

MY PERSONAL
COMMITMENT TO
WITNESSING



MY PRAYER OF COMMITMENT

FATHER IN HEAVEN, I COME TO YOU AS MY GOD AND FRIEND WHO LOVES ALL OF US.

I PRAY THAT YOU HELP ME...

...MEET PEOPLE WITH WHOM I MAY BUILD A RELATIONSHIP OF CONFIDENCE;

...MEET PEOPLE TO WHOM I MAY GIVE RESOURCES WITH ANSWERS TO THEIR NEEDS;

...MEET PEOPLE THAT I MAY HELP TO OBTAINED PERSONAL OR CLASS BIBLE STUDIES;

...MEET PEOPLE WHOM I MAY HELP TO BECOME A DISCIPLE OF CHRIST;

...MEET PEOPLE WHOM I MAY GUIDE INTO A DECISION FOR BAPTISM AND COMMITMENT TO CHRIST;

...MEET PEOPLE TO INVITE TO SABBATH SCHOOL ACTION UNITS, TO SEMINARS, MEETINGS, AND TO CHURCH.

...TO BE A SOUL-WINNER, IN THE NAME OF JESUS-CHRIST, AMEN.

(ACTS 1:8)

FIRST SEVENTH-DAY ADVENTIST CHURCH OF
WHITE PLAINS



March 09, 2019

You don't have to be
afraid of the
unknown. It is
unknown only to you.
God is well aware of
where you are and of
every step He is
asking you to take.

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

9:30 A.M. Theme: "God's Everlasting Gospel"

Coordinator: Sis Judith Johnson

Praise and Worship.....	Choristers
Superintendent's Remarks.....	Sis Judith Johnson
Opening Hymn.....	- " Stand Like The Brave"
Scripture Reading.....	Rev. 14:1-5.....
Prayer.....	Sis Delores Clarke
Mission.....	Congregation
Lesson Review.....	Teachers
Welcome.....	Sis Judith Johnson
Special Music	Divine Praise
Final Remarks.....	Bro. Glen Larmond

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

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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.

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VIRTUAL BULLETIN

View the bulletin from your mobile device, e-mail, or home computer.

Download FWP mobile app from App store or Play Store.

URL: <http://firstwhiteplains.org/bulletin.html>

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**PLEASE SEND BULLETIN SUBMISSIONS BY TUESDAY 5.30 P.M.
 TO MEDIA@FIRSTWHITEPLAINS.ORG**

Health Professional on duty this Sabbath is Dr Enyioma Nwankpa-Ejiogu

*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 (MARCH 10 – MARCH. 17, 2019)

BIRTHDAYS:

- ❖ Mar 10 – Shaunika Hines, Glen Larmond
- ❖ Mar 13 – Patrick Brown, Marion Harris
- ❖ Mar 12 – Sydney Dantes
- ❖ Mar 16 – Jordan Pitterson
- ❖ Mar 17 – Elizabeth Donkoh, Jaevon Boxhill
- ❖ **WEDDING:** Mar 7 - Newton & Doreen Howson (43 years)

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STEWARDSHIP CORNER

Today I Learned To Never Judge A Book By Its Cover

I am a 27 year old trying to go back to college after a long break from any formal schooling. I am taking a college algebra class and struggling to keep up. I sit behind a young man who upon first glance looks like a thug or overall someone I would never think would be able to help me learn algebra. I was dead wrong. Today in class we were learning linear regression which requires a lot of specific inputs on a graphing calculator. I kept getting a number that was thousands off of the correct answer.

The "thug" that sits in front of me turns around and says "I got you bro. Let me see what you got."

After about 5 minutes I was crushing these regression formulas. Now I know to never make a judgement on someone because of how they look/dress. <https://www.sunnyskyz.com>

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A Healthier You In 2019

Why People Don't Eat Healthy

Obesity is an epidemic in America, with nearly 60 percent of men and women diagnosed as overweight or obese. This is one of many nutrition related conditions that can result in cardiovascular disease. Fortunately, people realize the need for healthy lifestyle is significant. However, the USDA concluded in a 2000 survey that regardless of what people know about health, they choose not to improve their diets. Several factors contribute to this lack of motivation including learned behaviors and strong core beliefs.

Misinformation and Attitude

You decided to try different diets or change your eating habits, but are overwhelmed by conflicting nutrition information in the media. It is difficult to understand what the best or healthiest nutrition habits are when numerous diets are advertised as the best way to get healthy. You choose microwave meals marketed as healthy instead of those with high fat content, but the problem with frozen food is it lacks nutrition from vitamins, minerals and macronutrients. The packages say healthy, yet the food is not because it is processed and has added ingredients that virtually cancel out the healthy aspects of the meal. It is confusing and complicated, which makes you want to stick with what you know instead of changing.

