

Sick & Shut In

John & Mary Allen

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Noami Graham

Beth Abraham Health Services
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Tiffany Howard

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Iris Jackson (Elder Jackson's Mom)

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Mildred Mitchell

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Pearl Wilson

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FIRST SEVENTH-DAY ADVENTIST CHURCH OF WHITE PLAINS



NOVEMBER 17, 2018

"YOUR
NAME IS
PERMANENTLY
ENGRAVED IN
THE PALMS OF
MY HANDS
AND NO MAN
SHALL PLUCK
YOU OUT."

ISAIAH 49:16

JOHN 10:28

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)

Pastor: Dr. Sean Dowding
pastor@firstwhiteplains.org
(845) 366-5910 (Mobile)
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White Plains, NY 10607
(914) 949-6816
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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: "THANKFULNESS"

Coordinator: Sis. Velma Walker

Praise and Worship.....Choristers
 Superintendent's Remarks Sis. Velma Walker
 Opening Hymn.....#86..... Congregation
 Scripture Reading.....
 Prayer..... Sis. Stephen Mitchell
 Mission Emphasis..... Sis. Carmen Guy
 Lesson Review Teachers
 Welcome..... Sis. Carol Burtram
 Special Music.....
 Closing Remarks..... Sis. Velma Walker

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10: 40 - 10: 50 AM PERSONAL MINISTRIES

CELEBRATIONS (NOV. 18 - NOV 24, 2018)

BIRTHDAYS:

- ❖ Nov. 19 -D. Robert Webb
- ❖ Nov. 20 - Kami-Nicole Cross
- ❖ Nov. 22 - Samuel Desrosier, Gary Patterson, Jada Scott
- ❖ Nov. 24 - Christopher Barclay, Sr., Travis Preudhomme

WEDDING ANNIVERSARIES:

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STEWARDSHIP CORNER Monthly Budget: \$23,308.33

Sheep

Sheep produce wool all the time. Since birth, sheep produce wool. The more the wool is shaved off, the more it produces. It never stops; it doesn't need someone to tell it to produce wool because it happens naturally. It does not need new techniques, it simply produces. Its production does not stop for any reason, it does not depend on anything, it is always producing, it always gives fruit. In other words, they understand the principle of giving fruits, winning souls, talking about Jesus, living with Jesus, having an initiative, not standing still, not waiting for things to happen, making things happen.

Your gifts and talents are not for yourself, they are to serve God and others. Whoever thinks he owns his talents is deeply mistaken. Everything that God has given you is to bring forth more lives, it is to build up the body of Christ.

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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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PLEASE SEND BULLETIN INFO TWO WEEKS IN ADVANCE TO media@firstwhiteplains.org

SUNSET TODAY 4.40 PM

ANNOUNCEMENTS

❖ **Today:**

- ✓ **Clerk on Duty:** Sis. Connie Robinson
- ✓ **Children's Choir:** Rehearsal at 3:00 p.m.
- ✓ **Sanctuary Choir:** Rehearsal at 4:00 p.m.
- ✓ **5:00 PM – AYM**
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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 –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.
- ✓ **November 18 –Annual Thanksgiving Dinner** -Coachman Family Center, 123 East Post Rd. White Plains NY 10601- 4-6:00 pm – Feel free to reach out to Elder Yohance Perry and Deaconess Sonya Ennis. God Bless!
- ✓ **December 01 – AIDS Day**
- ✓ **Women's Ministry:**
- ✓ Upper Room Ministry, Wednesday Morning at 6:00 a.m. All are invited to join dialing the number 641 715- 3286 Pin #: 547474#.
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Notes

DIVINE SERVICE

11:00 A.M.

