

Church Life

Welcome to the West Covina Hills SDA Church Family!

We pray you will hear God speak to you through various ways and through His people. If you don't have a church home we would love to have you consider making us your church home. **Guests and members please share with us your presence and any other information on the Communication Card in the pews and place them in the offering plate, thank you!**

We also have wireless services for the hearing impaired.



Please see a Deacon for assistance.

THIS WEEK AT WEST COVINA HILLS:

TODAY, November 1st— Speaker: Tony Moore—10:45 a.m.

FM 101 Class—1:15—2:15 p.m.—Ellie Hua

“Tracing the Footsteps of Jesus “ Volume 3—7:00 p.m.

Wednesday, November 5th — FM 101 Class —7:00 p.m.

Friday, November 7th—“Tracing the Footsteps of Jesus “ Volume 3—7:00 p.m.

UPCOMING EVENTS:

Sabbath, November 8th— Guest Speaker: Brent Shakespeare—10:45 a.m.

FM 101 Class—1:15—2:15 p.m.—Ellie Hua

“Tracing the Footsteps of Jesus “ Volume 3—7:00 p.m.

Wednesday, November 12th — FM 101 Class —7:00 p.m.

Friday, November 14th—“Tracing the Footsteps of Jesus “ Volume 3—7:00 p.m.

Sabbath, November 15th— Guests: Loma Linda Brass Ensemble—10:45 a.m.

All church vegetarian potluck hosted by the Greeters

FM 101 Class—1:15—2:15 p.m.—Ellie Hua

“Tracing the Footsteps of Jesus “ Volume 3—7:00 p.m.

Today's flowers are given by Morris Sianturi in celebration of Carolyn Sianturi's birthday. Happy birthday, Carolyn!!!

If you have changed your address since December 2013, and want to receive your tithe receipt/statement for the 2014 tax year, please be sure to put the new address on the tithe envelope and put a * next to it so the treasurer will know it is a change. You might also want to let the church office know if there has been any change to any of your contact information.

For information regarding joining Tony Moore for the Journey of a Lifetime. . . Tracing the Footsteps of Jesus, “come and you will see” Israel Tour, March 15—29, 2015, there are brochures in the foyer.



November 2014

Adventurers

9—Meeting (Sewing Award) 10:00—Noon
22- Meeting (Thanksgiving Feast) 2:00—4:00 p.m.

Pathfinders

8—Club Meeting 3:00—5:00 p.m.
9- Activity w/disabled/handicapped 2:00—6:00 p.m.
15 - Club Meeting 3:00—5:00 p.m.
16—Club Meeting 10:00—Noon



Cheerful Giving!

November 2014

Church Budget Monthly Goal:	\$17,500.00
Received to date in October:	\$16,140.20
Behind YTD as of October 31:	\$ 9,731.42
Total Scholarship Need per Month:	\$ 2,316.00
Lamb's Offering in October:	\$ 1,212.97

Mark any special offerings on the tithe envelope.
All loose offerings go toward Church Budget.

Ministry Leaders

Adventurers - Alma Castaneda
Adventurers—Riris Huliselan
Children's S.S. Coordinator - Maria Botello
Church Clerk - Celeste Mercy
Community Services—Guidel “Guy” Rivera
Head Deacon - Guidel “Guy” Rivera
Head Deaconess - Pauline Reid
Elder, Co-Head - Sam Ang
Elder, Co-Head - Harry Walker
Evangelism/Personal Ministries - Harry Walker
Evangelism/Personal Ministries - Sam Ang
Get Connected Ministry —Marisela Garcia
Greeters Ministry - Jeannette Hughes
Health & Temperance Ministry - Corneliu Baci
Health & Temperance Ministry—Sharon Tanghal
Health & Temperance Ministry—Jenne Walker
Home & School - Caroline Light
Interest Coordinator - Corneliu Baci
Music Committee - Alan Beaumont
Music Committee—Casey Hughes
Music Committee—Gene Manners
Pathfinders - Sam Ang
Pathfinders - Genemar Porsona
Religious Liberty - Daniel Benitez
Risk Management—Moe Hanna
Sabbath School Secretary - Linda Barrett
Treasurer - Daniel Weston
Visitation - Lupe Garcia
WCH School Board Chair - A. D. Hall
Wedding Coordinator—Marisela Garcia
Women's Ministry Leader - Mickie Hall
Youth - Nenad Didara

WEST COVINA HILLS SEVENTH-DAY ADVENTIST CHURCH



West Covina Hills Seventh-day Adventist Church

3536 East Temple Way, West Covina, CA 91791

Church Office Hours: Mon.--Thurs. 9:00-1:00; Fri.-Closed

Church Secretary: Celeste Mercy

Office: 626-915-7819

E-mail: wchsdachurch@gmail.com

Fax: 626-339-2413

Website: wchsdachurch.com

West Covina Hills Seventh-day Adventist Church is now on Facebook

Pastor: Lew Gray

Home: 909-599-6425

E-mail: lgsayglory@yahoo.com

Associate Pastor: Nenad Didara

Home: 818-291-3796

E-mail: nendidara@gmail.com

Cross Trainer: Ellie Hua

Cell: 626-627-1450

Blog: evangeliving.tumblr.com

E-mail: ellyx37@gmail.com

NOVEMBER 1, 2014

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

I Thessalonians 5:16-18

Mission Statement

“Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’” MH p143

Sabbath School at 9:15 a.m.

