

## Sick & Shut In

**John & Mary Allen**

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

**Vernice Austin**

13-15 Harmon Street, Apt. 506  
White Plains, NY 10606  
914-831-9674

**Estriana Barrett**

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

**Angella Bell**

P.O. Box 2451  
Mt. Vernon, NY 10551  
914-309-7652

**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  
914-592-7049

**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

**Roeata Latty (Sis. Simmonds's sister)**

Schumacker Nursing Home, RM 424  
12 Tibbitt Avenue  
White Plains, NY 10606

**Marie John-Louis**

74 Sears Avenue  
Elmsford, NY 10523  
914-837-8355

**Mildred Mitchell**

120 Lake Street, Apt. 4K  
White Plains, NY 10604-2431  
914-948-2093

**Margot Southwell**

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

**Noel Taylor**

13-15 Harmon Street, Apt. 501  
White Plains, NY 10606  
914-428-1821

**Pearl Wilson**

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

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)

## FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



February 02, 2019

TEARS ARE  
PRAYERS TOO.  
THEY TRAVEL  
TO GOD WHEN  
WE CAN'T  
SPEAK.

- Psalm 56:8

**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 Seven Seals"*

**Coordinator: Elder Yohance Perry**

Praise and Worship..... Choristers  
 Superintendent's Remarks ..... Elder Adrian Alvaranga  
 Opening Hymn..... 245 - "The Great Phycian now is near" .....Congregation  
 Scripture Reading..... Rev 9: 5-10.....Elder Adrian Alvaranga  
 Prayer. ....Elder Adrian Alvaranga  
 Mission. ....Action Units  
 Lesson Review..... Teachers  
 Welcome..... Sis. Georgia Alvaranga  
 Special Music..... Sis. Georgia Alvaranga  
 Closing Remarks.....Elder Adrian Alvaranga

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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.



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**\*THE ADVENTIST CHURCH OF WHITE PLAINS DOES NOT ENDORSE ANY WRITER OF ARTICLES OF HEALTH. IT IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE SEARCH FOR YOURSELVES TO CORROBORATE THESE FINDINGS.**

**CELEBRATIONS (FEB 05 – FEB. 11, 2019)**

**BIRTHDAYS:**

- ❖ Feb 5 – Gabriel Isioye, Bertram Reid
- ❖ Feb 6 – Beverly Gordon, Karissa John
- ❖ Feb 7 – Anne Alcin, Trudel Peart
- ❖ Feb 8 – Jovaun Jackson
- ❖ Feb 10 – Adriana Bailey, Abigale Watson
- ❖ Feb 11 – Brittany Haughton

**WEDDING ANNIVERSARIES:**

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**STEWARDSHIP CORNER**

Monthly Budget: \$23,308.33

**THE WRONG CAR**

The story is told of a woman who had finished shopping and returned to her car. She found four men inside the car. She dropped her shopping bags, drew a handgun, and screamed, "I have a gun, and I know how to use it! Get out of the car."

Those men did not wait for a second invitation; they got out and ran like crazy. The woman, somewhat shaken, loaded her shopping bags and then got into the car. But no matter how she tried, she could not get her key into the ignition. Then it dawned on her: her car was parked four or five spaces away! She loaded her grocery bags into her own car and then drove to the police station to turn herself in. The desk sergeant to whom she told the story nearly fell off his chair laughing.

He pointed to the other end of the counter, where four men were reporting a carjacking by an old woman with thick glasses and curly white hair, less than five feet tall, and carrying a large handgun. No charges were filed.

You see, she thought it was her car, but it really belonged to someone else. We think our lives and our finances are our own, but they really belong to God.

(<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  
**AYM @ 430pm :** Youth Summit - Let your voice be heard! We encourage all our youth to be present please invite your friends.
- ✓ **4:00 pm** -Personal Ministries training for all church members. Please be present.  
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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 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 3<sup>rd</sup>, 2019 at 5pm .
- ✓ **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.
- ✓ **2018 Receipts will be distributed this Sabbath in the Church Lobby after Midday Service.**

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## DIVINE SERVICE

**11:00 A.M.**

### WE UNITE TO WORSHIP

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

***"Praise Him, Praise him"***

Call to Worship..... Elder Donald Webb  
 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 ..... Dr. Perks Ligoya  
**#100 – "Great is thy faithfulness"**  
 Scripture Reading..... Dr. Perks Ligoya

**Rev.14:6-7**

Anthem..... ***"Lift Every Voice and Sing"*** .....Congregation  
 Songs of Praise & Worship ..... Praise Team  
 Intercessory Prayer..... Elder Dalbert Watson

### WE RETURN HIS OWN

Tithes, Offering.....Elder Newton Howson  
 Gifts of Love..... Elder Newton Howson  
 Children's Chapel ..... Sis P. Chambers

### WE EXPLORE HIS WORD

Song of Meditation..... Sis. Georgia Alvaranga

**Sermon** ..... **Pastor Sean Dowding**  
***Title: "Worship and Win!"***

### WE DEPART TO SERVE

Closing Hymn.....Elder Yohance Perry  
**#518 – "Standing on the Promises"**

Benediction..... Elder Yohance Perry  
 Postlude.....Praise Team

**Bible Class:** Elder Fitzroy Harris  
**Vesper:** Elder Kirk McDonald

## A Healthier You In 2019

By Len Canter..... A Healthier You

*HealthDay Reporter*

THURSDAY, Nov. 22, 2018 (HealthDay News) -- With more and more research uncovering the best foods for health, people are learning how important it is to focus on food *quality* to prevent weight gain and live longer.

