

Sick & Shut In

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Health Professional On Duty: Dr. Enyioma Nwankpa-Ejiogu

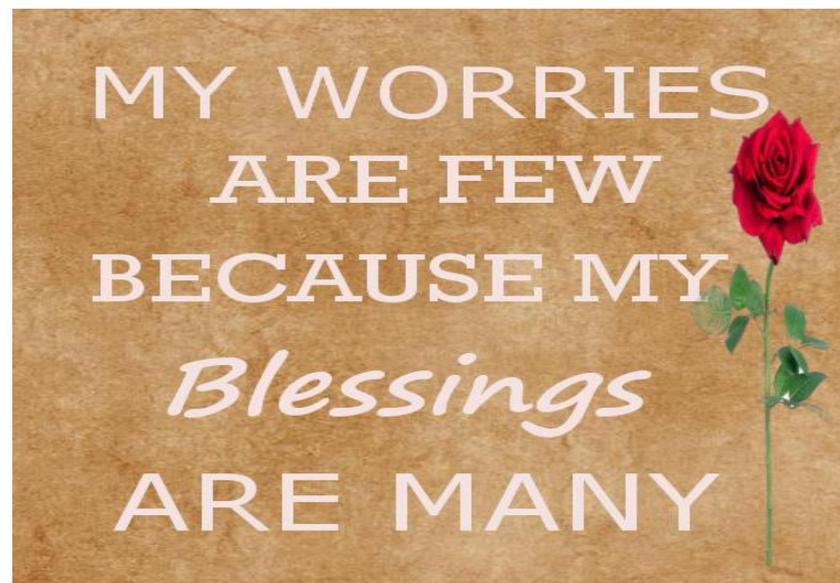
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media@firstwhiteplains.org**

**Please give us your feedback on the contents of the bulletin at the above
email**

FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



April 14, 2018



“Jesus teaches us to call His Father our Father. He is not ashamed to call us brethren. [Hebrews 2:11](#). So ready, so eager, is the Saviour's heart to welcome us as members of the family of God, that in the very first words we are to use in approaching God He places the assurance of our divine relationship, “Our Father.” MB 103.3

How can we ever be in doubt and uncertainty, and feel that we are orphans? It was in behalf of those who had transgressed the law that Jesus took upon Him human nature; He became like unto us, that we might have everlasting peace and assurance. We have an Advocate in the heavens, and whoever accepts Him as a personal Saviour is not left an orphan to bear the burden of his own sins. MB 104.3

First Seventh-day Adventist Church of White Plains
180 Juniper Hill Road
White Plains, NY 10607
Kyran Leo John, Pastor
<http://Firstwhiteplains.org>
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 by your ***FIRST Experience.*** Have a wonderful Sabbath!

SABBATH SCHOOL EXPERIENCE

9:15 A.M.

Theme: Daniel and the End Time

Coordinator: Sis. Casey St. Val

Praise and Worship	Chorister
Opening Remarks.....	Sis. Casey St. Val
Opening Hymn.....# 608 “Faith is the Victory”	Congregation
Scripture Reading..... Daniel 6:1-3	Bro. Taylor McGregor
Prayer.....	Bro. Glen
Mission Emphasis.....	Sis. Jean Brewster
Lesson Study.....	Teachers
Welcome.....	Bro. Adrian Alvaranga
Special Music.....	Sis. Maya McKenzie
Closing Remarks	Sis. Casey St. Val

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

A Drowning Girl

One wet and miserable morning in Ohio Ray Blankenship was making breakfast in when he looked out the window onto the open stormwater drain that ran alongside his house. What he saw terrified him – a small girl being swept down the drain. He also knew that further downstream, the ditch disappeared with a roar underneath the road. Ray ran out the door and raced along the ditch, trying to get ahead of the little girl. Then he hurled himself into the deep, churning water. He surfaced and was able to grab the child’s arm. They tumbled end over end. Within about one meter of the drain going under the road, Ray’s free hand felt something protruding from one bank. He grabbed a hold and held on for dear life. “If I can just hang on until help comes,” he thought. But he did better than that. By the time fire-department rescuers arrived, Ray had pulled the girl to safety. Both were treated for shock. On April 12, 1989, Ray Blankenship was awarded the US Coast Guard’s Silver Lifesaving Medal. The award is fitting, Ray Blankenship was at even greater risk to himself than most people knew. You see, Ray can’t swim.+

CELEBRATIONS (APRIL 08- 14, 2018)

BIRTHDAYS:

- ❖ Apr. 09 – Stacy Smith
- ❖ Apr. 10 - Tamara Mamdeen
- ❖ Apr. 12 – Carmen Hendricks-Guy, Velma Walker, Debbie-Ann Walker
- ❖ Apr. 14 – Pamela Reid, Demetrius wells