Adults may attend any of these classes:

Class #1 (Sanctuary)	"To Know God"	Harry Walker
Class #2 (Training Room)	"His-story Class"	Adolfo Garcia
Class #3 (Library)	"Open Discussion"	Mildred Williams
Class #4 (Sanctuary)	"Contemporary Application"	Rotating Teachers
Class #5 (Pastor's Office)	"New Believers"	Low Gray
Class #6 (Choir Room)	"Young Adults"	Sam Ang/Chris Ostos

Sabbath School Quarterlies: If you are in need of the Sabbath School Quarterly you can go on-line at www.ssnet.org, select "current lesson."

www.BibleInfo.com

Children/Youth may attend any of these classes:

Beginners	(Ages Birth-3)	Robyne Gray
Kindergarten	(Ages 3-5)	Isabel York
Primary 1	(Grades 1-2)	Maria Botello
Primary 2	(Grades 3-4)	Melanie Rumbaoa
Juniors	(Grades 5-6)	Richard Alamillo
Earliteens	(Grades 7-8)	Jennifer Walker
Youth	(Grades 9-12)	Susan Benitez/Tony York

www.kidsbibleinfo.com

Participants Today

P.A.	Daniel Benitez/Sam Darnell
Church Chorister(s)	Chester Hickman
Organist	Edwin Rumbaoa
Church Pianist/keyboard	Melanie Rumbaoa
Ushers and Deacons-Leader	Alex Garcia
Greeters 9-10 a.m.	Bonnie Wear
Concierges greeters 9-10 a.m.	Marie Maranan
Greeters 10-11 a.m.	Sarah Nwosu
Concierges greeters 10-11 a.m.	Roberta Rivera and Jeannette Hughes
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Rose Carson/Linda Barrett

West Covina Hills School News

DATES TO REMEMBER:

November:

- 10-14—Week of Prayer
- 21—Thanksgiving Chapel & Feast
- 24—28—Thanksgiving Vacation (no school)

Please continue your prayers for our school

We thank the WCH church family for all their continued support.

West Covina Hills SDA School Office: 626-859-5005

Principal: Angel Nair Fax: 626-859-5724

Website: www.wchas.adventistfaith.org

Follow us on Facebook: <https://www.facebook.com/WCHASchool>

Sunset Time

This week— 6:02

Next week— 4:55

Our Church at Worship

10:45 a.m.

Prelude		Edwin Rumbaoa
Welcome & Announcements		Morris Sianturi
	<i>Please place your communication card in the offering plate</i>	
	The bulletin is available on our website.	
Hymn of Praise	"Immortal, Invisible, God Only Wise"	21
Chorister		Chester Hickman
Prayer		Richard Alamillo
Tithes & Offering	Church Budget	Harry Walker
Offertory		
Children's Story		Ellie Hua
Lambs Offering		
Scripture	Luke 4:16-21	Udee Nwosu
Special Music		Alyssa Rumbaoa
Sermon	"Messiahs and Men"	Tony Moore
Song of Dedication	"Amazing Grace"	108
Chorister		Chester Hickman
Benediction		Tony Moore
Postlude		Edwin Rumbaoa

Thank you for placing your mobile phone and pagers on silent mode!

Prayer and Praise

Please pray for: Amy Bauzon, Steven Balderas, Juanita Barnes, Linda Barrett, Jennipher Campbell, John Carpenter, Esther Chow, Richard Dizon, Bradley Greaves, Betsy Hirayama, Kathy Ann Jenny, the Johnson Family, Jasminka Knecht, Richard Miller, Terry Naffziger, Esther Ramos, Phil Sampson, Roosevelt Sampson, Virginia Shull, Jill Korolsky-Smith, Avadine Stutler, Nancy (Duran) Willie, **and for those who are currently serving our country:** Danny Castillo, Eric Castillo, Jason Corless, Greg Ramirez, Scott Robertson, Brendon Roller, and TJ Wear.

Homebound Members: For information regarding homebound members call the church office at (626) 915-7819.

"Rejoice with those who rejoice; mourn with those who mourn" Romans 12:15

THEME OF WORSHIP



Sermon Notes: _____



Health Nugget

ACTIVITY

How does sitting for long periods of time affect your body?
It often leads to chronic inflammation which causes insulin resistance, arteries to clog, cancer cells to get ignited and the list goes on. If you read about the non-communicable diseases, many times you will see the words "chronic inflammation" somewhere in the explanation.

As an Adventist community, we tend to think we're doing good, we're vegetarian, we don't smoke or drink, but guess what everybody does? Sit in church, sit in meetings, sit at work, sit at home, and then BOOM someone suffers a stroke or gets cancer, and we wonder why, he was a healthy Adventist!
This is another factor to consider in developing a healthy lifestyle.

What can be done to counteract the effects?
The good news is that you only need to get up for one or two minutes every hour to break that cycle. What we're finding out now is that once you sit down your body automatically senses that and it knows it doesn't have to keep the muscles active so it actually turns off the electrical system. The body goes on sleep mode basically. Certain chemicals start to be released that actually increase fat storage if you sit for a long period of time. Oxygen levels in your brain start to drop after 20 minutes so people start to get sleepy.

- Ernie Medina Jr. (aka "Physical Activity Evangelist"),
Andrews University Focus, Winter 2014

Check out our website for delicious vegan & vegetarian recipes and links to health information!
www.wchsdachurch.com Vegan and Vegetarian Recipes (on the menu)