

## 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."

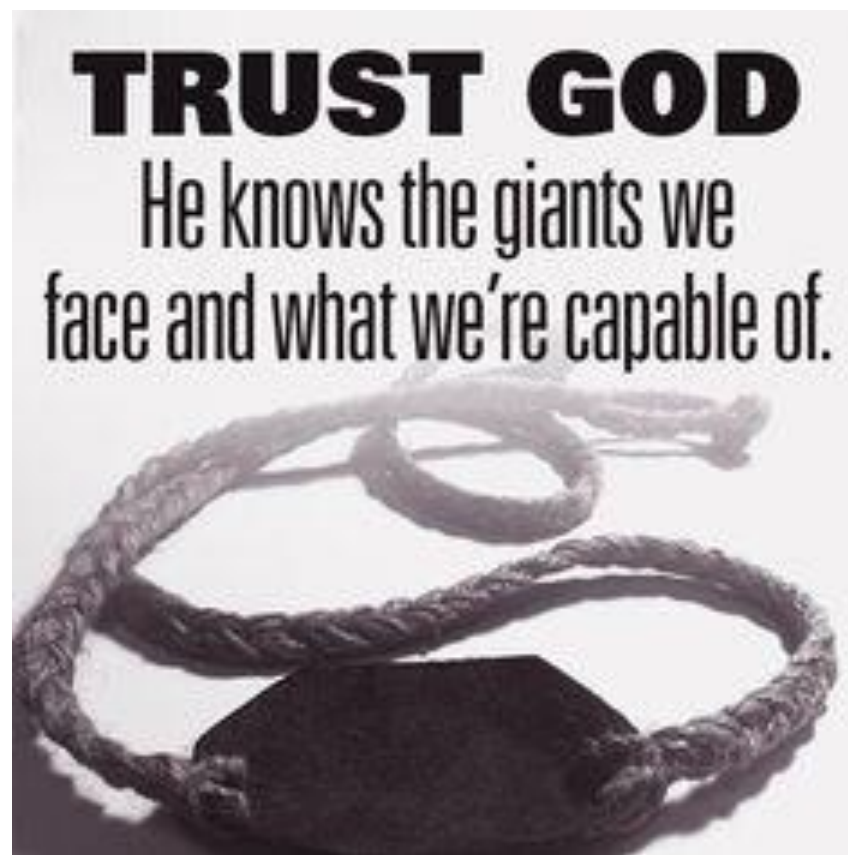
### CONTACT INFORMATION

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 09, 2019**



**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 Sealed People of God*"

**Coordinator:** Sis Madge Jacobs

Praise and Worship..... Choristers  
 Superintendent's Remarks.....Sis Madge Jacobs  
 Opening Hymn..... 600 - "Hold Fast Till I Come" .....Congregation  
 Scripture Reading..... Rev 13: 16-17.....Bro Joshua Hunter  
 Prayer. ....Sis Maryam Hunter  
 Mission. ....Action Units  
 Lesson Review..... Teachers  
 Welcome..... Sis. Grace Moodie- Wells  
 Special Music..... Saxophones  
 Closing Remarks..... Sis Madge Jacobs

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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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**Nairobi Central Church applies Christ's method of evangelism**

Church members are becoming more inspired for mission as Total Member Involvement catches the fire of the Holy spirit in the East-Central Africa (ECD) region of the World Church. With the conviction that only Christ's method will rescue our perishing world, the Nairobi Central Adventist Church organized a wholistic evangelistic campaign in Siaya county resulting in 273 baptisms.



Senior pastor Jean Pierre Maiywa-Massai explains that church members engaged in active evangelism in their community by combining the ministry of the word with compassionate ministry.

**(Continue on page six)**

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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. 14– Michael Grant, Zari Hill, Lanslott Peart

**WEDDING ANNIVERSARIES:**

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**STEWARDSHIP CORNER**

Monthly Budget: \$23,308.33

**BUS TICKET**

My friend Bob first started giving 10% or more of his paycheck to God when he was in his mid-30s. At first, he was scared to start doing this, but as time went on he discovered how faithful God could be in providing for his needs. One day he called me and told me the story of when he was completely broke and couldn't even afford to purchase the bus pass he needed to get back and forth to work. As he was sitting at his desk feeling sorry for himself, the phone rang and a woman in another department asked Bob if he knew anyone that needed a week's bus pass for bus #47. Bob said, "That's my bus #, and yes, I need a bus pass!" He was amazed. Bob was learning to give to God first when he got paid, and he was experiencing God as his faithful provider. He told everyone that God even knew his bus #! .....Brian Kluth

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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
  - ✓ All children's choir parents please meet immediately after service by the piano for a brief discussion
  - ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m.  
**2pm:** Children's Choir rehearsal  
**3pm:** Emmanuel Choir rehearsal  
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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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- Microsoft** Tech Discovery Workshops will resume on Feb 18 (Presidents' Day) with Careers in STEM (Science, Technology, Engineering, and Math) from 10am to 2pm.
- Careers in STEM (Feb 18@ 10am-2pm) in celebration and honor of Black History Month, Microsoft will host a private coding session that will feature a special speaker to share insights on careers in STEM. All workshops take place at the Microsoft Store (Westchester Mall in White Plains)
- ✓ **2018 Receipts will be distributed this Sabbath in the Church Lobby after Midday Service.**

## DIVINE SERVICE

11:00 A.M.