WEDDING ANNIVERSARIES:

- ❖ Apr. 10 – Seymour & Laurette Corrodus
- ❖ Apr. 11 – Francis & Cynthia Desir

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STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

THIS IS THE TIME TO GIVE

Alan Barnhart

Alan Barnhart is an American businessman who owns and runs a business valued at \$250 million

When he was at University he poured over the teaching of Jesus and was struck by Jesus call to generosity and his warnings about wealth. He was determined that when he went into business he would not allow any financial success he might enjoy to become a source of spiritual failure. When he and his brother took over their small family business, Barnhart Crane and Rigging, they set incomes for themselves that would enable them to support their families in a modest middle class lifestyle and agreed that anything the company made beyond that would be given to ministry, particularly ministries in the developing world. In their first year they were able to give away \$50,000; in the second year \$150,000; and by 2005 they were giving away \$1 million a month. They have also placed 99% ownership of the company into a trust that will ensure that when they have departed, all proceeds from the firm will continue to be invested in ministry.

Alan doesn’t regret the decision to limit his income. He, his wife and his children have been able to visit the projects they support and see the impact in people’s lives. Alan says that giving is fun!

Inspired by the teaching of Jesus on wealth, Alan Barnhart took a simple decision that revolutionised his life and enabled him to practise generosity.

Source: generosity.com and Barnhart, “Profit with a Purpose” in *The Generous Business. A Guide for Incorporating Giving at Work.*

The Family Life Ministry weekly prayers for our families. Sis. Neatlin Francis and family.

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Felicia Ennis
- ✓ **4:00 pm** – Sanctuary Rehearsal
- ✓ **4:30 pm** –AY-
- ✓ Men's Ministry would like to meet with all the Men (young and old) immediately after divine service this sabbath on the piano side of the church. Please make every effort to be there.
- ✓ ++++++
- **Children's Ministry** Bible Bowl/Prayer Line: Friday nights 8:30 – 9:00pm (712-775-7031; Access Code 366-152#).
- **Bible Bowl practice:** Sabbath afternoons 3:00 – 4:00pm.
- **Children's Ministry Meetings:** 3rd Sabbaths over lunch.
- **Food Distribution-** Tuesdays and Thursdays 11:00 am –2:00 pm.
- **Community Health Initiative:** Every Tuesday starting @ 6:30 pm.
- **Prayer Meeting** Wednesdays 7:30–8:30 pm. All are invited.
- **Women's Ministries:**
- **Prayer Hour:** Wednesday at 6:00 a.m. Dial 641-715-3286 Pin: 547474#
- Women's discussion of the book Patriarchs and Prophets every Tuesday night at 8:00 pm
- **Bible Study:** 3rd and 4th Thursdays @ 6:pm Elder Howson
- **April 21st-** Deacons & Deaconess Day; Guest Preacher will be Pastor Stafford Byers
- **April 21st.** -Deacons and Deaconesses Ordination service @ 4:30 pm.
- **April 25 –May 10:** Prayer Ministry will be launching a series of 10 days prayer and fasting. This is the first one and will continue in intervals of 8 weeks. Prayer time and group leaders will be posted shortly we are asking the whole church to please get involved
- **April 28** – Board Meeting
- **April 28-** The Education Department will be hosting a Social/Movie Night in the Fellowship Hall. Refreshments will be on sale.

**Money Won't Make You
Happy, But These 12 Traits
Will----- coming next week**

DIVINE SERVICE

10:55 A.M.

WE UNITE TO WORSHIP

Prelude*	Congregation
<i>“Bow Down and Worship Him”</i>		
Call to Worship.....	Elder Dalbert Watson	
Invocation*	Dr. Oswald Euell
Response*	Congregation
<i>“Alpha and Omega”</i>		
Welcome**	Monique Daniels
Announcements**	Felicia Ennis
Pastoral Remarks**	Pastor Leo Kyran John
<i>Greetings/Birthdays/Anniversaries</i>		

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise.....	Elder Adrian Alvaranga
#185 –“Jesus is all the world to me ”	
Scripture Reading*.....	Bro. Lloyd Nicholson
Psalms 90:1-10	
Praise & Worship.....	Praise Team
Intercessory Prayer†.....	Pastor Leo Kyran John

WE RETURN HIS OWN

Special Music.....	Sis. Mahlaah Desir
Tithes & Offerings.....	Elder Yohance Perry
Gifts of Love**.....	Elder Yohance Perry

WE EXPLORE HIS WORD

Children's Chapel.....	Sis. Brianna. Benjamin
Song of Meditation.....	Sis. Mahlaah Desir & Sis. Maya McKenzie
Sermon	Dr. Oswald Euell, Secretary of NEC
<i>TOPIC: Living Life to the Fullest</i>	

WE DEPART TO SERVE

Closing Hymn*.....	Elder Adrian Alvaranga
<i>#598 - Watch Ye Saints</i>	
Benediction*.....	Elder Adrian Alvaranga
Postlude.....	“Praise God From Whom All Blessings Flow” Congregation

* Please stand, if possible ** You may enter/ exit the Sanctuary † Please kneel, if possible

The Best Foods to Eat for Healthy Skin

Part deux

By now you probably know that whatever is happening to your face and skin can probably be traced back to your habits of consuming food and drink.

