

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, September 13th — Speaker: Lew Gray—10:45 a.m.
Get Connected/Youth Beach Vespers—6:00 p.m.

Wednesday, September 17th —Bible Study John 17 —7:00 p.m.

Friday, September 19th — Prayer Warriors —7:30 p.m.

UPCOMING EVENTS:

Sabbath, September 20th — Speaker: Danielle Davis—10:45 a.m.
All Vegetarian Potluck hosted by the Youth
Get Connected—6:00 p.m.

Wednesday, September 17th —Bible Study—John 18 —7:00 p.m.

Friday, September 19th—Prayer Warriors—7:30 p.m.

Today's flowers are given by Patsy Kobayashi in celebration of her birthday. Happy Birthday, Patsy!!

Transfer In—First Reading:

Michael Rusnak from Van Nuys SDA Church, Van Nuys, CA

Transfers In—Second Reading:

Isaiah Leon from Costa Mesa SDA Church, Costa Mesa, CA.
Marisa Leon from Costa Mesa SDA Church, Costa Mesa, CA

Nominating Committee: Second Reading

Michael Lim—Deacon
Caroline Light—Home & School Leader

New Believers Class beginning September 20th in Pastor Lew's office from 9:30 to 10:30 a.m.

September 2014

Adventurers

13—Meeting 2:00—4:00 p.m.
14—Meeting 10:00 a.m.—Noon

Pathfinders

7—Registration 10:00 a.m.
13—Meeting 3:00—5:00 p.m.
14—Meeting 10:00 a.m.—Noon

Cheerful Giving!

September 2014

Church Budget Monthly Goal:	\$17,500.00
Received to date in September:	\$ 4,933.35
Behind YTD as of August 31:	\$10,618.28
Total Scholarship Need per Month:	\$ 2,316.00
Lamb's Offering in August:	\$ 230.00

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

Ministry Leaders

Adventurers - Mike Seader
Children's S.S. Coordinator - Maria Botello
Church Clerk - Celeste Mercy
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
Family Ministries -
Greeters Ministry - Jeannette Hughes
Health & Temperance Ministry - Corneliu Baciu
Home & School - Charlotte Gadsby
Interest Coordinator - Corneliu Baciu
Men's Ministry - James Dawson
Music Committee -
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
Women's Ministry Leader - Mickie Hall
Youth - Nenad Didara

WEST COVINA HILLS SEVENTH-DAY ADVENTIST CHURCH WELCOMES YOU



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

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

Fax: 626-339-2413

Website: wchsdachurch.com

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

SEPTEMBER 13, 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"	Lew 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)	Corneliu Baci
Earliteens	(Grades 7-8)	Jennifer Walker
Youth	(Grades 9-12)	Pastor Nen Didara/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	A.D. Hall
Greeters 9-10 a.m.	Dorothy Gadsby
Concierges greeters 9-10 a.m.	Rosemary Caudillo
Greeters 10-11 a.m.	Jeannette Hughes
Concierges greeters 10-11 a.m.	Olga Lederer and Renee Davis
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Aunda Muraviov/Rosemary Caudillo

West Covina Hills School News

DATES TO REMEMBER:

September:

15 –19— ITBS Testing Week
25—L.A. County Fair

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— 7:05

Next week— 6:55

Our Church at Worship

10:45 a.m.

Prelude		Edwin Rumbaoa
Welcome and Announcements		Roberta Rivera
	<i>Please place your communication card in the offering plate</i> The bulletin is available on our website.	
Hymn of Praise	"All Creatures of our God and King"	2
Chorister		Chester Hickman
Prayer		Christian Botello
Tithes & Offering	Fall Mission Appeal	Christian Botello
Offertory		
Children's Story		Alan Beaumont
Lambs Offering		
Scripture	Isaiah 43:16-21, 25	Maria Botello
Special Music	""	
Sermon	"Starting Over"	Nen Didara
Hymn of Dedication	"I Surrender All"	309
Chorister		Chester Hickman
Benediction		Nen Didara
Postlude		Edwin Rumbaoa

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

Prayer and Praise

Please pray for: Amy Bauzon, Jennipher Campbell, John Carpenter, Esther Chow, Richard Dizon, Betsy Hirayama, Kathy Ann Jenny, Jasminka Knecht, Roger Knecht, 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

On the Big Island of Hawaii rest the ancient ruins of Pu`uhonua: "A vast enclosure whose stone walls were 20 feet thick at the base and 15 or 20 feet high; an oblong square, 1,040 feet one way, and a fraction under 700 the other," wrote Mark Twain in his July 1866 "Letters from Hawaii." When a native Hawaiian broke a "kapu," a sacred Hawaiian law, the offender was automatically sentenced to death unless he or she could flee to the City of Refuge where the "Big Kahuna," or high priest, lived. Once inside the walls he or she was safe and protected from judgment. Later, the Big Kahuna would perform a rite of purification, declare forgiveness and innocence, and set the person free to begin a new life.

Early this century, a young Norwegian immigrant stood, heart pounding, on Ellis Island gazing in awe at the young Manhattan skyline taking shape across the harbor. New York City represented to him the chance for something that until now had been unattainable. A better life, greater opportunities, new possibilities, and a new start lay just beyond the shimmering stretch of blue water, a vision of loveliness to him and multiplied thousands before him. Surely this city would be a sanctuary, a haven, a city of refuge. Ninety years later I stood at Ellis Island where this young man once stood, his name now etched into a wall of remembrance honoring many of the immigrants who entered America via this famous gateway. And with me stood my wife, Melissa, Joseph Olsen's great-granddaughter.

Together we realized that if Melissa's great-grandfather had not made that journey across the Atlantic Ocean life would be vastly different for both of us. That city represented a gateway of hope that changed everything for a young immigrant seeking a new start. There, life began again. From the moment he arrived on that shore, nothing was ever the same.

By John Bradshaw



Health Nugget

Getting Your Vitamin D?

In a breakdown of some data gathered in the Adventist Health Study II, Dr. Jacqueline Chan, a professor in the Loma Linda University School of Public Health, has shown low serum vitamin D levels in all the Adventist groups studied. This was in vegans, lacto-ovo vegetarians, meat eaters, and both African-Americans and Caucasians. The studies also show that African-Americans need more sunlight than do Caucasians.

Because vitamin D may play a role in up to 16 different cancers, diabetes, heart disease, and osteoporosis, it is probably important for all of us to get our vitamin D levels measured. Even people living in sunny areas often have low vitamin D levels because of the type of work they do and the clothing they wear.

This is a global problem, and we all need to pay attention to increasing our vitamin D intake. The recommendations of vitamin D intake used to be 400 IU (international units), or 10 micrograms, per day. Recently, these recommendations have been doubled, and many specialists are now suggesting as much as 2,000 IU per day.

Vitamin D deficiency is more than a problem for vegetarians—it involves the whole gamut of dietary practices and spans the globe.

Where possible, exposure of a large area of the body to some 20 minutes of midday sunshine would be the natural way of getting vitamin D; this being impractical for most, supplementation is recommended. We recommend individuals should supplement their vitamin D intake to at least a level of 1,000 IU a day, in addition to consuming vitamin D-fortified products and getting a little sunshine each day. - Allan R. Handysides, M.B., Ch.B., FRCPC, FRCS, FACOG and Peter N. Landless, M.B., B.Ch., M.Med., F.C.P. (SA), F.A.C.C.