Tips to Eat Healthy

Eating healthy involves getting the necessary daily calories you need for energy as well as additional nutrients from vitamins, protein and carbohydrates. Choose fresh foods such as vegetables, fruits and whole grains for healthy energy instead of boxed, canned, frozen or processed foods. Eat fresh foods instead of high volumes of red meat to cut down on your saturated fat intake. Use olive oil instead of lard, butter or margarine. Limit your consumption of sweet treats and eat fruit as snacks or dessert instead. Choose low-fat dairy as a calcium source and read nutrition labels to measure the amount of cholesterol, saturated fat and calories in foods you eat frequently. Add daily exercise as part of a healthy lifestyle. (<https://www.livestrong.com/article/414312-why-people-dont-eat-healthy>)

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. Marlene Chase
Pastoral Remarks..... Pastor Sean Dowding

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise Sis. Velma Walker
#327 - "I'd Rather have Jesus"

Scripture ReadingSis. Velma Walker
Matthew 17: 24-27

Songs of Praise & Worship Praise Team
Intercessory Prayer..... Elder Fitzroy Harris

WE RETURN HIS OWN

Tithes, Offering.....Elder Kirk McDonald
Gifts of Love..... Elder Kirk McDonald
Children's Chapel.....Brianna Benjamin

WE EXPLORE HIS WORD

Song of Meditation Children's Choir

Sermon **Elder Adrian Alvaranga**
Title: "Children Are Free"

WE DEPART TO SERVE

Closing Hymn..... Newton Howson
#316- "Live Out Thy Life Within Me"

Benediction..... Newton Howson
Postlude..... .Praise Team

Bible Class: Elder Dalbert Watson
Vesper: Elder Donald Webb

ANNOUNCEMENTS

Today:

- ✓ **Clerk on Duty:** Sis. Felicia Ennis
- Sanctuary Choir:** Rehearsal at 4:00 p.m.
- 2:30pm:** Children's Choir rehearsal
- AYM council meeting 2:30-4pm**
- 3pm:** Emmanuel Choir rehearsal
- RockWest Federation** Consecration Service @ Riverdale SDA church.

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Children's Ministries Friday night – Bible Bowl Line: 8:30p.m. Dial 712-775-7031; Access Code: 366-152#.

Food Distribution- Tuesdays and Thursdays 11:00 am –1:00 p.m.

- ✓ **Prayer Meeting** Wednesdays 7:30–8:30 pm. All are invited.
- ✓ **3-16-19: Global Youth Day "Be The Sermon "**
- ✓ **Funeral services** for the late Sis Verona Simmonds will be held Sunday, March 17, 2019 at 11am at the First SDA Church of White Plains.
- ✓ **Bible Bowl** March 22: NEC Youth Department Bible Bowl Game – 7:00pm. Venue TBD.
- ✓ **Communion Service**, March 23rd, 2019 during Divine Service @ 11am
- ✓ **Important Business meeting** for all church members on March 23rd at 6pm. An important and urgent matter is to be voted by members. Other decisions and information from the church board will be shared.
- ✓ **The Rockland Westchester AY Federation** will host their all-day rally on March 30, 2019 (Sabbath School, Divine Service, AY and Social)

The Mission Sabbath Afternoon off will be on Sabbath April 6th, 2019 (no longer March 30th). On April 6th, no lunch will be served and there will be no afternoon activities in the building. Members are to organise themselves to invite one another for lunch, (invite the youth, the elderly, and others)

Our up-coming spiritual revival will be held June 15-22, 2019 and the evangelistic meetings will be July 13-27, 2019.

MY DAILY PERSONAL PRAYER LIST

FATHER IN HEAVEN, AS A
SOUL WINNER,

I AM PRAYING FOR THE
FOLLOWING PEOPLE, THAT
YOU MAY HELP ME TO BE AN
EFFECTIVE WITNESS AND
SUPPORT IN LEADING THEM
TO CHRIST.

