

## 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 29th**—Speaker: Lew Gray—10:45 a.m.

**Wednesday, December 3rd** — Study of the book of John Ch. 20—7:00 p.m.

**Friday, December 5th** -Prayer Warriors—7:30 p.m.

### UPCOMING EVENTS:

**Sabbath, December 6th**—WCHAS presents "The Christmas Puzzle"—10:45 a.m.  
Get Connected—5:30 p.m.

**Wednesday, December 10th**—The Study of John completes—Ch. 21—7:00 p.m.

**Friday, December 12th**—Prayer Warriors—7:30 p.m.

**Sabbath, December 13th**—"All is Well" - WCH Christmas program—10:45 a.m.  
Get Connected—5:30 p.m.

If you have changed your address since December 2013, and want to receive your title receipt/statement for the 2014 tax year, please be sure to put the new address on the title 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.

**Dec. 13 Offering Supports Adventist Community Services** Your offering on Dec. 13 will help Adventist Community Services continue serving communities across North America. ACS fulfills Christ's mission to reach people by coordinating education and services for senior citizens, equipping youth to help others through Youth and Young Adults Ministry (YES!), and more. For more information, visit us at [www.communityservices.org](http://www.communityservices.org).

**San Gabriel Academy** invites you to their sixth annual community Christmas event—*The Journey to Bethlehem*. Children will enjoy the live animals along the way. An outstanding musical program will follow the guided journey. For more info, call: 626-292-1156

**Prayer Shawls/throws** are available from Bonnie Wear, Lillian Patton or the church office for those who would like to take one to someone ill when visiting.

### December 2014

#### Adventurers

7 - Meeting 10:00 a.m.—12:00 p.m.  
13—Caroling/Christmas Party 3:30 p.m.—7:00 p.m.

#### Pathfinders

13—Homeless Feeding  
20—Caroling at Bridgecreek/Christmas Party

### Cheerful Giving!

November 2014

<b>Church Budget Monthly Goal:</b>	<b>\$17,500.00</b>
Received to date in November:	\$18,503.91
Behind YTD as of October 31:	\$ 8,731.42
<b>Total Scholarship Need per Month:</b>	<b>\$ 2,183.00</b>
Lamb's Offering in November:	\$ 922.31

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  
**669 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**  
**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 Didar

### 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](mailto:wchsdachurch@gmail.com)

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

**Pastor:** Lew Gray

**Associate Pastor:** Nenad Didara

**Cross Trainer:** Ellie Hua

**Blog:** [evangeliving.tumblr.com](http://evangeliving.tumblr.com)

**Fax:** 626-339-2413

**Website:** [wchsdachurch.com](http://wchsdachurch.com)

**Home:** 909-599-6425

**E-mail:** [lgsayglory@yahoo.com](mailto:lgsayglory@yahoo.com)

**Home:** 818-291-3796

**E-mail:** [nendidara@gmail.com](mailto:nendidara@gmail.com)

**Cell:** 626-627-1450

**E-mail:** [ellyx37@gmail.com](mailto:ellyx37@gmail.com)

# WEST COVINA HILLS SEVENTH-DAY ADVENTIST CHURCH



## NOVEMBER 29, 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](http://www.ssnet.org), select "current lesson."

[www.BibleInfo.com](http://www.BibleInfo.com)

## Children/Youth may attend any of these classes:

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

[www.kidsbibleinfo.com](http://www.kidsbibleinfo.com)

## Participants Today

P.A.	Daniel Benitez/Sam Darnell
Church Chorister(s)	Udee Nwosu
Organist	Edwin Rumbaoa
Church Pianist/keyboard	Melanie Rumbaoa
Ushers and Deacons-Leader	Alex Garcia
Greeters 9-10 a.m.	Rosemary Caudillo
Concierges greeters 9-10 a.m.	Bonnie Wear
Greeters 10-11 a.m.	Olga Lederer
Concierges greeters 10-11 a.m.	Suzy Salinas and Jeannette Hughes
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Rose Carson/Rosemary Caudillo

## West Covina Hills School News

### DATES TO REMEMBER:

December:

6— Christmas Program at WCH Church  
22—January 5—Christmas 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](http://www.wchas.adventistfaith.org)

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

## Sunset Time

**This week— 4:44**

**Next week— 4:43**

# Our Church at Worship

10:45 a.m.

**Prelude** Edwin Rumbaoa

**Welcome and Announcements** Lew Gray

*Please place your communication card in the offering plate  
The bulletin is available on our website.*

**Hymn of Praise** "Guide Me, O Thou Great Jehovah" 538  
**Chorister** Udee Nwosu

**Prayer** Pauline Reid

**Tithes & Offering** Church Budget Richard Alamillo  
**Offertory** Palaad Family

**Children's Story** Alan Beaumont  
**Lambs Offering**

**Scripture** Psalm 25:4 Megan Walker

**Special Music** "Love Divine, All Loves Excelling"  
"Joyful, Joyful We Adore Thee" Jeremy Ang

**Sermon** "Why You Really Want Bad News!" Lew Gray

**Hymn of Dedication** "Wonderful Words of Life" 286  
**Chorister** Udee Nwosu

**Benediction** Lew Gray

**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, Jennipher Campbell, John Carpenter, Esther Chow, Richard Dizon, Bradley Greaves, Betsy Hirayama, Kathy Ann Jenny, Johnson family, Jasminka Knecht, Jose Moya, 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

### Even Animals Come Home

*Why has this people slidden back? . . .  
They refuse to return.  
- Jeremiah 8:5*

A homeowner in Wisconsin said he heard a cat meowing on the front porch. When he opened the door, a big long-haired, gray male cat walked in, checked things out, began purring, and then jumped up on a chair as if he belonged there. Family members couldn't believe their eyes. But when they compared the cat to pictures taken years earlier, they could only conclude that it was their long-lost pet. Clem the cat had come home after 8 years of being who knows where.

What remarkable homing instincts God has given to some animals! On a spiritual level, why is it that the backslidden child of God seems to have less? Why do we in our rebellion show less sense than the animals? We've been designed by a loving Creator, who has given us every reason to want to come home. In His presence there is hope, love, lasting protection, and fullness of joy. Away from Him there is temporary pleasure, but eternal loss and despair.

Jeremiah reminded us that even the birds live according to the times and places and ways that the Lord has built into them (Jeremiah 8:7). Only man seems determined to run to his own self-destruction.

Father, forgive us for running away from you. Lead us back to You today.

*- Our Daily Bread*

It's never too soon to come back to God.

## Health Nugget

### Building a Better Brain

*One Bite at a Time!*

Nutrition has a powerful effect on the structure, function, metabolism, and genetics of the brain. That means that positive dietary choices impact mood, memory, learning, and stress-sensitivity, as well as overall physical function.

Good nutrition is the foundation of a brain-building lifestyle that includes daily exercise; refreshing sleep and planned periods of relaxation; strong social ties; stress management; internal positive attitudes; and a spiritual connection with God.

### Build Your Brain with:

2. Choose Healthful Fats

F-A-T is not spelled B-A-D! Healthy fats:

- **Helps** cells become more flexible, permeable, resilient
- **Improves** brain health; they also have a calming effect and aid in depression
- **Supplies** powerful antioxidants and flavonoids to fight cell damage, inflammation, and cancer
- **Provides** energy, insulation and heat conservation
- **Transports** important fat-soluble vitamins and health-boosting plant phytochemicals

**Choose 30—70 grams per day.** Sources: nuts, seeds, olives, avocados, olive oil, canola oil, soy oil Omega-3 fats are found in flax seed, walnuts, soy.