

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

**Wednesday, Sept. 2nd —** Bible Study—7:00 p.m.  
No Hebrew class until Sept. 30th

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

### UPCOMING EVENTS:

**Sabbath, Sept. 5th—Speaker:** Lew Gray —10:45 a.m.  
Get Connected—Special Fast services—1:00— 7:30 p.m.

**Monday, Sept. 7th—**Church Office closed for Labor Day

**Wednesday, Sept. 9th—** Bible Study—7:00 p.m.

**Friday, Sept. 11th—** Prayer Warriors —7:30 p.m.

**Flowers this week are** in celebration of T2's (Todd Jeffrey) birthday! Hope it was a great one!!

### Nominating Committee—First Reading:

Richard Alamillo as WCHAS Board member

**To our WCH Church family:** Than you for the flowers, cards, prayers, calls and support you have given us during the illness and recent passing of our Mom (Philmae Sampson). We felt your love and support! May God continue to bless and comfort all of you and us daily! Sincerely, Fred Davis and Family

SCC will be hosting the **Pathway to Health** free mega-clinic on Mar. 23-25 in Los Angeles. This is a whole-person, collaborative outreach that will include Loma Linda University Health, White Memorial and Glendale Adventist Medical centers, Adventist Health and many more organizations. we will need volunteers: Adventist doctors, dentists, dental hygienists, pastor/chaplains, greeting/reception staff; help with on-site registration of volunteers and patients and much more. Talk with Adlai, Hilda and Sarah Onsoe about their experience in Seattle. <http://pathwaytohealthvolunteer.org>



## September 2015

### Adventurers

12— Meeting 3:00—5:00 p.m.  
13— Meeting 10:00 a.m.—Noon

### Pathfinders

11-13—SCC Pathfinder Camporee  
19— Club Meeting 3:00—5:00 p.m.  
20— Swimming Honor/Water Safety 10:00 a.m.—Noon

## Cheerful Giving! August 2015

<b>Church Budget Monthly Goal:</b>	<b>\$16,500.00</b>
Received to date in August:	\$22,449.66
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:	\$ 1,371.30

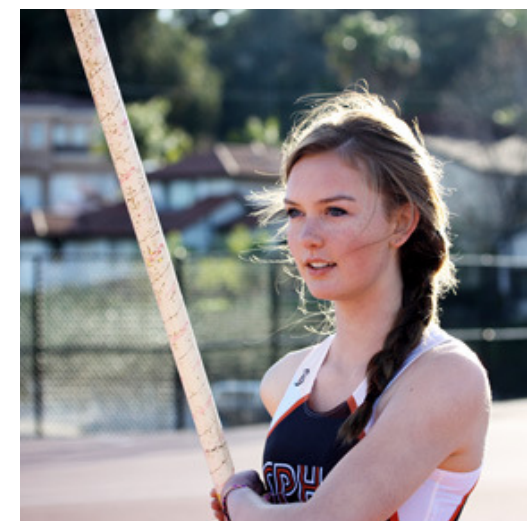
Mark any special offerings on the tithe envelope.  
All loose offerings go toward Church Budget.

### 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 WELCOMES YOU

## 2015 THE YEAR OF PERSONAL EVANGELISM



## AUGUST 29, 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.

### 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:**

# 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)	Susan Benitez/Tony York

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

## Participants Today

P.A.	Daniel Benitez
Church Chorister(s)	Gene Manners
Organist	Edwin Rumbaoa
Church Pianist/keyboard	Melanie Rumbaoa
Ushers and Deacons-Leader	Morris Sianturi
Greeters 9-10 a.m.	Eddie Luevano
Concierges greeters 9-10 a.m.	Audree Luevano
Greeters 10-11 a.m.	Olga Lederer
Concierges greeters 10-11 a.m.	Rosemary Caudillo and Suzy Salinas
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Linda Barrett/Ester Tambunan

## West Covina Hills School News

**DATES TO REMEMBER: September**

**7 No School—Labor Day**  
**14-18 ITBS Testing Week**  
**24 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— 7:26**

