

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, 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.
No Hebrew class until Sept. 30th
Friday, Sept. 11th—Prayer Warriors—7:30 p.m.

UPCOMING EVENTS:

Sabbath, Sept. 12th—Speaker: Lew Gray —10:45 a.m.
Get Connected—6:30 p.m.
Wednesday, Sept. 16th— Bible Study—7:00 p.m.
Friday, Sept. 18th— Prayer Warriors —7:30 p.m.

Flowers this week are in celebration of our very own Gene Manners' birthday! We hope you have an absolutely wonderful birthday, Gene!!

Nominating Committee—Second Reading:

Richard Alamillo as WCHAS Board member

SCC will be hosting the **Pathway to Health** free mega-clinic on **April 26—30** 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>

Ellie's back!!



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! September 2015

Church Budget Monthly Goal:	\$16,500.00
Received to date in August:	\$28,782.26
Short YTD as of August 31:	\$ 4,272.97
Total Scholarship Need per Month:	\$ 1,300.00
Lamb's Offering in July:	\$ 1,532.30

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 Baci
Health & Temperance Ministry—Sharon Tanghal
Health & Temperance Ministry—Jenne Walker
Home & School - Caroline Light
Interest Coordinator - Corneliu Baci
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: Ellie Hua

Cell: 626-627-1450

Blog: evangeliving.tumblr.com

E-mail: ellyx37@gmail.com

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

2015
THE YEAR OF
PERSONAL EVANGELISM

**Christianity
in the Workplace**

Ephesians 6:5-9



SEPTEMBER 5, 2015

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

1 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”	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)	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
Church Chorister(s)	Megan Walker
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.	Marie Maranan
Greeters 10-11 a.m.	Sarah Nwosu
Concierges greeters 10-11 a.m.	Audree Luevano and Roberta Rivera
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Rose Carson/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

Follow us on Facebook: www.facebook.com/WCHASchool



Office: 626-859-5005

Fax: 626-859-5724

Sunset Time

This week— 7:17

Next week— 7:07

Wi-Fi — wchsdachurch7

Our Church at Worship

10:35 a.m.

Song Service

Leader: Gene Manners

“Hail Him the King of Glory” 202
 “Will Your Anchor Hold” 534

10:45 a.m.

Prelude Edwin Rumbaoa

Welcome & Announcements Morris Sianturi

Please place your communication card in the offering plate.

Hymn of Praise “Praise Him! Praise Him!” 249
Chorister Megan Walker

Prayer Harvey Reid

Tithes & Offering Church Budget Richard Alamillo
Offertory

Children’s Story Ellie Hua
Lambs Offering

Special Music Gene and Ruby Manners

Scripture *Christian Duties* Udee Nwosu
 Responsive Reading 809

Sermon “Keep the Workday Holy” Lew Gray

Hymn of Dedication “This Little Light of Mine” 580
Chorister Megan Walker

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

Elevator Operator Shows True Joy and Gratitude

Blooming where you’re planted has never been a problem for Los Angeles elevator operator Ruben Pardo. For 35 years, he has driven and steered one of the last manual elevators in the city, located in an Art Deco office building on Wilshire Boulevard. His life is simple, some might even say mundane. But his purpose is clear and his heart is full of joy and gratitude.

Every day young, bright graphic designers, web branders, and search engine optimizers ride Pardo’s beautifully ornate elevator to their loft offices. And every day, Pardo greets them by name with cheer. While young employees come and go, Pardo is a fixture in the building. One young executive said, “He’s been in this elevator longer than I’ve been on the planet.”

Pardo, the son of a shop owner, was born in Mexico City. When he was seven, his family moved to the States. Through hard work like painting garages, shoveling snow, and operating elevators like the one he still manages, he was able to support himself, and eventually, his wife. Pardo works six days a week and rarely takes paid vacations. Every Sunday, he takes his wife to dinner as a gesture of gratitude. Pardo exclaims, “[My wife and I] are happy.”

While the young people in the office building move off to school, get married, and travel the world, Pardo remains steady and constant, doing the thing that he’s done for 35 years. “I love my small, little world,” he says. And yet here’s how Luis Zavala, a 33-year-old Web graphic designer, describes Pardo: “It’s like a glass of fresh water every morning. I don’t know how he does it, but every day for him just seems to be a bright opportunity for something.”

Bonnie McMaken, Wheaton, Illinois; source: Nita Lelyveld, “Elevator Operator’s overriding story: joy.” Los Angeles Times (10-15-11)



Health Nugget

Three Steps on the Way to Fighting Cancer Step 3—Mind-Body Connection

“it’s easy to get depressed when you have cancer. Your hair falls out, you look like a zombie and you’re afraid you’re going to die,” says Dow, who participated in mindfulness training through UC San Diego Moores Cancer Center. A practice of meditation, gratitude and even mindful eating helped lift her spirits and get through treatments with a hopeful attitude.

Many survivors struggle with stress, anxiety and depression. Yet research shows that these mental states are detrimental to the body’s ability to fight cancer. Both depression and chronic stress increase inflammatory chemicals that impair the immune system and may increase tumor development, while stress hormones can stimulate cancer proliferation by increasing blood supply to tumors.

Asher recommends that cancer survivors stay connected to loved ones throughout cancer treatment, both to mitigate the effects of loneliness and to have someone to help remember appointments, ask doctors questions and help with errands.

Many survivors also make meaningful connections through cancer support groups.

In addition to regular exercise, mind-body exercises such as tai chi or yoga can help relieve stress and lift mood, says Asher. Another vital factor for mental health is rest, says Asher. “Really invest in your sleep: it can help your fatigue and mood. Plus, sleep is important for maximizing your immune system’s function.”