### WE UNITE TO WORSHIP

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

*"Praise Him, Praise him"*

Call to Worship..... Elder Dalbert Watson  
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. Jeanine Bookhart Murray  
#522 – "My Hope is built "  
Scripture Reading..... Dr. Jeanine Bookhart Murray

**Roman's 5 : 1-5**

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

### WE RETURN HIS OWN

Tithes, Offering..... Elder Kirk McDonald  
Gifts of Love..... Elder Kirk McDonald  
Children's Chapel.....Sis.Mahlaah Desir

### WE EXPLORE HIS WORD

Song of Meditation .....Mahlaah Desir & Briana Benjamin

**Sermon** ..... **Elder Arlene Williamson**  
**Title: "When Hope Is No More!"**

### WE DEPART TO SERVE

Closing Hymn..... Elder Fitzroy Harris  
#214 – " We Have This Hope"

Benediction..... Elder Fitzroy Harris  
Postlude.....Praise Team

**Bible Class:** Elder Yohance Perry

**Vesper:** Elder Lanslott Peart

## A Healthier You In 2019

### Eat The Rainbow

**Eating the rainbow** is a fundamental healthy **eating** tip. (And no, not artificially colored foods like Skittles or M&Ms!) ... For optimal health, we need a **rainbow** of nutrients and colors. In fact, the variety of vitamins, minerals, antioxidants, and phytochemicals in fruits and vegetables have enormous healing powers.



At this point in the year, it often feels like flu season is endless—like, when does the torment stop? Unfortunately, the virus is only getting started. The Centers for Disease Control and Prevention (CDC) reports flu activity is strong and will

continue for weeks, and that's not good. So far, there have been 11.4 million flu illnesses, 5.4 million doctor visits, and 136,000 hospitalizations. Those stats are more than enough to convince me to look up some immunity-boosting recipes. Beyond getting the flu shot, fighting a persistent virus requires focusing on what you're eating.

"Eating the rainbow with a well-balanced diet rich in fruits, vegetables, proteins, whole grains, and healthy fats benefits immune health, and certain nutrients are especially great at keeping your immune system healthy," says Amy Gorin, MS, RDN. "Vitamin C keeps the immune system strong and may reduce the length and severity of symptoms of the common cold, and vitamin D helps your immune cells fight off bacteria and viruses that make their way into the body. Zinc is also important for the development of some of the cells that are in charge of defending your body against toxins or foreign substances that threaten your immunity." Boosting diet quality starts at the supermarket.

<https://www.wellandgood.com/>

1. Blend 1 cup of spinach, or another leafy greens of your choice, in a blender.
2. Add 1 cup of water and blend well (until all leafy chunks are gone).
3. Toss in fruit, such as frozen mango, pineapple and bananas in the blender.
4. Blend again until smooth and creamy. (GNL)

## WHY WE LOVE OUR CHURCH

**CONGRATULATIONS!** You may not know it, but you significantly improved your health by attending church today. Doctors and scientists have published a growing body of scientific evidence that starting the habit of weekly worship attendance will cause you to live longer, be happier, and enjoy better relationships.

One Johns-Hopkins University study of over 100,000 people found that attending church every week will reduce your risk of death the following year by almost 50%, and will increase your lifespan, on average, by seven years! Another study reported in the Journal of American Board of Family Medicine was titled "Religious Attendance: More Cost-Effective than Lipitor" because it was found that weekly worship extends your life significantly and promotes greater health. Multiple university studies have linked longevity, reduced stress, and even personal happiness to weekly church attendance for several reasons:

- Weekly churchgoers manage stress better, especially traumatic changes and tragedies.
- Weekly churchgoers enjoy stronger relational support, especially those connected to a small group.
- Weekly churchgoers are able to maintain healthy habits more consistently.
- Weekly churchgoers find more meaning and purpose in life.
- Weekly churchgoers receive weekly encouragement in defeating negative emotions like worry, fear, loneliness, shame, and discouragement. So, if you'd like to live longer, be healthier and happier, and enjoy life more, scientific studies suggest you do two things:

1. Come back next weekend! It's one of the healthiest habits you can start. You weren't designed to go through life without support.
2. Join a Group.

