

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 16, 2019

GOD  
IS  
ABLE.

**Pastor: Dr. Sean Dowding**  
**[pastor@firstwhiteplains.org](mailto: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"**

**Coordinators: Sis. Avery Larmond & Joy Awoniyi**

Praise and Worship..... Choristers  
Superintendent's Remarks..... Avery Larmond & Joy Awoniyi  
Opening Hymn..... #286 " Wonderful Words of Life".....Congregation  
Scripture Reading..... 2 Thessalonians 2: 9-12 ..... Bro. Lamont Stokes  
Prayer.....Maahlah Desir  
Mission Story ..... Lé-Anne Johnson  
Lesson Review..... Coordinators  
Welcome..... Conrad Hardie  
Special Music.....The Saxophones  
Final Remarks..... Coordinators

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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**

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

### **CELEBRATIONS (MARCH 18 – MARCH. 24, 2019)**

#### **BIRTHDAYS:**

- ❖ Mar 18 – Patrick Barnett, Dr. Enyioma Nwankpa
- ❖ Mar 19 – Cassandra Verlus, Georgia Alvaranga
- ❖ Mar 22 – Ruth Bookhardt
- ❖ Mar 24 – Dr. Jeannine Bookhardt-Murray, Malik Hunter, Lorna Smith

#### **WEDDING:**

- ❖ Mar 19 – Herman & Paula Punch
- ❖ Mar 22 – Clinton Jr., & Tamra Boxhill

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### **STEWARDSHIP CORNER**

Years ago, Ilene's preacher noticed the family standing in front of him at a New Orleans convenience store did not have enough money to pay for their few items. He tapped the man on the shoulder and said, "You don't need to turn around, but please accept this money." The man took the money without ever seeing the preacher.

Nine years later, the pastor was invited to speak at a church in New Orleans. After the service, a man walked up to the preacher and shared this story about how he had come to faith in Christ: "Several years ago, my wife and our child were destitute. We had lost everything, had no jobs, no money and were living in our car. We also lost all hope, and agreed to a suicide pact, including our child. However, we decided to first give our son some food, so we drove to a convenience store to buy him some food and milk."

"While we were standing in line at the store, we realized that we did not have enough money to pay for these items, but a man behind us asked us to please take the money from his hand and not look at him. This man told us that 'Jesus loves you.'"

"We left the store, drove to our designated suicide site, and wept for hours. We couldn't go through with it, so we drove away. As we drove, we noticed a church with a sign out front which said, 'Jesus love you.' We went to that church the very next Sunday, and both my wife and I were saved that day."

He then told the pastor, "When you began speaking this morning, I knew immediately that you were the man who gave us that money." How did he know? The pastor was from South Africa and had a very distinct accent. He continued, "Your act of kindness was much more than a simple good deed. Three people are alive today because of it."

<https://christianpf.com/>

# A Healthier You In 2019

## Pesticides Anyone?

**Pesticides include a wide array of chemicals that kill unwanted insects, plants, molds and rodents.**

Based on results of tests by the US Department of Agriculture and the Food and Drug Administration on more than 38,800 non-organic samples of Fruit and vegetables, strawberries top the list of the 12 "dirtiest" fruits and vegetables, according to the Environmental Working Group. The Environmental Working Group looks at six measures of contamination including the average number of pesticides found on samples and the average amount of pesticides found. When testing samples, the USDA personnel wash or peel produce to mimic consumer practices.

A single sample of strawberries showed 20 pesticides, the report indicated. More than 98% of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for at least one pesticide residue. And, on average, spinach samples had 1.8 times as much pesticide residue by weight than any other crop.

### 'Chronic health implications'

Children are of special concern as younger bodies have greater susceptibility to pesticides than adult bodies, the report emphasizes. Research "suggests that pesticides may induce chronic health complications in children, including neurodevelopmental or behavioral problems, birth defects, asthma, and cancer," noted the authors of a 2012 American Academy of Pediatrics report quoted by the Environmental Working Group.

Other studies indicate that a child's earliest exposure to pesticides -- through the mother during pregnancy -- may also be harmful. Consumers who want to eat the **dirty dozen fruits\*** and veggies should buy organic, according to the organization.

However, a recent study from the University of Massachusetts, Amherst, suggests that soaking produce in a solution of baking soda and water is a more effective way to rid fruits and veggies of pesticides. (CNN)

## DIVINE SERVICE

11:00 A.M.