The good news is that there are a bunch of delicious things you can put in your body that will clear up your skin, your complexion, reduce acne, and provide a greater defense against skin cancer. It's no surprise that foods high in sugar are especially detrimental to your skin's health, but some skin-friendly foods might surprise you according to dermatologist Kenneth Mark, MD. The list includes:

- 1. Rosemary** Mark says that rosemary is the best herb for your skin: "It's rich in antioxidants, and an herb-rich diet in general has been shown to decrease melanoma risk."
- 2. Olive Oil** "Olive oil has both monounsaturated fat (the good fat) and antioxidant polyphenols to scavenge skin-compromising free radicals created by smog, smoke, and the sun," Mark says.
- 3. Tomatoes** "In particular, tomato paste and cooked tomatoes are rich in lycopene, an antioxidant that is thought to benefit the prostate," says Mark. "And in regards to the skin, it also helps improve efficacy of sun protection."
- 4. Carrots** "Carrots are rich in beta-carotene, and the right amount can add to a healthy radiance on the skin," Mark says. "But in a classic example of 'you are what you eat,' I have seen patients whose skin was orange from eating too many carrots or drinking too much carrot juice."
- 5. Kale** "Kale is highly touted superfood, since it is rich in the carotenoids lutein and zeaxanthin," Mark says. "It is a potent antioxidant, a free-radical scavenger that helps minimize UV damage. On top of all that, it is also rich in Vitamins A and C, which boost collagen."
- 6. Blueberries** "Blueberries are blue since they are rich in a powerful antioxidant called anthocyanins," Mark says. "They are also rich in vitamins A, C, and E, and together these help to firm skin and decrease free radical damage." (extract from adamHurley/aol)

Go Nuts Eat some almonds

+Source: Reported in Los Angeles Times Syndicate.

Should a Christian go to movies? Is watching a movie a sin?

Answer: For a Christian, the question is not so much "is watching this movie a sin?" but "is this something that Jesus would want me to do?" The Bible tells us that many things are permitted, but not all things are beneficial or constructive ([1 Corinthians 10:23](#)). It also says that whatever we say or do (or watch) should be done to the glory of God ([1 Corinthians 10:31](#)). We are to set our minds on things that are noble and pure ([Philippians 4:8](#)). If—and this is a big if—we can watch a movie or TV program that contains questionable content AND still be in agreement with these commands from the Bible, then it's hard to see a wrong in this.

The danger lies in (1) how what we are watching affects our heart and (2) how it affects others. For ourselves, if the scene we see brings a feeling of lust, anger, or hatred, then we have sinned ([Matthew 5:22, 28](#)), and we must do whatever we can to avoid that happening again. Often that means not watching that type of movie/scene again. Also, it can be a stumbling block to someone who is struggling with a habit or behavior that is coming between him and God ([1 Corinthians 10:25-33](#); [Romans 14:13](#)). As members of the body of Christ, we are to be a light to the world ([Matthew 5:14](#)) and a holy example of what God has done in our lives ([1 Peter 2:11-12](#)). If we are seen by others going into an "R"-rated movie, it could send the wrong message to them—that we enjoy and/or condone illicit sex and violence. That is not conducive to being a light in a dark world.

So, how do we know for sure whether what we are watching is beneficial? When we become followers of Christ, we are given His Holy Spirit to live in us ([Acts 2:38](#); [2 Timothy 1:14](#)). Jesus tells us that this Spirit will guide us in all truth ([John 16:13](#)). One way God's Spirit guides us is by our conscience ([Romans 1:12](#); [9:1](#)). If your conscience is telling you that what you are watching is wrong, it probably is.

([GotQuestions.org](#))

Try Something new next week, try a life giving diet. Eat some live foods. The enzymes in live foods act very much like catalytic converters for general digestion, helping our bodies to properly absorb and eliminate even the cooked and other processed, non-live foods we consume. Most live foods are also high in fiber. So eating live foods helps your system make better use of virtually every healthy thing you eat, while also running damage control on the not-so-healthy stuff you gobble down. Stay off the chicken, the beef, fish, goat and lamb for a week or two.