There are many reasons to love the church. "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." (Hebrews 10:25 NLT)



## 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).



### Twitter

Twitter limits your post to 140 characters—meaning you need to use intentional language. Jesus places a high value on word economy, especially in prayer ([Matt. 6:7](#)). Church communicators would do well to spend a little time tweeting to find accessible forms for their insight. You'll find that many of your favorite Bible verses are tweet-sized. Twitter is also about sharing content—such as articles on how to use Twitter—with people. If you can become a resource for what people are seeking, people will follow. Tweets also spark dialogue—be prepared to respond to others' words as well as your own.



### Instagram

For the photographically incompetent, Instagram provides built-in filters to make your iPhone photo rival those of Ansel Adams. People can “like” your pics and make comments about them. How could your church feature its social events? What pictures could the church post that would provoke theological dialogue? The Christian church used to create stained glass to help the illiterate understand the stories of Scripture. What if Instagram was the modern stained-glass window? What stories can we tell with our pictures?



### Facebook

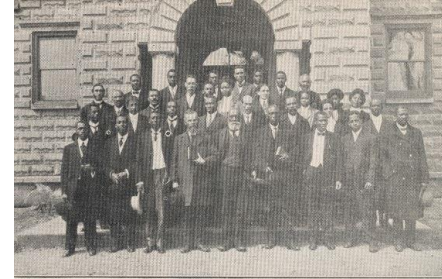
If the government really wanted to keep information from people, they would place it in church bulletins. Every leader laments the lack of bulletin reading in the church. Facebook allows you to create a church account, add parishioners, and bombard them with important announcements, urgent prayer requests, and last-minute cancellations. Instead of calling every congregation member to tell them snow has buried the church, a quick post from home lets everyone know instantly. **(GAIN)**

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**Congratulations** to Garthlette ‘Junior’ & Joanny James are having a Baby Boy. The baby registry is in Buy Buy Baby Registry #546932861

## The Negro Department (1909)

In 1894 there were about 50 Black SDAs in the United States. When the membership reached 900 in 1909, it was felt that to make a more



noticeable impact on the growing African-American population some form of organization should be effected. Hence, at the General Conference held that year the North American Negro Department was organized. J. W. Christian, A. J. Haysmer, and C. B. Stephenson,

in that order, were the first departmental secretaries. In 1918 the secretary reported that there were a total of 3,500 African-American members in the United States.

When the General Conference department was set up, union and local departments or missions were organized also. In the Southern Conference, the Southern Missionary Society formed the nucleus for the organization of a Southern Union Mission. The Southeastern Union set up a union Negro Mission Department, and for a time the Southwestern Union had a Southwestern Union Mission for Blacks. Most local conferences in these unions had a African-American department or a committee.

The first Black minister to head the General Conference department was W. H. Green, formerly a lawyer in the District of Columbia who had argued cases before the United States Supreme Court. He held the position from 1918 until his sudden death in October of 1928. To fill the vacancy, the Autumn Council of 1929 appointed George E. Peters as departmental secretary. After serving briefly, Peters went to New York City to stabilize the work there because of the grave situation after the United Sabbath Day Adventist crisis. Peters was succeeded by Frank L. Peterson, a pastor in Boston, Massachusetts. Peters was again elected to the position in 1941, and in 1951 was made a field secretary of the General Conference, the first Black to serve thus.

The name of the department was changed at the Autumn Council of 1942 from Negro Department to **Colored Department**, as the nation grew more concerned over integrating its African-American minority into the main current of American life. The term Colored somehow appeared less harsh, less divisive. To help with the medical needs of the various schools served by the department, Geneva Bryan, R.N., was made an assistant secretary of the department in 1942 and served until 1947.

From the *Seventh-day Adventist Encyclopedia* (1996, Review and Herald Publishing Association)

**Nairobi Central Church applies Christ's method of evangelism(continued from page two)**

The congregation chose Siaya county as the place for their labor. They selected a small group of church members to assess community needs, and after reporting back, the church began planning in earnest.

Members tapped into their talents or professions to serve Siaya community needs. One woman trained people how to grow vegetables, bringing water tanks and irrigation hoses with her. The locals eagerly applied her methods in their gardens. Another church member bought a transformer and installed it in the village of Nyapiedho, where the evangelism site was. Through his generosity, people enjoyed electrical light. For the Nairobi Central Church, that is a good analogy of the darkness of sin that is dissipated by the word of God.

The church worked in tandem with local government leaders. They identified the poorest families in the community to assist. One of the most memorable experiences was distributing goats to destitute families. As family members led the animals away, their faces reflected joy, a sign of hope for the future.

**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
<p>PRAYER</p> <p>COMMUNITY SERVICES</p> <p>SABBATH SCHOOL</p> <p><b>EVANGELISM</b></p> <p>YOUTH</p> <p>TRAINING</p>	<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>

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