

## 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, August 22nd— Speaker:** Lew Gray —10:45 a.m.  
Music Festival  
Get Connected—6:30 p.m.

**Wednesday, August 24th —** Bible Study—7:00 p.m.  
Hebrew class—7:00 p.m.

**Friday, August 28th—**Prayer Warriors—7:30 p.m.

### UPCOMING EVENTS:

**Sabbath, August 29th—Speaker:** Lew Gray —10:45 a.m.  
Get Connected—6:30 p.m.

**Wednesday, Sept. 2nd—** Bible Study—7:00 p.m.  
Hebrew Class—7:00 p.m.

**Friday, Sept. 4th—** Prayer Warriors —7:30 p.m.

**Flowers this week are** in celebration of Victor and Olga Leon's **50th** wedding anniversary! Will you share the secret of your successful marriage with all of us?! Congratulations and best wishes for another 50 years!

### Nominating Committee—Second Reading:

Marilyn Palar as Greeter

**Many thanks to the Trinity Ensemble** for their contribution to our worship service today. This group is from the Trinity SDA Company in Covina and is led by one of our school parents, Erlando Nepomuceno. Their pianist, Anna Adea, and her brother taught violin to our WCHAS students last year.

YOU DON'T HAVE TO SERVE...  
**YOU GET TO SERVE.**

HERE'S HOW YOU CAN GET INVOLVED.



**August 2015**

**Adventurers**

**Pathfinders**

**23— Registration/Parent Meeting 10:00—Noon**  
**29- Induction 3:00 p.m.**



### Cheerful Giving! August 2015

<b>Church Budget Monthly Goal:</b>	<b>\$16,500.00</b>
Received to date in August:	\$12,627.30
Short YTD as of July 31:	\$16,555.23
<b>Total Scholarship Need per Month:</b>	<b>\$ 2,183.00</b>
Lamb's Offering in July:	\$ 1,145.69

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** - Audree Luevano  
**Health & Temperance Ministry** - Corneliu Baciu  
**Health & Temperance Ministry**—Sharon Tanghal  
**Health & Temperance Ministry**—Jenne Walker  
**Home & School** - Caroline Light  
**Interest Coordinator** - Corneliu Baciu  
**Men's Ministry**— James Dawson  
**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** -

### 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**

**Pastor:** Lew Gray

**Fax:** 626-339-2413

**Website:** wchsdachurch.com

**Home:** 909-599-6425

**E-mail:** lgsayglory@yahoo.com

**Associate Pastor:**

**Home:**

**E-mail:**

**Cross Trainer:**

**Cell:**

**Blog:**

**E-mail:**

**WEST COVINA HILLS  
SEVENTH-DAY ADVENTIST  
CHURCH  
WELCOMES YOU**

2015  
THE YEAR OF  
PERSONAL EVANGELISM

LOVE GROW SERVE



AUGUST 22, 2015

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

"Prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence." SC, pp. 94,95

### 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

The bulletin is available on our website.

# 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](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)	Susan Benitez/Tony York

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

## Participants Today

P.A.	Daniel Benitez
Church Chorister(s)	Gene Manners
Organist	
Church Pianist/keyboard	Sam Ang
Ushers and Deacons-Leader	Luis Garcia
Greeters 9-10 a.m.	Morris Sianturi
Concierges greeters 9-10 a.m.	Carolyn Sianturi
Greeters 10-11 a.m.	Steven Alfaro
Concierges greeters 10-11 a.m.	Cristi Alfaro and Audree Luevano
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Aunda Muraviov/Marilena Fox

## West Covina Hills School News

**DATES TO REMEMBER: September**

**7 No School—Labor Day**  
**14-18 ITBS Testing Week**  
**TBA 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**

**Principal:** Angel Nair

**Website:** [www.wchas.adventistfaith.org](http://www.wchas.adventistfaith.org)

**Follow us on Facebook:** [www.facebook.com/WCHASchool](http://www.facebook.com/WCHASchool)

**Office:** 626-859-5005

**Fax:** 626-859-5724



**Sunset Time**

**This week— 7:35**

**Next week— 7:26**

Wi-Fi — [wchsdachurch7](http://wchsdachurch7)

