

## 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. 30th**—Guest Speaker: Andrew Carpenter—10:45 a.m.

1:00—3:00 p.m.— Outreach “Flying” Event

3:00—5:00 p.m. - SHIFT

5:30 p.m.—Get Connected

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

Hebrew Class—7:00 p.m.

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

### UPCOMING EVENTS:

**Sabbath, Feb. 6th** —Guest Speaker: Michael Tuazon —10:45 a.m.

1:00—3:00 p.m.— Outreach “Flying” Event

5:30 p.m.—Get Connected

**Monday, Feb. 8th**— Finance Committee & Church Board meetings—6:30 & 7:30p

**Wednesday, Feb. 10th**— **NO** Bible Study

**NO** Hebrew Class

**Friday, Feb. 12th** — **Revelation of Hope seminar begins!** —7:00 p.m.

**2016 Flower Chart:** If you would like to purchase flowers for a special occasion, 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. **If you want flowers next week, Feb. 6th, call or send your email in right away!**

(email: wchsdachurch@gmail.com)

**Nominating Committee: Second Reading**

Sabbath School Secretary, assistant: Gerda Mamora

### \*\*\* IMPORTANT \*\*\*

If you are planning to attend the seminar (especially the first few days), it is **very important** that you pre-register! You can do this by:

- > calling 888-610-2296 or
- > going to the website: [www.revelationofhopeseminar.com](http://www.revelationofhopeseminar.com) or
- > using the QR code on the brochure to register with your smart phone.

We need to know, as best as possible, how many to expect for meals so there is neither too much nor too little food prepared.

Your financial help in reaching our \$40K goal is still welcome!!

## February 2016

### Adventurers

20—Club Meeting  
21—Club Meeting

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:	\$10,765.18
<b>Total Scholarship Need per Month:</b>	<b>\$ 1,300.00</b>
Lambs' Offering in January:	\$ 1,080.98
<b>Local Evangelism Goal:</b>	<b>\$40,000.00</b>
Received to date:	\$14,988.21

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

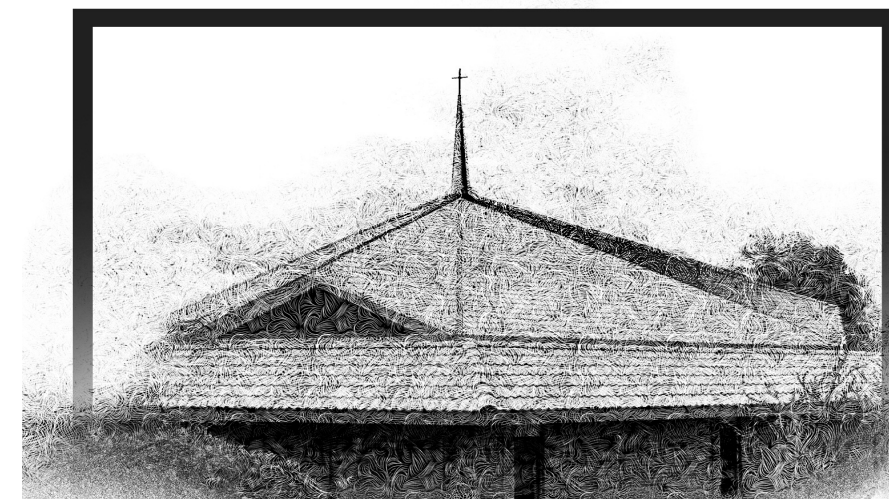
**Practicum Workers**

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*

*my  
Redeemer  
lives*

## JANUARY 30, 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)	Chester Hickman
Organist	
Church Pianist/keyboard	Edwin Rumbaoa
Ushers and Deacons-Leader	A. D. Hall
Greeters 9-10 a.m.	Michael Lim
Concierges greeters 9-10 a.m.	Rossini Lim
Greeters 10-11 a.m.	Olga Lederer
Concierges greeters 10-11 a.m.	Bonnie Wear and Suzy Salinas
Worship Coordinator (s)	Al Acevedo
Sabbath School Secretary	Lidia Baci/Linda Barrett