**Next week— 7:17**

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

# Our Church at Worship

**10:35 a.m.**

**Song Service**

Leader: Gene Manners

“I Sing the Mighty Power of God”	88
“I Know Whom I Have Believed In”	511
“Mine Eyes Have Seen the Glory”	647

**10:45 a.m.**

**Prelude** Edwin Rumbaoa

**Welcome & Announcements** Lew Gray

*Please place your communication card in the offering plate.*

**Hymn of Praise** “All Hail the Power of Jesus’ Name” 229  
**Chorister** Gene Manners

**Prayer** Pauline Reid

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

**Children’s Story** Angel Nair  
**Lambs Offering**

**Special Music** “My Shepherd Will Supply My Need” Gene Manners  
 Arranged by Virgil Thomson

**Scripture** Genesis 16:1-5 Megan Walker

**Sermon** “Accountability. . .Accepting Our Own Life” Lew Gray

**Hymn of Dedication** “Showers of Blessings” 195  
**Chorister** Gene Manners

**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, 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.

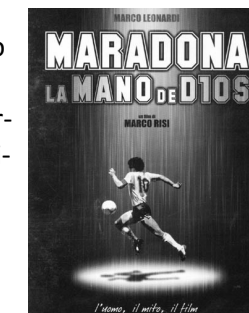
**Homebound Members:** For information regarding homebound members call the church office at (626) 915-7819.

**“Rejoice with those who rejoice; mourn with those who mourn” Romans 12:15**

## THEME OF WORSHIP

**The World Cup and “The Hand of God”**

During the quarterfinals of the 1986 World Cup of soccer, the Argentinean forward Diego Maradona scored one of the most controversial goals in World Cup history. Argentina was pitted in an emotional grudge match against England, four years after the Falklands War between the two nations. At half-time the score was deadlocked at 0-0. Six minutes into the second half, the Argentinean superstar Maradona scored a goal in which he clearly used his hand to redirect the ball into the net. Argentina won the match 2-1 and went on to win the World Cup that year. After the match, when confronted with the video footage of the illegal goal, Maradona simply replied, “*un poco con las cabeza de Maradona y otro poco las mano de Dios*” (or “a little with the head of Maradona and a little with the hand of God”). The goal became known as the “Hand of God.” But the English coach called the goal “the hand of a rascal.” Eventually Maradona admitted that his illegal handball made the goal possible, but he stood by the goal. This true story raises some interesting questions about the sovereignty of God: What part is human freedom? What part of our lives really is the “hand of God”? Do we ever shirk our responsibility by blaming our actions on “the hand of God”? ~ *Preaching Today*



## Health Nugget

**Three Steps on the Way to Fighting Cancer**  
 Step 2—Good Nutrition

Numerous studies have shown that breast cancer survivors who eat abundant fruits and vegetables are less likely to have a relapse and to die of the breast cancer. A 2014 study found that breast cancer survivors with better post-diagnosis diets also had a lower risk of death from non-breast cancer causes including cardiovascular disease and other cancers— both of which pose a disproportionately high risk for survivors.

“We recommend a variety of different-colored fruits, vegetables and whole grains because different colors mean different phytochemicals,” says Arlene Provisor, clinical nutrition coordinator at the Oschin institute. Phytochemicals are natural compounds in plants, such as allicin in onions and carotenoids in carrots, that may stimulate the immune system, slow the proliferation of cancer cells and protect against DNA damage.

The American Cancer Society recommends consuming phytonutrients and vitamins in whole foods rather than from dietary supplements.

Not only can sound nutrition prevent cancer from coming back, but a healthful diet before treatment helps patients heal more quickly from surgery and bolsters the body against the nutritional detriments of chemotherapy and radiation.

“When we first meet with patients, we like to make sure they focus on high-protein foods, and we always stress lean sources of such as chicken, fish legumes and nuts,” says Provisor. “Protein is the main building block for cells. So it’s important to get enough protein from the diet to make new cells.”

She adds that many people struggle to keep weight on during cancer treatment due to food aversion or nausea. “If they are only able to eat small amounts, we encourage them to eat things high in calories and protein so they can have a high density of nutrients per bite.” She suggests nutrient-rich foods such as eggs, Greek yogurt and nut butters.