

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: **Babylon and Armageddon**

Coordinator:

- Praise and Worship Chorister
- Opening Remarks.....
- Opening Hymn.....
- Scripture Reading.....
- Prayer.....
- Mission Emphasis.....
- Lesson Study.....
- Welcome.....
- Special Music.....
- Closing Remarks

+++++

10: 40 - 10: 50 AM PERSONAL MINISTRIES

Watch Out For Scams Like This One

If you ever hear this 4-word phrase when you pick up the phone, hang up immediately

Paul Marcarelli is not on the other line. For those wondering who Paul Marcarelli is, just watch any Verizon commercial from the mid-2000s, or any modern day Sprint commercial. He became famous for his six-word catchphrase, "Can you hear me now? Good," but now a variation of that very phrase is a go-to weapon for phone scammers.

If you receive a call and immediately hear the phrase "Can you hear me?," hang up. The phrase is used to coax you into saying "yes," a word that, if said in your voice, is as good as gold for con artists. The person on the other end will be recording the call, and would then use the track of you saying "yes" to access your sensitive information. How? The three-letter word is used frequently by companies to confirm account changes, security settings, and purchases, giving the scammer extensive access to your stuff. . (Readers Digest)

CELEBRATIONS (JUNE 24 – JUNE 30, 2018)

BIRTHDAYS:

- ❖ **Jun 24** – Grace Moodie-Wells, Stephen Thompson
- ❖ **Jun 25** – Lawrence McDonald, Casey St. Val, Ariel Tomlinson, Adrian Alvaranga
- ❖ **Jun 26** – Marsha Peart
- ❖ **Jun 27** – Widmarc Thomas Sr.
- ❖ **Jun 29** - Alex & Laila Verley
- ❖ **Jun 30** - Joanne Verlus

WEDDING ANNIVERSARIES:

+++++

STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

The Obstacle In Our Path (Being Tight)



A Father's Letter

Paul Brand is a brilliant medical doctor who did pioneering work in the treatment of leprosy. He has received the Albert Lasker Award, been made a Commander of the Order of the British Empire by the

Queen, served as the only Westerner on the Mahatma Ghandi foundation, and had medical procedures named after him.

Brand grew up in India, where his parents were missionaries. At the age of nine he was sent to boarding school in England. Five years later, while a 14 year old student there, he received a telegram informing him that his beloved father had died of blackwater fever. Brand cherished fond memories of his father, a man who had a great love for people and a great love for the natural world around him.

A short time after he received news of his father's death Paul Brand received a letter from his father. It had been posted prior to his father's death but took some time to reach Brand as it came by ship. It's words impacted deeply upon the young son. Paul's father described the hills around their home and then finished with these words: "God means us to delight in his world. It isn't necessary to know botany or zoology or biology in order to enjoy the manifold life of nature. Just observe. And remember. And compare. And be always looking to God with thankfulness and worship for having placed you in such a delightful corner of the universe as the planet Earth."

Source: Reported in Philip Yancey, *Soul Survivor* (Hodder & Stoughton, 2001)

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Sis. Jessica Thomas
- ✓ **4:00 pm** – Sanctuary Choir Rehearsal
- ✓ **5:00 pm** – Preachfest White Plains Jewels Pathfinders 5 pm
 ++++++
- **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.
- **June 24** – African-American Heritage Festival – Kensico Dam
- **June 30 & July 07** – Camp Meeting @ Camp Victory Lake – 277 Crum Elbow Road, Hyde Park NY
- **July 14th** – Youth Sabbath and it will be a Sabbath of Praise & Worship
- **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
- **Sunday** July 15th from 12 pm to 4pm. Antun' s Catering Hall Queens Village N.Y. 60.00 seniors 55 and older Non Seniors 65.00
- **Volunteers needed for the African American Heritage Festival Outreach** on next Sunday, June 24th. The PM and Health Ministries need definite commitments to help transport, set up, distribute literature, do blood pressure screenings, make contacts and break down. The hours assistance is needed are between 8:45 AM- 6:00 PM. If you are unable to give the full day, please come for a shorter period of time. Please see Elder Alvaranga and/or Sis Phillips
- **Support for Bible Studies** needed for Tuesday (6:30 PM) and Thursdays (1:30 PM and 4:00 PM). Certified Bible Workers and all interested members are needed. See Pastor John and/or Sis Phillips to sign up and to discuss your availability

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

Prelude..... *“Praise Him, Praise Him”*..... Congregation
 Call to WorshipElder Dalbert Watson
 Invocation* Pastor Kyran John
 Response* *“Alpha & Omega”*..... Congregation
 Welcome**Sis.Monique Daniels
 Pastoral Remarks** Pastor Kyran John

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise..... Elder Dalbert Watson
27 - Rejoice Ye Pure In Heart
 Scripture Reading..... Elder Yohance Perry
John 13:12-17
 Songs of Praise & Worship Praise Team
 Intercessory Prayer†..... Elder Arlene Williamson
 Special Music.....Sanctuary Choir

WE RETURN HIS OWN

Tithes & Offering..... Elder Malcolm Phillips
 Gifts of Love** Elder Malcolm Phillips

WE EXPLORE HIS WORD

Children’s Chapel
 Song of Meditation Sanctuary Choir
Sermon..... Pastor Kyran John

Title: “No One But!”

