

## 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, Jan. 23rd**—Speaker: Lew Gray—10:45 a.m.  
4:00—5:30 p.m. Stop Smoking Program  
5:30 p.m.—Get Connected

**Sunday, Jan. 24th**—Stop Smoking Program—2:00—3:30 p.m.

**Wednesday, Jan. 27th**— Bible Study—7:00 p.m.  
Hebrew Class—7:00 p.m.

**Friday, Jan. 29th** — Prayer Warriors—7:30 p.m.

### UPCOMING EVENTS:

**Sabbath, Jan. 30th**—Speaker: Andrew Carpenter—10:45 a.m.  
1:00—3:00 p.m.— Outreach “Flying” Event  
3:00—5:00 p.m. - SHIFT  
4:00—5:30 p.m. Stop Smoking Program  
5:30 p.m.—Get Connected

**Sunday, Jan. 31st**—Stop Smoking Program—2:00—3:30 p.m.

**Wednesday, Feb. 3rd**— Bible Study—7:00 p.m.  
Hebrew Class—7:00 p.m.

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

**2016 Flower Chart:** If you would like to purchase flowers for a special occasion (birthday, anniversary, memorial, etc.), please send your request in to the church office. The cost is still \$45 per arrangement. We are taking requests for all Sabbaths in 2016. It will be on a first-come first-served basis. **If you want flowers next week, Jan. 30th, call or send your email in right away!** (email: wchsdachurch@gmail.com)

### Nominating Committee: Second Reading

Greeters: Michael Lim, Rossini Lim, Ernesto Davis, Jo Davis

### Nominating Committee: First Reading

Sabbath School Secretary, assistant: Gerda Mamora

### Transfer Out: Second Reading

Karina Mamora to Azure Hills SDA Church, Grand Terrace, CA

**Jan. 30 – Shift . . . Mindset/Motivation/Method**, a Christ-filled church engaged in genuine relationships. 3:00 - 5:00 p.m. West Covina Hills church fellowship hall



**January 2016**

### Adventurers



23—Club Meeting  
24—Club Meeting (snow day)

3:00 p.m.—5:00 p.m.  
10:00 a.m.—Noon

### Pathfinders

### Cheerful Giving! January 2016

<b>Church Budget Monthly Goal:</b>	<b>\$16,900.00</b>
Received to date in January:	\$ 7,517.84
<b>Total Scholarship Need per Month:</b>	<b>\$ 1,300.00</b>
Lambs' Offering in January:	\$ 864.25
<b>Local Evangelism Goal:</b>	<b>\$40,000.00</b>
Received to date:	\$14,191.55

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  
**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  
**Sabbath School Secretary** - Linda Barrett  
**Treasurer** - Debbie Ang  
**WCH School Board Chair** - A. D. Hall  
**Wedding Coordinator**—Marisela Garcia  
**Women's Ministry Leader** - Mickie Hall

### 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:** Adam Hicks

**Cell:** 951-532-5042

**E-mail:** pastoradamhicks@gmail.com

**Cross Trainer:** Ellie Hua

**Blog:** evangeliving.tumblr.com

**Cell:** 626-234-6269

**E-mail:** ellyx37@gmail.com

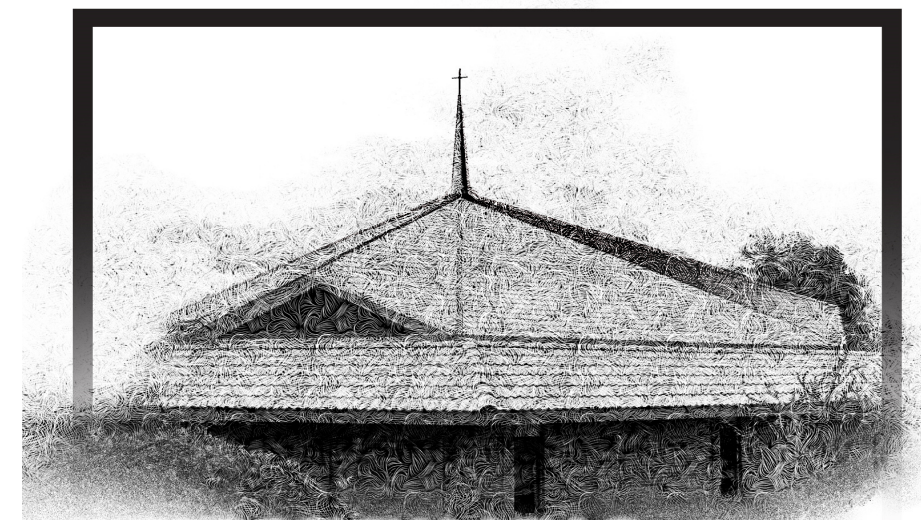
**Practicum Workers**

Rachel Minor

**Cell:** 818-424-4331

Natalie Tapia

**Cell:** 408-612-2297



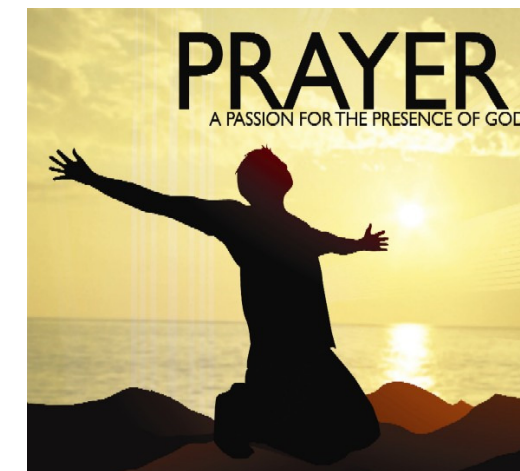
## WEST COVINA HILLS SEVENTH-DAY ADVENTIST CHURCH

