

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



April 6, 2019

Do not ask God
to guide your
footsteps...
If you're not willing
to move your feet.

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: "Reason for the Season"

Coordinator: Elder Fitzroy Harris

Praise and Worship.....	Choristers
Superintendent's Remarks.....	Elder Fitzroy Harris
Opening Hymn..... #388 "Don't forget the Sabbath"	Congregation
Scripture Reading..... Eccle 3: 1-8.....	Elder Kirk McDonald
Prayer.....	Elder Donald Webb
Mission Story	Elder Arlene Williamson
Lesson Study/Summary.....	Teachers/Elder Peart
Welcome.....	Elder Yohance Perry
Special Music.....	Elder Yohance Perry
Final Remarks.....	Elder Fitzroy Harris

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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 (APRIL 01 - APRIL 06, 2019)

BIRTHDAYS:

- ❖ Apr. 01 – Denis Painvin
- ❖ Apr. 05 – Chimdi Ejiogu, Ivy Tominlinson

- ❖ **WEDDING:** Apr 06 – Benjamin & Makeda Jacques

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STEWARDSHIP CORNER

The Group of Frogs

A group of frogs were traveling through the forest when two of them fell into a deep pit. When the other frogs saw how deep the pit was, they told the two frogs that there was no **hope** left for them.



However, the two frogs ignored their comrades and proceeded to try to jump out of the pit. However, despite their efforts, the group of frogs at the top of the pit were still saying that they should

just give up as they'd never make it out.

Eventually, one of the frogs took heed of what the others were saying and he gave up, jumping even deeper to his death. The other frog continued to jump as hard as he could. Once again, the group of frogs yelled at him to stop the pain and to just die.

He ignored them, and jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf, and that he thought they were **encouraging** him the entire time.

Moral of the story: People's words can have a huge effect on the lives of others. Therefore, you should think about what you're going to say before it comes out of your mouth – it might just be the difference between life and death. (<http://www.ba-bamail.com>)

A Healthier You In 2019

What we aren't eating is killing us, global study finds

(CNN) Which risk factor is responsible for more deaths around the world than any other? Not smoking. Not even high blood pressure.



It's a poor diet. "In many countries, poor diet now causes more deaths than tobacco smoking and high blood pressure," said Ashkan Afshin, an assistant professor at the Institute for Health

Metrics and Evaluation at the University of Washington.

And it's not just that people are choosing unhealthy options such as red meat and sugary sodas. Just as critical, said Afshin, [the lead author of a 27-year global diet analysis published Wednesday in the journal the Lancet](#), is the lack of healthy foods in our diets, along with high levels of salt.

"While traditionally all the conversation about healthy diet has been focused on lowering the intake of unhealthy food, in this study, we have shown that, at the population level, a low intake of healthy foods is the more important factor, rather than the high intake of unhealthy foods," he said.

One in five deaths globally -- that's about 11 million people -- in 2017 occurred because of too much sodium and a lack of whole grains, fruit and nuts and seeds, the study found, rather than from diets packed with trans fats, sugar-sweetened drinks and high levels of red and processed meats.

The large study size means these findings are relevant to everyone, no matter where they live, said Andrew Reynolds, a postdoctoral research fellow at the University of Otago in New Zealand, who was not involved in the study.

"The findings of the paper will inform policy decisions that shape what food is available in Western countries, how it is marketed and potentially what it costs in the coming years," Reynolds said.

Next week we will look at 15 dietary risk factors

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

AnnouncementsSis. Audrae Webb
Prelude..... Congregation

"Praise Him, Praise him"

Call to Worship..... Elder Donald Webb
Invocation..... Elder Malcolm Phillips
Response Congregation

"Alpha and Omega"

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

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise Sis. Velma Walker
#620 -On Jordan's Stormy Banks"

Scripture Reading Elder Fitzroy Harris

Numbers 14:1-5

Songs of Praise & Worship Praise Team
Intercessory Prayer..... Elder Dalbert Watson

WE RETURN HIS OWN

Tithes, Offering.....Elder Lanslott Peart
Gifts of Love..... Elder Lanslott Peart
Children's Chapel..... Sis. Carol .Burtram

WE EXPLORE HIS WORD

Song of Meditation
Sermon **Elder Malcolm Phillips**
Title: " O Who Will Come and Go With Me?"

WE DEPART TO SERVE

Closing Hymn..... Elder Arlene Williamson
#633-" When we all get to Heaven"
Closing Prayer..... Elder Arlene Williamson
Postlude..... .Praise Team

ANNOUNCEMENTS

Today:

- ✓ **Clerk on Duty:** Sis. Audrae Webb
- ✓ **The church building** is closed this afternoon. No Lunch
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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.
- ✓ **April 20 @ 5:00 pm: Putting It All Together: Take 2:** Have you completed your estate Plan? How about your Health Care Proxy? Please come and learn how to with **Robert Gordon, Esq.**, Conference Room– Lower Level. Members please invite your families (see flyer on the notice board)

Time for spring cleaning! Bring your items and let's do some fundraising. Clothing, books, household items, bedding, kitchen stuff and other items are all welcome. Time is after sunset on April 20th. The place is the Fellowship Hall.

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.

**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

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.

Recipes for humble cabbage

Cabbage is in same family as broccoli and kale, two vegetables



known to be full of goodness. It's time cabbage became known for its nutritional goodness, too.

One cup of raw cabbage (89 grams) has only 22 calories, according to [Healthline](https://www.healthline.com/nutrition/cabbage-nutrition). It's fat

and sugar free and contains a gram of protein and 2 grams of fiber. And take look at its impressive vitamin and mineral lineup.

- 84 percent the recommended daily intake (RDI) of vitamin K
- 54 percent of the RDI of vitamin C
- 10 percent of the RDI of folate
- 7 percent of the RDI of manganese
- 6 percent of the RDI of vitamin B6
- 4 percent of the RDI of both calcium and potassium
- 3 percent of the RDI of magnesium

Here are several recipes to help you add cabbage's goodness into your diet.

Avocado Toast with Spicy Cabbage Slaw: Creamy cucumber with a spicy and crunchy cabbage slaw go on top of smashed avocado on toast that's great for breakfast or a light lunch or dinner

Clear Cabbage and Carrot Soup: Such a simple soup — broth, cabbage, carrots, onion and some garlic come together quickly to make a soup in this Chinese version of comforting, healthy cabbage soup.)

Easy Stuffed Cabbage Casserole: This should probably be called unstuffed cabbage casserole. Get some Gimme Lean @ whole Foods and throw them together in a casserole dish. You get all the flavors with a lot less work. **Add cabbage, rice and vegan cheese for a well-rounded meal that your family will love (extracted from Sources)**

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