WE UNITE TO WORSHIP

Announcements..... Sis. Connie Robinson
Prelude*.....Congregation

“Alleluia, Alleluia”

Call to Worship* Elder Newton Howson
Invocation* Pastor Sean Dowding
Response* Congregation

“Alpha and Omega”

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

WE PARTICIPATE IN HIS SERVICE

Hymn of Praise*Bro. Demetrius Wells
086 "How Great Thou Art"

Scripture Reading..... Sis. Grace Moody Wells

Nehemiah 6: 1-3

Songs of Praise & Worship.....Praise Team
Intercessory Prayer† Elder Dalbert Watson
Special Music..... Sanctuary Choir

WE RETURN HIS OWN

Tithes, Offering Elder Donald Webb
Gifts of Love..... Elder Donald Webb
Children's Chapel..... Sis. M. Harris

WE EXPLORE HIS WORD

Song of Meditation..... Sanctuary Choir
Sermon..... Pastor Sean Dowding
Title: “ God is doing a great work”

WE DEPART TO SERVE

Closing Song Elder Fitsroy Harris
#199 –“ Showers of Blessing”
Benediction..... Elder Fitsroy Harris
Postlude.....Praise Team

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

Scientifically proven ways to live 10 YEARS

longer (The Sun -- By Mared Parry)

A HARVARD study has revealed there are some key lifestyle changes that can add up to TEN YEARS to your life.

Go for walks

Life gain: Four and a half years

Those over the age of 40 who regularly go on walks tend to live longer than those who don't, research shows. Fitness, even through walking, improves cardiovascular health, making you an overall healthier person.

Become a parent

Life gain: Two years

Those who have children are more likely to live at least two years longer than those who don't.

Swedish research has proven that the risk of death is much higher in those who haven't had children.

This is down to the emotional impact having your own family has on your health.

Don't act your age

Life gain: Seven and a half years

We're always told to act our age, but apparently that could really lower your life expectancy. A study of 660 people over the age of 50 revealed that those who had more of a positive outlook on their age and a zest for life tended to live an average of seven and a half years longer.

Positive thinking is linked to stress reduction, which has a huge effect on one's health.

Those who live beyond 80 were found to be more sociable and kept busy after retirement, according to an US study.

Get enough sleep

Life gain: At age 60, a 12-30 per cent cut in risk of early death

A simple, but important lifestyle change would be to get more sleep.

We're all aware of the major health benefits of getting enough sleep, and a 2010 study which looked at a million people found that those sleeping less than six hours a night were 12 per cent more likely to die prematurely - yikes.

Getting an early night could help you live longer

Don't retire early

Life gain: 11 per cent lower risk of death from all causes at 66

As much as you may think that staying in work longer than you need to is causing you stress - it's actually adding to your life expectancy.

Those who are retiring at 65 years old are 11 per cent more likely to die from all causes, compared to those who give up the day job at 66.

The findings of research undertaken in Oregon University in 2016 put this down to those who remain engaged and active for a longer amount of time benefit from it.

James K. Humphrey (1877-1952)

Humphrey's meteoric rise in the Adventist Church continued through the 1910s. He was chosen as a delegate from the Atlantic Union to the General Conference Session in 1913, the first of many times he would serve in that capacity. Yet Humphrey could not lose sight of the challenges the race issue presented the SDA denomination.

Humphrey continued to hold tent revivals in New York City, and by 1920 his church, the First Harlem Church, had about six hundred members. Humphrey was asked to serve in more leadership positions in the Greater New York Conference, and by the end of 1922, four Black churches were in the Greater New York Conference, all of them under the supervision of Humphrey. The delegates from his church were often the only black delegates in the Conference Sessions.

First Harlem continued growing so well that no building in Harlem was large enough to accommodate the burgeoning congregation. So, on January 1, 1924, Harlem Number Two was launched. Within the year its membership was 125. Humphrey's evangelism continued to spawn new churches, and his influence among the black work in the Conference was dominant. His influence was not confined to African Americans however, as evidenced by his various leadership roles accorded at the Greater New York Conference Sessions.

Humphrey wanted to leave New York, and petitioned church leaders to relocate him several times. He was turned down, however, because of the black work in New York was thriving because of his efforts. Humphrey was still distressed over the race issue. Humphrey was asked to preach at the General Conference Session of 1922, certainly the high point in his ministry. In his sermon Humphrey related the incident of a brother encouraging him to leave the SDA church because of the way that blacks were Humphrey was appointed as

treated in the denomination. Humphrey stated that he flatly refused the brother and would never leave God's church+ **(more next week)**BSDA.Org