### WE UNITE TO WORSHIP

Announcement ..... Sis. Sherene Perry  
Prelude..... Congregation

*"Praise Him, Praise him"*

Call to Worship..... Bro. Demetrius Wells  
Invocation..... Pastor Abdele George  
Response ..... Congregation

*"Alpha and Omega"*

Welcome ..... Bro. Ryan Hardie  
AYM Remarks..... Elder Yohance Perry  
Pastoral Remarks..... Pastor Sean Dowding

### WE PARTICIPATE IN HIS SERVICE

Hymn of Praise ..... Bro. Jaiden Thomas  
**#334 - Come, Thou Fount of Every Blessing**  
Scripture Reading ..... Sis. Maya McKenzie

**1 Samuel 16: 1-6**

Songs of Praise & Worship ..... Praise Team  
Intercessory Prayer..... Bro. Jourdan Webb

### WE RETURN HIS OWN

Tithes, Offering..... Bro. Dylan Watson  
Gifts of Love..... Bro. Isaac Howson-Banks  
Children's Chapel..... Sis. Sherene Perry  
Introduction of Speaker..... Elder Yohance Perry

### WE EXPLORE HIS WORD

Song of Meditation ..... Emanuel Choir  
**Sermon..... Pastor Abdele George**

**Title: "Be the Sermon"**

### WE DEPART TO SERVE

Closing Hymn..... Bro. James Thomas  
**#330 - Take My Life and Let It Be**

Benediction..... Bro. Omar McKenzie  
Postlude ..... Praise Team

**Bible Class: Elder Dalbert Watson**

**Vesper: Elder Donald Webb**

## ANNOUNCEMENTS

### Today:

- ✓ **Clerk on Duty:** Sis. Sherene Perry
- Sanctuary Choir:** Rehearsal at 4:00 p.m.
- Children's Ministry** meeting over lunch in the boardroom
- 2:30pm:** Children's Choir rehearsal
- 3pm:** Emmanuel Choir rehearsal
- 4:00-5:00pm** Board Meeting. All board members please attend  
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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.
- ✓ **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)

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**The church building** will be closed in the afternoon on April 6th, 2019 for Mission Sabbath Afternoon. No lunch will be served. Members are to take the responsibility to organize themselves to invite one another for lunch and to cater especially to the elderly, the youth and visitors.

**Our up-coming** spiritual revival, June 15-22, 2019 will be with Pastor James Yansen and the Evangelistic campaign, July 13-27, 2019 with the international speaker Christopher Lockhart. Please use your prayer cards (also in this bulletin) to pray the prayer of commitment to witnessing and to daily pray for the persons you want God to touch and lead by His Spirit.

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## 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

## SPIRITUAL GIFTS ASSESSMENT

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](mailto:clerk@firstwhiteplains.org)

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### 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](mailto: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

## Eating out?

[Food Network](#) conducted an anonymous survey among professional chefs across the country and convinced them to share dozens of secrets they'll never tell their diners.

Picky eaters are a pain.

Want the chicken marsala with peas instead of mushrooms? Hope you also want an annoyed chef, because according to the survey, over 60 percent of chefs said they find substitutions irritating.

2. **Pass the bread, please** ... to another table.

Three chefs admitted that uneaten, but possibly handled, bread removed from one table may make its way to a new table at their restaurants.

3. **The 5-second rule.**

You know that unwritten rule that states if you drop food on the floor, it's still OK to eat if you pick it up within five seconds? Well, chefs know it, too, and 25 percent of them said they actually follow

it. (<https://www.msn.com>)

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## Foods Anti-Aging Experts Eat Every Day

### Almonds

"I eat nuts daily—all types but especially almonds," says Bonnie Taub-Dix, RDN, author of *Read It Before You Eat It*. "They help me feel full and they are heart healthy, as studies have shown that almonds might lower cholesterol levels. They also help keep blood sugar levels from spiking (because of the healthy fat within), they have a satisfying crunch and most of all they are decadently delicious. Although many of us have been fat phobic for years, it's important to have healthy fats in our diet to help promote healthy skin as we age along with a sense of well-being." Enjoy almonds as a snack, use them as an ingredient in energy bites or add as a topping to oatmeal.

### Chia seeds

"Ah, where do I start with chia seeds?" says [Arlene Dijamco](#), MD, an integrative physician in Roswell, GA. "They are packed with plant-based omega-3s, antioxidants and minerals important for clear thinking, memory, mood, heart rhythms and skin texture. The gel-like consistency of hydrated chia seeds provides soluble fiber that not only helps keep your digestive tract moving but also helps keep cholesterol levels balanced and helps you feel satiated—decreasing your likelihood of overeating. Plus, chia is so versatile. You can use chia seeds in drinks, pudding, oatmeal, veggie patties, salad, granola and as an egg replacement in baking."

([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

### PROJECT FOR THE SPIRITUAL DEVELOPMENT OF OUR CHURCH

OUR PRIORITIES	PROMOTION
PRAYER	As Disciples of Christ, we serve others to meet their essential needs. Our mission also is adapted to the needs of the church and community.
COMMUNITY SERVICES	In one of many ways, we serve our community every Tuesday and Thursday between 11am to 2pm. You may find fresh and non-perishable foods, and some seasonal articles of clothing. Springtime is coming and so will be our new vegetable garden project under the direction of Randy Perry in collaboration with Donald Webb (Pathfinders) and Sonya Ennis (Community Services). Our garden will be open for you to participate and to benefit.
SABBATH SCHOOL	
EVANGELISM	We do good to others because it's the right and Godly thing to do. We do not seek reward or praises in return. Our service is free and unselfish.
YOUTH	All beneficiaries, may of their own will, ask for guidance and help as they make important life decisions. All are welcome to our community services. Volunteers are most welcome.
TRAINING	Contact: Sonya (914) 469-1165; R. Perry (914) 539-0108

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