Hymn of Separation ... # 258 - My Jesus I Love TheeCongregation

HOLY COMMUNION

Opening Hymn.....*#458 – “More Love To Thee”*Congregation
 Prayer†..... Elder Donald Webb
 Unveiling of Table..... Deaconess
 Prayer for Bread†..... Elder Kirk McDonald
 Prayer for Wine†..... Elder Lanslott Peart
 Washing of Hands & Breaking of Bread.....Elders
 Sharing of the Emblems.....Deacons
 Words of Exhortation.....Pastor Kyran John

WE DEPART TO SERVE

Closing Hymn*#425- “Holy Holy - is what the angels sing.....Congregation
 Benediction*Elder Adrian Alvaranga

* *Congregation is invited to stand*

** *Worshippers may enter and exit the Sanctuary*

† *Congregation is invited to kneel* * *Please stand, if possible* ** *You may enter/ exit the Sanctuary* † *Please kneel, if possible*

What Are the Benefits of Eating Strawberries? (Organic)

The amazing health benefits of strawberry include improved eye care, proper brain function, relief from high blood pressure, arthritis, gout, and various cardiovascular diseases. The polyphenolic and antioxidant content of strawberries makes them beneficial for improving the immune system, preventing various types of cancers, and for reducing the signs of premature aging.

Nutrition

Strawberries are packed with vitamins and minerals such as vitamins C and K, folate, potassium, manganese, and magnesium. They are low-calorie, fiber-rich fruits, which are abundant.

Improves Heart Function

Strawberries have high levels [of heart-healthy antioxidants like ellagic acid and flavonoids like anthocyanin, catechin, quercetin, and kaempferol. These phenolic compounds lower the risk of cardiovascular diseases by inhibiting the formation of total and LDL (bad) cholesterol. They also relax the blood vessels, causing improved blood flow and preventing cardiovascular problems. Additionally, the high fiber content, vitamin C, and folate in strawberries form an ideal cardiac health pack as they effectively reduce cholesterol in the arteries and vessels.

Anti-Aging

Vitamin C in strawberries boosts collagen production, tones the skin, and has an anti-aging effect. Also, a study [4] showed that its extract is abundant in anthocyanins and protects against ultraviolet radiation.

Eye Care

Eating strawberries can prevent eye conditions like dry eyes, degeneration of the optic nerves, macular degeneration, vision defects, and increased susceptibility to infections. Antioxidants in strawberries, such as flavonoids, phenolic phytochemicals, and ellagic acid, can help avoid almost all eye problems because they protect against free radical scavenging activity. One more condition strawberries can fix is the disturbance in ocular pressure, the pressure within the eyes, which can be harmful. They also contain potassium, which helps in maintaining the correct pressure.

Reduces Hypertension

Strawberries are rich in potassium and magnesium, both of which are vasodilators, meaning that they reduce hypertension and the rigidity of arteries and blood vessels. This eases the flow of blood to various parts of the body and keeps them functioning at their full potential.

Prevents Cancer

Vitamin C, folate, anthocyanins, quercetin, and kaempferol are just a few of the many flavonoids in strawberries that act as excellent [5] antioxidants. Together, they form an excellent line of defense to fight cancer and tumor growth. Daily intake of strawberries is connected to a drastic reduction in the presence and metastasis of cancer cells. A study [6] showed that freeze-dried strawberry powder showed results to prevent esophageal cancer.

Boosts Immunity

Vitamin C present in strawberry boosts the immune system and helps in curing common cough and cold. A single serving has approximately 150% of your daily requirement of vitamin C!

Treats Arthritis & Gout

Strawberries are abundant in antioxidants and detoxifiers, which help reduce arthritis and gout pain. They also aid in preventing arthritic symptoms such as degeneration of muscles and tissues, drying up of the lubricating fluids in the joints, and accumulation of toxic substances and acids (such as uric acid) in the body.

Boosts Brain Function

Strawberries are rich in iodine, vitamin C, and phytochemicals, which help maintain [the proper functioning of the nervous system. Potassium, in strawberries, also has been linked to an improved cognitive function by increasing blood flow to the brain. Furthermore, a research on older women showed that higher consumption of blueberries and strawberries, rich in anthocyanins and other flavonoids, is linked with a slower progression of cognitive decline. Strawberries boost the production of the adiponectin and leptin, both of which are fat-burning hormones. They help reduce appetite, decrease glucose, and reduce body weight and fat, all of which promote weight loss.

Prevents Birth Defects

Folic acid in strawberries is a necessary nutrient, especially during pregnancy, as it helps in preventing birth defects. It is also important for ensuring optimal health during pregnancy.

Reduces Inflammation

Strawberries reduce elevated blood levels of C-reactive protein (CRP), a substance produced by the liver that increases inflammation in the body. A study conducted by the Harvard School of Public Health showed that women who ate more than 16 strawberries in a week are 14% less likely to have elevated C-reactive protein levels. *

