

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: " Arrest in Jerusalem"

Coordinator: Bro. Glen Larmond

Praise and Worship.....Choristers
 Superintendent's Remarks.....Bro Glen Larmond
 Opening Hymn.....Congregation
 Scripture Reading.....Sis Wendy St. Val
 Prayer.....Bro Clinton Boxhill
 Mission Emphasis.....Sis. Kenise Larmond
 Lesson Study..... Classes
 WelcomeBro Glen Larmond
 Special Music..... Bro Jose Mirabel
 Closing Remarks..... Bro. Glen Larmond

+++++

10: 40 - 10: 50 AM PERSONAL MINISTRIES

First SDA Church of White Plains Education Department is excited to announce we have partnered with the Microsoft store at the Westchester Mall to offer our students a series of five free workshops that will take place throughout the 2018-2019 school year during holiday breaks. Students will participate in 4-hour workshops and learn to create art in 3D, build human-emulating robotic hands from practical and affordable materials, and how to develop business plans.

The workshops, beginning on Columbus Day (October 8, 2018) and ending on President's day (February 18, 2019), will offer direct access to exciting technology and highlight the growing need for students to be familiar and comfortable with computing. After all, it's estimated that there will be more than 4.4 million computer and information technology jobs in the U.S. by 2024. More than 77 percent of today's generation of students agree on the importance of developing new skills throughout life.

If you would like your child(ren) to participate, please sign-up today. Registration is open to children ages 8 -14 years old, and is on a first-come basis, as space at the Microsoft store is limited and can only accommodate up to 15 children.

For more information, please see Andrea Watson or Jean Brewster

CELEBRATIONS (SEPT. 16 - SEPT. 22, 2018)

BIRTHDAYS:

- ❖ Sept 16 – Simone Peart
- ❖ Sept 17 – Anjane Scott
- ❖ Sept 18 – Erica Banner
- ❖ Sept 19 – Lachlan Singh
- ❖ Sept 22 – Verona Simmonds, Shirlene Dottin, Natalya Whitten & Andrea Watson

WEDDING ANNIVERSARIES:

- ❖ Sept 17 – Christopher & Norma Barclay

+++++

STEWARDSHIP CORNER

Monthly Budget: \$23,308.33

Paying it Forward

Thirty years ago, my world almost fell apart. I had surgery, was fired, and was informed by the IRS that my employer had not paid employment taxes. After a few weeks, I saw a flyer about a Japanese festival. Although a physical and emotional wreck, I decided to go. There, I met a Japanese gentleman with whom I chatted for hours. A few months later, I came home to find a bouquet of flowers and a letter at my door. It was from that same friend. Inside the letter was a check for \$10,000 to help me through my rough patch. Sixteen year later, I met a family that had been evicted from their home and needed \$5,000 to close the escrow on a new house. Without hesitation, I handed them a check for the full amount. They call me their angel, but I remind them that I, too, once had an angel: *smik Mahdessian, Glendale, California (reader's Digest)*



“All things come of thee O Lord, and of thine own have we given thee” (1 Chronicles 29).

ANNOUNCEMENTS

- ❖ **Today:**
- ✓ **Clerk on Duty:** Sis. Audrae Webb
- ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m. All choir members are asked to be in the choir room on time.
- ✓ **5:00 PM - AYM**
++++
+++
- ✓ **Children's Ministries** Bible Bowl/Prayer Line: Friday nights 8:30 – 9:00 p.m. (712-775-7031; Access Code 366-152#).
Starting next Sabbath afternoon, we'll be kicking off our 2018-2019 season

- ✓ **Food Distribution-** Tuesdays and Thursdays 11:00 am –2:00 p.m.
- ✓ **Community Health Initiative:** Every Tuesday starting @ 6:30 p.m.
- ✓ **Prayer Meeting** Wednesdays 7:30–8:30 pm. All are invited.
- ✓ **Sept. 29 – Holy Communion**
- ✓ **September 22nd at 5 pm:** Please join us for a very **special AY on Estate Planning**. Do you have what you need?- Sis. Carmen Guy
- ✓ **Pathfinders Meeting:** Are held @ 6:30pm, every 1st, 2nd, and 3rd Sabbath, unless otherwise posted.
- ✓ **Women's Ministries:**
- ✓ Upper Room Ministry, Wednesday Morning at 6:00 a.m. All are invited to join dialing the number 641 715- 3286 Pin #: 547474#.
- ✓ **Support for Bible Studies** needed for Tuesday (6:30 p.m.) and Thursdays (1:30 p.m. and 4:00 p.m.). Certified Bible Workers and all interested members are needed. See Sis. Phillips to sign up and to discuss your availability.