There are many approaches to consider. For instance, findings show that a diet high in fiber, especially from fruits and vegetables, can lower stroke risk. Following a DASH-style diet (**dietary approaches to stop hypertension**) -- which is rich in whole grains and low in red meat -- boosts heart health by lowering blood pressure and cholesterol. And the Mediterranean-style diet, which uses olive oil as the primary fat and encourages mostly plant-based foods, is another great choice for longevity.

Principles from each of these diets can be combined to raise the overall quality of your diet and help you meet health goals. In fact, a Harvard study found that simply eating more whole grains, fruits and vegetables, and fewer sweetened beverages and less saturated fat can reduce type 2 diabetes risk by about 20 percent.

People also need to know what's not healthy and should be avoided. Another Harvard study identified key culprits -- potato chips, processed and unprocessed red meat, as well as sugar-sweetened beverages. Starches, refined grains, fats and sugars all lead to weight gain, while increasing high-quality foods can actually help you eat fewer calories overall because they're more satisfying.

One interesting finding is that the healthiest diets are made up of a rather small range of good-for-you foods. And the concept of eating whatever you want if you do so in moderation isn't the sound approach it was thought to be.

Boosting diet quality starts at the supermarket. Focus on the perimeter where you'll find produce, low-fat dairy, seafood and poultry, rather than the aisles where packaged and process foods are stocked.\*

Learn about the benefits of the DASH diet from the U.S. National Heart, Lung, and Blood Institute

## Adventist excitement

**Jamaican Adventists are feverishly fine-tuning plans to welcome their world president, Pastor Ted C Wilson, who begins only his second visit to Jamaica on February 1, 2019, at the head of a 200-member delegation representing four continents.**

**Pastor** Wilson's delegation comprising Adventist church leaders from Asia, Africa, Europe and North America, will be mainly here to participate in the 12th Global Leadership Summit which unfolds at the Iberostar Hotel in Montego Bay from February 4-8.



File Photo

The focus of this summit will be on healthy lifestyle and while in Jamaica, the leaders will immerse themselves in local communities in western Jamaica to promote healthful living as a lifestyle.

Unable to mask his pride at hosting the leader of one of the fastest-growing country denominations, head of the Seventh-day Adventist Church in Jamaica, Pastor Everett Brown said his flock was “excited and indeed honored to have our world church president with us on this historic visit to Jamaica”.

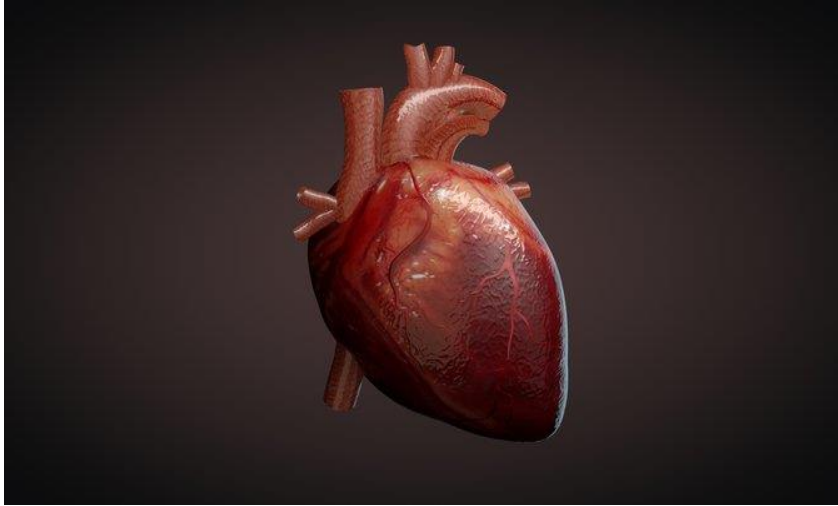
“We hope that their presence in Jamaica will motivate and encourage our members to be more involved in advancing the mission of Jesus and the wholistic development of the communities in which the church serves,” he said in a press statement yesterday.

Pastor Wilson's team will miss a session or two of the seminar to throw its weight behind the local church's “Mission Project 2019”, which was launched on January 8 in partnership with the Ministry of Health and its Jamaica Moves initiative under the theme “Wholistic Health for Personal and National Transformation”.

The Adventist president will also participate in other civic and non-civic health-related activities and interviews starting with a press conference at the Donald Sangster International Airport in Montego Bay.