# Our Church at Worship

**10:45 a.m.**

<b>Prelude</b>		Sam Ang
	<b>Song Service</b>	
	Leader: Gene Manners	
	Pianist: Anna Adea	
	"I'll Go Where You Want Me to Go"	573
	"In the Heart of Jesus"	577
	"Hark! 'Tis the Shepherd's Voice I Hear"	361
<b>Welcome &amp; Announcements</b>		Isabella Alamillo
	<i>Please place your communication card in the offering plate.</i>	
<b>Hymn of Praise</b>	"Joyful, Joyful, We Adore Thee"	12
<b>Chorister</b>		Gene Manners
<b>Prayer</b>		Harry Walker
<b>Prayer Response</b>	# 684 "Hear Our Prayer O Lord"	Choir
<b>Tithes &amp; Offering</b>		
<b>Offertory</b>	Conference Worthy Students	Richard Alamillo
	"El Shaddai"	Trinity Ensemble
<b>Children's Story</b>		Tasi Garcia
<b>Lambs Offering</b>	"Jesus Loves Me"	Trinity Ensemble
<b>***West Covina Hills Summer Music Program***</b>		
<b>"By His Spirit, We Serve His Will"</b>		
	"I Am Not Alone"	Lerie Nepomuceno
		Trinity Ensemble
	"Give Me Oil for My Lamp"	Choir/Congregation
	"Faith"	Caroline & Kiara Light
	"All Lands and People"	Choir
<b>Homily</b>	"Agents of Hope"	Lew Gray
	"Making the Future a Present Reality"	
<b>Hymn of Dedication</b>	"Bringing In the Sheaves"	369
<b>Chorister</b>		Gene Manners
<b>Benediction</b>		Lew Gray
<b>Postlude</b>		Sam Ang

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

## Prayer and Praise

**Please pray for:** Amy Bauzon, Jennipher Campbell, Esther Chow, Sarah Corless, Richard Dizon, Humberto Espinosa, Melissa and Arlene Hernandez, Betsy Hirayama, Kathy Ann Jenny, Johnson family, Jasminka Knecht, David Limongan, Esther Ramos, Elizabeth Rivera, Roosevelt Sampson, Virginia Shull, Jill Korolsky-Smith, **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

### Habits of a Healthy Mind

*Trust in the Lord, and do good.*  
*Psalm 37:3*

There is much said today about improving our health by developing habits of optimism, whether facing a difficult medical diagnosis or a pile of dirty laundry. Barbara Fredrickson, PhD., a psychology professor at the University of North Carolina, says we should try activities that build joy, gratitude, love, and other positive feelings. We know, however, that more is required than a general wish for good feelings. We need a strong conviction that there is a source of joy, peace, and love upon which we can depend.

Psalm 37:1-8 gives positive actions we can take as an antidote to pessimism and discouragement. Consider these mood boosters: Trust in the Lord, do good, dwell in the land, feed on His faithfulness (v.3); delight in the Lord (v.4); commit your way to the Lord, trust in Him (v.5); rest in the Lord, wait patiently for Him, do not fret (v.7); cease from anger, forsake wrath (v.8)

Because they are connected to the phrase "in the Lord," those directives are more than wishful thinking or unrealistic suggestions. It's because of Jesus, and in His strength, that they become possible.

Our one true source for optimism is the redemption that is in Jesus. He is our reason for hope! -David McCasland

*Lord, we can't manufacture hope, and even if we tried it wouldn't be real. Help us to find hope in You because of what Jesus has done for us. We know You are walking beside us.*

**When there's bad news,  
our hope is the good news of Jesus.**

*Serving CHRIST  
BY  
Serving OTHERS*



## Health Nugget

### Three Steps on the Way to Fighting Cancer

Step 1—Healing Exercise

Not only does exercise make people feel better, fitness is correlated with mortality, says Dr. Arash Asher, director of Cancer Survivorship and Rehabilitation at the Samuel Oschin Comprehensive Cancer Institute at Cedars-Sinai Medical Center.

Research shows that regular, moderate exercise also reduces recurrence rates of several types of cancer, including colorectal, prostate and ovarian. The protective benefit manifold: physical activity reduces inflammatory chemicals, body fat and insulin sensitivity, all of which may fuel cancer progression and recurrence.

Cancer rehab may also include "prehabilitation"; targeted exercises designed to optimize a treatment's outcome that patients can do before the treatment begins. For example, preoperative lung cancer patients may do breathing exercises, such as blowing up balloons, prostate cancer patients may do pelvic floor exercises and neck cancer patients may do swallowing exercises.