Family Life Ministries

This week we are praying for Widmarc Thomas and Family

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

Announcements Sis. Audrae Webb
Prelude* Congregation

"Come Before His Presence"

Call to Worship.* Bro. Aaron Harris
Invocation* Pastor Sean Dowding
Response* Congregation

"Praise Him, Praise Him"

Welcome ** Elder Yohance Perry
Pastoral Remarks** Pastor. Sean Dowding
Going above & Beyond Presentation..... Sis. Jessica Joseph-Thomas

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise* Sis. Chimdi Ejiogu
#470 – "There's Sunshine In My Soul Today"

Scripture Reading.* Sis. Le-Anne Johnson

Genesis 12: vs. 1

Songs of Praise & WorshipKemaala Emmanuel & Praise Team
Intercessory Prayer† Bro. Michael Verlus
Special Music..... Kevin Jackson & Team

WE RETURN HIS OWN

Tithes & Offering..... Sis. Alyssa Harris
Musical Selection..... Kemaala Emanuel & Team
Gifts of Love** Bro. Jourdan Webb
Children's Chapel..... Sis. Rochelle Estiverne
Musical Selection.....Kevin Jackson & Team
Introduction of Speaker.....Sis Jessica Joseph-Thomas

WE EXPLORE HIS WORD

Song of Meditation..... AYM Choir

Sermon..... **Pastor Sean Dowding**

Title: "Crazy Faith"

WE DEPART TO SERVE

Closing Song..... Bro. Jonathan Yan
#334 - "Come Thou Fount of Every"

Benediction* Sis. Celina Barclay
Postlude.....**Till We Meet Again**.....Praise Team

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

Giving Someone A Push

Have you ever had a want, or desire that you have always wanted to accomplish in your life and just never saw it come to fruition? Or, how many of us have a job or project that we would like to do but just haven't gotten around to get it done? If you are like most people, all they need is that little motivation or push to get them going...once they get going...they finish well. We need someone to give us that extra push.

Such is the case in a story a while ago written by Irene Sax in *Newsday* which demonstrates this thought in a great way. Jean Nidetch, a 214-pound homemaker desperate to lose weight, went to the New York City Department of Health, where she was given a diet



devised by Dr. Norman Jolliffe. Two months later, discouraged about the 50 plus pounds still to go, she invited six overweight friends home to share the diet and talk about how to stay on it.

Today, 28 years later, one million members attend

250,000 Weight Watchers meetings in 24 countries every week.

Why was Nidetch able to help people take control of their lives?

To answer that, she tells a story.

When she was a teen-ager, she used to cross a park where she saw mothers gossiping while the toddlers sat on their swings, with no one to push them. "I'd give them a push," says Nidetch. "And you know what happens when you push a kid on a swing? Pretty soon he's pumping, doing it himself. That's what my role in life is—I'm there to give others a push." (<https://mygoodtimestories.com>)

This Is When You Should Eat Your Lightest And Heaviest Meals Of The Day

When it comes to eating healthily, in the right amounts and maintaining your body shape, we've heard so many different rules, it's a little exhausting. Some people say you can eat whatever you want as long as you hit around 1,200 calories a day, others say throw out calorie counting, just eat whatever you want as long as the foods are "clean."

More next week

How Your Taste In Food Changes As You Get Older

Erin Wathen, a holistic health coach, food addiction counselor, and author of the book *Why Can't I Stick To My Diet?*, tells Elite Daily over email that everyone is born with about 10,000 taste buds. Normally, she says, those taste buds turn over every two weeks or so, which explains why your tongue recovers pretty quickly after you burn it on a piping hot PSL. But that taste-bud-turnover, if you will, might also explain why you were more sensitive to different flavors and textures in the foods you ate when you were younger, and gradually changed your opinion about these things later on, Wathen says. The thing is, according to Steven Parnes, an ear, nose, and throat doctor based in Albany, New York, as you age, your taste buds have a harder time regenerating. Plus, he explained in an interview with NPR, a loss in your ability to taste flavors as intensely might be due to a weakened sense of smell, which tends to happen naturally as you get older.

According to Wathen, your environment can also have a huge impact on your taste, especially when you're young. For instance, she says her children, once upon a time, *always* wanted to eat whatever she was eating, even if it was foods like kale and sushi. On that note, many parents, my own included, have a rule that their children have to keep trying foods that they think they don't like. And according to certified health coach Laura Ellen, this isn't just some evil parenting scheme to force children to eat broccoli. As you get older, she tells Elite Daily, continued exposure to a certain food can actually make you start to like it.

In fact, according to Ellen, one common change in taste as you age is an increased tolerance for spice levels, which may simply be due to the fact that you gradually build up the taste for spicy foods over time. "For example, young people in Central America find spicy chili peppers just as painful to eat as children in North America," she tells Elite Daily. But because, culturally, many of these families incorporate hot spices into their meals, she says the kids eventually just get used to it. "Over continued exposure, the brain begins to read the hit of spice as enjoyable rather than painful," Ellen explains.

So should you ever be concerned if your taste in food suddenly does a 180? It's probably not due to a physiological health problem, says Ellen. But a sudden, drastic shift in eating might be a sign of emotional turmoil. So just make sure to check in with yourself and your well-being if, for whatever reason, you can no longer stomach your absolute favorite food. (<https://www.elitedaily.com>)