**(Jamaica Observer) Nigel Coke/Desmond Allen**

## Alternative to open-heart surgery now available at Loma Linda University Medical Center-Murrieta



Surgeons at [Loma Linda University Medical Center – Murrieta](#) performed the hospital’s first transcatheter aortic valve replacement procedure — or **TAVR** — on January 14. Currently, it is the only hospital in the region to offer this non-invasive heart procedure to patients in the community.

TAVR is a non-surgical alternative procedure that treats aortic stenosis — a heart valve disease that causes reduced blood flow through the aortic valve. Patients with aortic valve stenosis often suffer from dizziness, shortness of breath, and fatigue. Previously, the standard treatment was open-heart surgery that often has high risk complications with longer hospital stays. Since not all patients with this type of heart disease are well enough to undergo open-heart surgery, TAVR provides another option. TAVR is a non-invasive procedure done under conscious sedation rather than general anesthesia, takes less than an hour and allows patients to go home the next day.

To perform this minimally invasive procedure, an interventional cardiologist and a cardiothoracic surgeon puncture an artery in the leg. Through this small puncture, the team implants a new valve on a balloon slender enough to fit in the artery. The cardiologist then advances this valve through a sheath to replace the diseased valve.

Jan 27, 2019 | Loma Linda, California, United States | Heather Jackson

The health professional on duty will be Dr. Enyioma Nwankpa-Ejiogu

## How to avoid the soon-to-be number one killer (part 3)

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.

**Get** screened. There are many types of screenings for different forms of cancer. Low-dose CT that looks at the lungs, for example, can reduce lung cancer mortality by 20 percent. That’s an enormous drop. There are also



highly effective screenings for so many other cancers, including common cancers such as colorectal, breast, cervical, prostate and hepatocellular carcinoma. I recommend having a conversation with your doctor about a screening plan and how to handle the results.

This problem of cancer isn’t over. It’s going to kill more people than anything else in the United States starting around 2020. I hope you’ll choose to live in a way that reduces your chances of developing cancer so you can live a life as fulfilling as possible for you, your friends and your family.

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## Culture Or No Culture, These Things Will Kill You

There is growing scientific consensus that one of the most common types of sugar, fructose, can be toxic to the liver, just like alcohol.<sup>1,2</sup>



Fructose is the sugar that makes fruit taste sweet. For most people, there’s nothing wrong with eating fructose in its natural state, in fruit.

But today, manufacturers extract and concentrate the fructose from corn, beets and sugarcane, removing the fiber and nutrients in the process.

Getting frequent, **high** doses of fructose throughout the day, without

fiber to slow it down, is more than our bodies were designed to handle

**INGREDIENTS:** Triple filtered carbonated water, **high fructose corn syrup**, artificial pineapple flavor, **citric acid**, **sodium benzoate** (a preservative), and artificial color (F&C yellow #5). They are all the same just change the artificial flavor and color

## Integrate Your Values Into Your Media

All of us have values, whether we have defined them or not. A quick glance at where your time and money are spent will show you your values (for better or worse). Once you have them in mind, or once you have worked out what you would like your values to be, begin asking how each media outlet can augment those values. . If the time spent online is taking you away from real conversations, the ability to listen to others, embroiling you in constant online debates, or causing you to post inappropriate things in order to get more followers, you need to scale it back.

While the ancients didn't have any specific advice for social media use, they do offer timeless truths that can help guide our time. Texts such as **Proverbs 20:19; 16:28; 12:17**; and **Ephesians 4:29** encourage us to stifle gossip and speak in order to build others up. Given the tendency for online toxicity, fostering a spirit of kindness and gentleness is a good place to form a boundary.

The boundaries you set and the reasons you choose various apps to build your platform for the kingdom will vary, but a few reflections may help to stimulate your church's creativity—and your own. **(More Next Week)**

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

As Elder Donald Webb promotes “delegating responsibility” to each member in order to fulfill God’s calling to serve Him according to the spiritual gifts and talents granted and developed, the church invites you to **TAKE YOUR SPIRITUAL GIFTS TEST** by going to the following link or by scanning the QR below:  
<https://youth.adventist.org/Resources/Spiritual-Gifts-Assessment/Spiritual-Gifts-Questionnaire>

**Get your assessment now!**



## PROMOTIONAL

OUR PRIORITIES	PROMOTION
PRAYER	<p>On Jan. 26 at 4:30pm, our church launched the first mission training of the new calendar year. Its was a Saturday afternoon focused on using God-given talents to bring hope, fellowship and joy to others. The elders were present, including Adrian Alvaranga who led out in the training. Small groups filled with talented people are as biblical as it is a divine calling. You would never imagine it! Any passion or hobby can be a blessing to others if shared the right way. And its easy to do! Attendees formed small thematic action groups and discussed how to practically become a light bearer in White Plains. Some cute names for some ambitious actions were given to different groups now ready to support the church in its endeavor to “feed the city” with compassion and love, bringing hope and perspective to those who are in need. You will be hearing more about our next training and these new action groups. You are invited to join the passion for your city of White Plains. Keep supporting your church through your daily prayers. Pray like never before, for your church and for your city.</p>
COMMUNITY SERVICES	
SABBATH SCHOOL	
<b>EVANGELISM</b>	
YOUTH	
TRAINING	

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