## West Covina Hills School News



**DATES TO REMEMBER: February**

**9—13— Parent Appreciation Week**  
**15 — Presidents' Day—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**

**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— 5:20**

**Next week— 5:27**

*Wi-Fi —wchsdachurch7*

# Our Church at Worship

**10:35 a.m.**

**Song Service**

Leader: Gene Manners

"Fill My Cup Lord"	493
"Deeper Still"	302
"Lord I'm Coming Home"	296

**10:45 a.m.**

**Prelude** Edwin Rumbaoa

**Welcome & Announcements** Lew Gray

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

**Hymn of Praise** "To God be the Glory" 341  
**Chorister** Chester Hickman

**Prayer** Pauline Reid

**Ministry Spotlight** Sam Ang, Ellie Hua

**Tithes & Offering** Church Budget Christian Botello  
**Offertory**

**Children's Story** Ellie Hua  
**Lambs Offering**

**Scripture** Romans 8:32 Udee Nwosu

**Special Music** "Give Me Jesus" Marina Williams

**Sermon** "Redeemed" Andrew Carpenter

**Hymn of Dedication** "Redeemed" 338  
**Chorister** Chester Hickman

**Benediction** Andrew Carpenter

**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, 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**

## How to indicate your Evangelism Donation

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_  
Telephone Number \_\_\_\_\_  
Church Name \_\_\_\_\_

### Tithe & Love Offerings to God

Tithe 10%..... 1 \$ \_\_\_\_\_  
Church Budget ..... 126 \$ \_\_\_\_\_  
Sabbath School Expense.. 125 \$ \_\_\_\_\_  
Personal Ministries ..... 120 \$ \_\_\_\_\_  
Building Fund ..... 112 \$ \_\_\_\_\_  
**2016 Evangelism Series** \$ \_\_\_\_\_  
Conference Advance ..... 40 \$ \_\_\_\_\_  
Camp Cedar Falls ..... 50 \$ \_\_\_\_\_  
Evangelism ..... 45 \$ \_\_\_\_\_  
\_\_\_\_\_ \$ \_\_\_\_\_  
World Budget ..... 14 \$ \_\_\_\_\_  
Sabbath School ..... 3 \$ \_\_\_\_\_  
13<sup>th</sup> Sabbath ..... 4 \$ \_\_\_\_\_  
Hope for Humanity—Ingathering  
Donated ..... 15 \$ \_\_\_\_\_  
Solicited ..... 16 \$ \_\_\_\_\_  
Total Enclosed ..... \$ \_\_\_\_\_  
 Cash  Check # \_\_\_\_\_

**DO This**

**NOT this**

## Health Nugget



### Do Megadose Vitamins Help Prevent Dementia?

Everyone should be trained in health, commencing in childhood! Ellen White wrote: "A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance that among the studies selected for childhood, physiology should occupy the first place. . . . Many are drifting about without knowledge, like aship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease." \*

There is no evidence that megadoses of vitamins, especially where there is not a deficiency, help in the prevention of dementia. They can be harmful.

What does help? Regular exercise; regular healthy sleep habits; a balanced vegetarian diet rich in phytochemicals, naturally occurring vitamins, and minerals; and, in those choosing a total vegetarian diet, supplementation of vitamin B<sub>12</sub>. Meditation on the Word, works, and ways of God, and a strong purpose for living, are also useful preventatives!

In short, live the Adventist health message wholistically, and the start of cognitive dysfunction may be delayed. Progression of the inevitable may be delayed as well.

\* Ellen G. White, *Counsels on Health* (Mountain View, Calif.: Pacific Press Pub. Assn., 1923), p. 38

Peter N. Landless, a board-certified nuclear cardiologist, is director of the General Conference Health Ministries Department.