

Manage weight. There are few drugs that will reduce cancer risk as much as weight loss. This tells us that obesity is an enormous contributor to cancer. And since our society is becoming so obese, it's likely going to be one of the biggest problems down the road. To maintain a healthy weight, eat healthy food, reduce your intake of refined sugars and other empty carbohydrates, and get regular exercise.

(more next week)

**PROJECT FOR THE SPIRITUAL DEVELOPMENT
OF OUR CHURCH
Acts 2:40-47**

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.

PROMOTIONAL

OUR PRIORITIES	PROMOTION
<p>PRAYER</p> <p>COMMUNITY SERVICES</p> <p>SABBATH SCHOOL</p> <p>EVANGELISM</p> <p>YOUTH</p> <p>TRAINING</p>	<p>Dear members and friends, as a church we embark on a spiritual journey for growth in faith in God's promises. Our faith will determine to what level we participate and practice our beliefs. We believe in prayer and that we should be praying people and a praying church. So, from now on, we are asking you to support the church by your prayers. To support the church, please daily take your prayer cards in hand, and earnestly pray the prayer of commitment. Also, please intercede daily for the persons on your card. As we enter the 10 Day season of prayer (Jan. 16-26) Let us as ask God to move heaven and earth to respond to our prayers as we commit ourselves to Him.</p> <p>A Prayer: Now, O God, hear from heaven and forgive our sins. Wonderful Father, heal our bodies, our broken homes, our wives, our husbands, our children, our relatives, our church, our religiously barren and deserted institutions in this land of America. Turn your eyes upon us Lord Jesus in this your House «The First SDA Church of White Plains.» O God, destroy the evil weapons that are against us. Hear always our prayers offered in this place according to your holy desire. Lord, help us to be faithful, as you establish us once again, to be the divine light from on this hilltop to the slopes and valleys of White Plains, saving men, women and children for eternal salvation.</p> <p>In the mighty name of Jesus-Christ, our Lord and Savior, Amen.</p>

Being of the same Spirit, let us all work together for the common good of all and for the glory of God.