JOHN 17:20

1. _____
2. _____
3. _____
4. _____
5. _____

FATHER, I COMMIT MY PRAYER INTO YOUR CARE, IN THE
NAME OF JESUS-CHRIST, AMEN



FSDACWP
180 JUNIPER HILL RD
10607 WHITE PLAINS
NEW YORK

PROJECT FOR THE SPIRITUAL DEVELOPMENT

OF OUR CHURCH

As a church, we will be more effective and successful as we work according to the gifts received from the Holy Spirit. So that each member fulfills God's calling to serve Him according to the spiritual gifts and talents granted and developed, we invite you to **TAKE YOUR SPIRITUAL GIFTS ASSESSMENT** by going to the following link or by scanning the QR below. Let us pray and work, as we enjoy the Spirit's guidance and presence:

[https://youth.adventist.org/Resources/Spiritual-Gifts-Assessment/Spiritual-](https://youth.adventist.org/Resources/Spiritual-Gifts-Assessment/Spiritual-Gifts-Questionnaire)

[Gifts-Questionnaire](https://youth.adventist.org/Resources/Spiritual-Gifts-Assessment/Spiritual-Gifts-Questionnaire)

Get your assessment now!



Please send a copy of your assessment results to:
clerk@firstwhiteplains.org

Church Calendar of Activities 2019



Dear members and friends, the calendar 2019 with our church planning is available online. Please use your flashcode app to scan the QR to see the activities of each month/year. The calendar will be updated regularly. For more information, you may contact the church clerk at : clerk@firstwhiteplains.org. A copy will also be placed on the notice board in the hallway.

Get the QR code reader- Android: Play Store
iphone: app Store

Small Group Evangelism Training Session 2 Group Focus and Group Name

Today March 9, 2019 – 3:30 – 5pm

Group Leaders please have your Ministry logo and Ministry project ready for discussion.

All are invited, especially our Youth. Come and see what God can do with your gifts!

1. Service - FWP CARES
2. Greeting/Engaging People - OPEN ARMS MINISTRY
3. Prayer - SHOWERS OF BLESSINGS
4. Witness and Bible Studies - TELL IT LIKE IT IS
5. Teaching - EZ TUTORS
6. Visitation - FWP AMBASSADORS
7. Crochet/Knitting - CORDS OF LOVE
8. Investment - FINANCIAL BREAKTHROUGH
9. Dominoes - SIX LOVE MINISTRIES
10. Youth - BREAKFAST CLUB

Foods Anti-Aging Experts Eat Every Day

Walnuts

“These are a portable snack packed with anti-aging nutrients,” says **Ginger Hultin**, RD, a dietitian in Seattle and a spokesperson for the Academy of Nutrition and Dietetics. “These include healthy unsaturated fats such as alpha-linolenic acid, which is good for the heart, brain and skin. Walnuts are also a source of biotin for optimal skin, nail and hair health.” Walnuts are a great snack on their own, and they also make a delicious topping for salads.

Berries

“I eat berries—strawberries, blueberries, blackberries, raspberries or cranberries—every single day,” says Sharon Palmer, RDN, a dietitian in Los Angeles and author of ***Plant-Powered for Life***. “In the summer, I eat fresh berries. Then I switch to dried and frozen when they are out of season. The research on brain health benefits as they relate to cognition during aging is quite promising. Berries are packed with powerful antioxidant and anti-inflammatory compounds.” Berries provide vitamin C, a nutrient that helps you absorb plant-based iron from foods such as spinach, tomatoes and beans when the foods are eaten in the same meal. Add raspberries to a spinach salad, or enjoy a berry nice cream. (*Amy Gorin, MS, RDN*)

<https://www.tasteofhome.com/collection/anti-aging-foods>

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

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)

Promotional

OUR PRIORITIES	PROMOTION
PRAYER	<p style="text-align: center;">TOTAL YOUTH INVOLVEMENT IN CHURCH LIFE</p> <p><i>Total Membership Involvement (TMI)</i> for the youth of the church means the integration and participation of young people in all departments of church life.</p> <p>The integration of our youth and children may take many forms. Some ways for them to be involved could be :</p> <ol style="list-style-type: none"> 1. Youth in training – nominated by the church as a trainee in a department, ministry or service. 2. Youth attached to a department – volunteers who freely give time in service within one or more department. 3. Youth Commission – A commission made up of young people to accomplish a given mission in their local church. 4. Youth Council – the objective of the council is to propose to the church board, through the Youth Department, projects and solutions for a better quality church life for the youth and for winning their friends to Christ. 5. Youth Month - Establishing a month of the year when the young people of the local church do the services of the (Divine Service, AYM, social). In our church here at White Plains, the month of March is the month of the youth.
COMMUNITY SERVICES	
SABBATH SCHOOL	
EVANGELISM	
YOUTH	
TRAINING	