2016

CREATION HEALTH:

THE YEAR OF WHOLENESS

*Spiritual, Physical, Mental, Emotional, Financial and Family*



## JANUARY 23, 2016

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](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	Edwin Rumbaoa
Ushers and Deacons-Leader	Alex Garcia
Greeters 9-10 a.m.	Eddie Luevano
Concierges greeters 9-10 a.m	Audree Luevano
Greeters 10-11 a.m.	Steven Alfaro
Concierges greeters 10-11 a.m.	Cristi Alfaro and Gerda Mamora
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Linda Barrett/Marilena Fox

## West Covina Hills School News



**DATES TO REMEMBER: January**

**31—Hawaiian Luau Fundraiser**

**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— 5:13**

**Next week— 5:20**

*Wi-Fi —wchsdachurch7*

# Our Church at Worship

**10:35 a.m.**  
**No Song Service**

**10:45 a.m.**

<b>Prelude</b>		Edwin Rumbaoa
<b>Welcome &amp; Announcements</b>		Lew Gray
	<i>Please place your communication card in the offering plate.</i>	
<b>Hymn of Praise Chorister</b>	“Praise the Lord, His Glory Show”	25 Gene Manners
<b>Prayer</b>		Chester Hickman
<b>Ministry Spotlight</b>		Natalie Tapia
<b>Tithes &amp; Offering Offertory</b>	Religious Liberty	Guidel Rivera
<b>Children’s Story Lambs Offering</b>		Caroline Light
<b>Scripture</b>	Hebrews 4:16	Haile Mackey
<b>Special Music</b>		Eileen James
<b>Sermon</b>	“It Happens All the Time!”	Lew Gray
<b>Hymn of Dedication Chorister</b>	“Great Is Thy Faithfulness”	100 Gene Manners
<b>Benediction</b>		Lew Gray
<b>Postlude</b>		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, Liz Corless, Sarah Corless, Richard Dizon, Humberto Espinosa, Juanita Hamren, Melissa and Arlene Hernandez, Betsy Hirayama, Kathy Ann Jenny, Johnson family, Timothy Kim, Jasminka Knecht, David Limongan, Brenden Markert-Green, Esther Ramos, Roosevelt Sampson, Virginia Shull, Jill Korolsky-Smith, Daisy Supit **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

### Starting Upstream

*Your Father knows what you need before you ask him.*  
*Matthew 6:8*

My home sits along a creek in a canyon in the shadow of a large mountain. During the spring snowmelt and after heavy rains this stream swells and acts more like a river than a creek. People have drowned in it. One day I traced the origin of the creek to its very source, a snowfield atop the mountain. From there the melted snow begins the long journey down the mountain, joining other rivulets to take shape as the creek below my house.

It occurs to me, thinking about prayer, that most of the time I get the direction wrong. I start downstream with my own concerns and bring them to God. I inform God, as if God did not already know. I plead with God, as if hoping to change God’s mind and overcome divine reluctance. Instead, I should start upstream where the flow begins.

When we shift direction, we realize that God already cares about our concerns—a loved one’s cancer, a broken family, a rebellious teenager— **more than we do.** Our Father knows what we need (Matt. 6:8).

Grace, like water, descends to the lowest part. Streams of mercy flow. We begin with God and ask what part we can play in His work on earth. With this new starting point for prayer, our perceptions change. We look at nature and see the signature of the grand Artist. We look at human beings and see individuals of eternal destiny made in God’s image. Thanksgiving and praise surge up to Him as a natural response. ~ Philip Yancey

Dear Lord, I praise You for loving and caring for me so much.  
What would I ever do without You?

**Prayer channels God’s supply to our needs.**

### Health Nugget



### Brace Yourself for a Sugar Shock

If cutting back on sugar is one of your New Year’s resolutions, don’t think that swilling reduced-calorie sodas such as Coca-Cola Life or Pepsi True will do much for your strategy. Sure, they’re lower in sugar than regular soda, which packs about 10 teaspoons into a 12-ounce can—but they still contain about 6 teaspoons. That’s the daily limit for women,, according to the American Heart Association; for men, it’s 9 teaspoons.

So what’s different? Coke Life and Pepsi True are sweetened with a mixture of sugar and stevia, a no-calorie sweetener from plant leaves. Though the green cans may lead you to think these drinks are better for you, don’t lose sight of the fact that no soda is a healthy choice. Some studies show that just one can of regular soda per day is enough to raise your risk of heart disease, type 2 diabetes, and obesity. As for stevia, “it’s probably safe, but we’d like to see more research,” says Michael F. Jacobson, Ph.D., executive director of the Center for Science in the Public Interest. And most colas have artificial caramel coloring. Some types contain 4-Mel, a potential carcinogen, but you can’t tell that from the label. So we recommend limiting food and drinks with caramel color. We didn’t test Coke Life or Pepsi True for 4– Mel.

We did taste-test them, and our trained testers and untrained staffers said they preferred regular Coke and Pepsi.